

# HOMEOPATHY FOR INSOMNIA

Rose Brosius

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Has anxious, distressing dreams that are frightful and horrible; or vivid and uneasy dreams; for example, of animals that bite, of robbers, of unfinished business of the day, bloodshed, death, quarrels, creeping things. Wine, after abuse of: Here are some of the more commonly used remedies. Anxiety, fear, or worry prevents sleep. Many homeopathic medicines have demonstrated activity helping to correct sleep abnormalities, but finding the correct medicine for an individual case requires the proper application of homeopathic principles in that selection process.

Arsenicum The patient is disturbed, anxious, restless, agitated and tosses from a recent disappointment or grief.