

A MY HOMEOPATHY REPORT

# HOMEOPATHY FOR MEMORY AND CONCENTRATION

Treat your family with safe, natural  
homeopathic remedies



**Fran Sheffield**

RN. CM. MHIthScEd. MAHA. AROH Reg.

# Homeopathy for Memory and Concentration

Welcome to the free homeopathy companion report to the Brain Yoga video and the Brain Yoga Instruction Guide. Both offer real help to those with learning difficulties, autism, Alzheimer's disease and anyone whose memory is not as sharp as it should be.

The video and report are available at: <http://www.myhomeopathy.net/brain-yoga>

## Increase Your Focus and Improve Your Memory

People find it difficult to concentrate or remember things for all sorts of reasons.

Anxiety, stress, food intolerances, headaches, and plain old lack of sleep cause short-term forgetfulness while life-changing events such as strokes, dementia, toxicity, and head injuries lead to chronic memory loss.

Temporary forgetfulness resolves once the cause has been removed but long-term loss is of greater concern and harder to treat. It is particularly common among the elderly.

This report examines 8 key homeopathic remedies for forgetfulness, learning difficulties and memory loss and explains why these conditions are best treated by qualified homeopath.



## 8 Key Memory-Loss Remedies

When reviewing the following list it is important to realise that it is far from complete - there are other secondary remedies that homeopaths also use to treat memory loss and learning difficulties. What the list does show, however, is the need to match the remedy to the unique symptoms of the sufferer if improvement is to take place.

### **Ambra grisea (Ambr.)**

**Key Symptoms:** Shy and easily embarrassed. Premature aging and early senility.

**Other Symptoms:** People who need Ambra grisea are shy, timid, and easily embarrassed. They blush easily, dread the company of unfamiliar people, are anxious about what people think of them, and want to be left alone. While forgetful and dreamy, they may also jump from one subject to another when talking or ask questions without waiting for an answer. They find it difficult to understand what has just been read and have trouble with calculations - even simple mathematics. Sometimes they will sit for hours or days crying from sadness. Prematurely aging and senility often indicates the need for Ambra grisea.

**Common Problems:** Chronic cough. Constipation. Bleeding between menstrual periods. Dementia or premature senility.

### **Anacardium orientale (Anac.)**

**Key Symptoms:** Sudden loss of memory, especially under stress. Lack of confidence. Unkindness or cruelty.

**Other Symptoms:** Those needing *Anacardium orientale* have sudden loss of memory as though something is blocking the thought. They become hesitant, suddenly forget the names of people and things, and can even feel as if they are going insane. It's a useful remedy for the sudden forgetfulness of anxious and under-confident students before an exam but also treats forms of senile dementia. *Anacardium* types are often confused about their identity, feeling and behaving as if they have 'an angel on one shoulder and a devil on the other.' They can be cruel, irritable and hard-hearted with a tendency to swear but also struggle with lack confidence or feeling helpless, hopeless and needy.

**Common Problems:** Behavioural problems. Bipolar disorder. Depression. Eczema. Gastric pain or ulcer. Headache. Inferiority complex. Paranoia. Poison oak or ivy rashes. Schizophrenia. Suicidal thoughts.

### ***Cannabis indica* (Cann-i.)**

**Key Symptoms:** Feeling of floating or unreality. Disorientation and confusion. Forgetfulness.

**Other Symptoms:** The memory-related symptoms of somebody needing *Cannabis indica* are very similar to those of someone who smokes marijuana. Things seem unreal to the point of disorientation or ecstasy and they may describe out of body experiences or say their body, or parts of their body, feel as if floating. The person is forgetful, often unable to finish a sentence and has a fear of losing control and of insanity. They feel confused and lose their way even in well-known streets.

(Although this remedy is dispensed in potencies that don't contain any trace of cannabis, it is still banned by authorities in many countries because of its name and origin.)

**Common Problems:** Anxiety. Behavioural problems. Bipolar disorder. Chronic fatigue syndrome. Delusions. Depression. Phobias. Prostatitis. Urethritis. Urinary tract infections.

### ***Helleborus niger* (Hell.)**

**Key Symptoms:** Apathy, dullness, slowness and blankness of mind. Poor concentration.

**Other Symptoms:** *Helleborus* suits the symptoms of dullness, haziness and blankness of mind. It is often needed for poor memory following a stroke. The person finds it hard to concentrate and has a weakness of memory for what was just read, said or done. Often, things are not heard or seen properly. They are apathetic, concentration is difficult and they answer slowly.

**Common Problems:** Alzheimer's disease. Ataxia. Depression. Encephalitis or meningitis. Head injury. Headache or migraine. Leukaemia. Malignancy. Ulcerative colitis.

### ***Lycopodium clavatum* (Lyc.)**

**Key Symptoms:** Gradual memory loss and confusion. Dyslexia. Words and syllables misused or misplaced.

**Other Symptoms:** *Lycopodium* suits those who once may have enjoyed intellectual activities but, because of their gradually deteriorating memory, now feel confused. It also one of the remedies that suits children with dyslexia, learning difficulties and behavioural problems. Children and adults misspell words or misplace words or syllables while talking. They are bossy and rude at home, irritable in the morning on waking, but polite and friendly with strangers. Physical complaints start on the right side of the body and progress to the left side.

