

SUPPORT FOR SHOCK & GRIEF

*"O LORD, be merciful to us, for we have placed our hope in you.
Be our strength every morning, our salvation in times of trouble."*
- Isaiah 33:2

Look to Jesus. Sing songs of praise, pray, think of little things to be thankful for.

Homeopathy: Select a remedy and put 2-4 pills in your mouth and let dissolve.

Shock: homeopathic Aconite 200c or 1M as needed

Depression: homeopathic Aurum Met 200c every other day and Coffea 200c twice daily

Grief/Sadness: homeopathic Ignatia 200c twice daily

Fear/Anger/Violence: homeopathic Stramonium 6c twice daily

"Cast all your anxiety on him, because he cares about you." - 1 Peter 5:7

"He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed."
- 1 Peter 2:24

Lavender, Frankincense and Orange are great essential oils to diffuse or apply to your skin to help bring calm, relaxation and renewal.

Move: It is critical during an acute emotional experience to move.

Walk, lift "heavy" items, your body produces extra adrenaline during these events and you need to metabolize it.

Get outside and enjoy some sunshine on your face and skin.

Eat healthy fats including real butter, cold pressed coconut oil, cold pressed olive oil and bacon.

"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."
- 2 Corinthians 5:17



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