

Study Support

It's important to fuel your hard working brain and your nervous system, as well as manage stress and anxiety which can hinder performance. Here are some safe, effective remedies which don't interfere with medications.

Remedies for Study Fatigue

Kalium phosphorica in tissue salt form or 6DH potency, can be used while studying to keep the brain alert and retaining information.

Acidum phosphoricum compose is a homeopathic combination remedy which can help minimize physical and intellectual overexertion, fatigue, loss of memory, and irritability.

Exam or Performance Anxiety

Gelsemium, Argentum-nit, Aconite, Anacardium and Rescue Remedy can all be helpful in counteracting exam nerves.

Still Anxious?

If anxiety is such that the student is not able to sleep, Pasconal homeopathic drops can be used to aid sleep as well as to reduce anxiety during the day. Instructions are on the bottle.

Pascoflair is another product for anxiety and sleep issues. It's made from passionflower and is very effective in reducing anxiety.

If you have concerns regarding inattention, inability to concentrate or retain information, learning disabilities, generalized anxiety, problems with confidence and self-esteem, it is useful to see a homeopath and seek a more overall treatment through a constitutional consultation. Other treatments to consider - BioEnergetics and EFT.

More information available - www.renewal.clinic or call us at 403-202-8507.

Please book a Homeopathic Acute Care Appointment at Renewal to find the remedy best suited for you, and to select potency and repetition.

Happy Studying!!