**Common Problems:** Allergy. Anxiety. Arthritis. Asthma. Behavioural disorder. Bronchiolitis. Bulimia. Cerebrovascular accidents. Cholecystitis. Chronic fatigue syndrome. Cirrhosis. Colic. Connective tissue disease. Crohn's disease. Cystitis. Depression. Diabetes. Eczema. Gout. Headache or migraine. Hepatitis. Hernia. Herpes. Hypertension. Impotence. Irritable bowel syndrome. Kidney stones. Malignancy. Otitis media. Ovarian cyst. Peptic ulcer. Pharyngitis. Pneumonia. Premature

ejaculation. Pyelonephritis. Sinusitis. Tinea. Tonsillitis. Urethritis. Urinary tract infection. Uterine fibroid. Vaginitis. Warts.

### **Nux moschata (Nux-m.)**

**Key Symptoms:** Spaced-out feeling. Sudden loss of thoughts. Absent-minded and dreamy.

**Other Symptoms:** Nux moschata is indicated for those who feel vague or spaced-out – as if intoxicated. They are absent-minded, forgetful of what they were about to do, and use the wrong words, especially during headaches. Their mind is dull and they feel confused or bewildered. Thoughts suddenly vanish while talking, reading or writing and there may be complete loss of memory about the past. Sleepiness or clairvoyant states are often experienced.

**Common Problems:** Allergy (including food allergy or intolerance). Alzheimer's disease. Colic. Constipation. Narcolepsy. Petit mal seizures. Sjogren's syndrome. Syncope. Vertigo.

### **Phosphoricum acidum (Ph-ac.)**

**Key Symptoms:** Forgetfulness and apathy from grief. Brooding about the past and future. Aversion to talking.

**Other Symptoms:** Those who need Phosphoricum acidum slip into indifference and apathy from a grief or significant disappointment. They brood, avoid talking to people, and dread the future. They cannot collect their thoughts, answer slowly, and are forgetful – especially for words – they hunt for words when talking. Their weakness of memory gradually leads to physical weakness.

**Common Problems:** Alopecia. Chronic fatigue syndrome. Colitis. Depression. Diabetes. Diarrhoea. Glandular fever. Headache. Mononucleosis. Sepsis.

### **Sulphur (Sulph.)**

**Key Symptoms:** Absent-minded and forgetful of words. Mistakes in writing or speaking.

**Other Symptoms:** Those who need Sulphur become increasingly absent-minded and find it difficult to concentrate. They have trouble thinking of correct words when talking or writing, often replacing correct words with incorrect ones. They may also repeat the question before answering to give their brain time to catch up and have a reputation of being itchy, lazy, tired, untidy or selfish.

**Common Problems:** (Almost any complaint is possible.) Abscess. Acne. Alcoholism. Allergy. Angina. Anxiety. Arthritis. Arrhythmia. Asthma. Blepharitis. Bronchitis. Bulimia. Bursitis. Chronic fatigue syndrome. Cirrhosis. Colic. Colitis. Congestive heart failure. Conjunctivitis. Constipation. Dandruff. Depression. Diabetes. Diarrhoea. Eczema. Gout. Haemorrhoids. Headache or migraine. Hepatitis. Hernia. Hot flushes. Hypertension. Impetigo. Inflammatory bowel disease. Iritis. Lower back pain. Malignancy. Multiple sclerosis. Oesophagitis. Otitis media. Peptic ulcer. Pharyngitis. Pneumonia. Proctitis. Prostatitis. Psoriasis. Rectal fissure, abscess or fistula. Rheumatoid arthritis. Rhinitis. Seborrhoea. Sinusitis. Tinea. Tonsillitis.

## **In Conclusion**

While many simple and short-lived problems such as coughs, headaches and indigestion can easily be treated at home, concentration difficulties and poor memory are chronic problems and are best managed by a qualified homoeopath; the needed remedies and potencies are likely to be different to ones found in a home use kit.

The benefit of treatment by a practitioner is that other health problems will also improve with the memory weakness. If you wish to treat your memory or concentration problems with homeopathy, please see a qualified homeopath who will prescribe a remedy that produces the best results for you.

While short lapses of memory are common and usually nothing to worry about, increasing confusion and prolonged memory loss are of greater concern. If you or someone you love experiences these problems, it is important to see a trusted health-care professional to exclude other more serious disorders.

Homoeopathy can be used as an adjunctive or stand-alone therapy to treat or improve the symptoms of memory loss, poor concentration and learning difficulties in both adults and children.

Brain Yoga, a simple three-minute exercise, has produced dramatic results for memory loss and learning difficulties. It can also be used with any of the above homeopathic remedies. A video and Instruction Guide for Brain Yoga are available at: <http://www.myhomeopathy.net/brain-yoga>

More ebooks and guides on homeopathy can be found at the My Homeopathy site, at: <http://www.myhomeopathy.net/>