Homeopathy For Teenagers: A Guide To Remedies For The Adolescent Years

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teenage years, they become aware of quite other pressures too. Life Stages – A Homeopathic Guide. Homeopathic medicines which are commonly used in homoeopathy for teenagers include:

- **Aurum Metallicum**: Indicated for stress, anxiety, and nervousness.
- **Belladonna**: Useful for irritability, restlessness, and anxiety.
- **Nux Vomica**: Helps with digestive problems and stress-related symptoms.
- **Sepia**: Often used for mood swings, depression, and emotional disturbances.
- **Phosphorus**: Good for forgetfulness, lack of energy, and nervous exhaustion.
- **Shaking**: Effective for those who feel chilly and tremble, especially at night.

These remedies can be used to address the unique challenges faced by teenagers, both in school and personal life. It's important to consult a qualified homeopath for personalized treatment.

For more information and a comprehensive guide, you can refer to "Homoeopathy for Teenagers: A Guide to Remedies For The Adolescent Years" by Trevor Smith (1934-).