

Homeopathic Preparation for Examinations

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General Principles

“Mens sano in corpora sano” This Roman maxim gives the key to success in examinations: do not neglect the body! Going thru examinations requires a preparation equivalent to the preparation of a top-level athlete.

I suggest an hour of jogging every morning in an airy and pleasant area. After 6km traveled in small strides, we will see quickly raise the rate of brain endorphins. Memory, thinking, the work efficiency will be boosted. Results will follow.

Then take shower, breakfast and VITAMINS (eg capsules' laboratory ACTYVIGYL from CODIFRA). Then starts the revisions. At night 7 to 8 hours of sleep is required. If the excitation prevents from falling asleep then go to the kitchen and "sniff" the coffee powder in the package. It is similar to takes a subtle dose of COFFEA.

Help from Homeopathy

We must improve attention, memory and reduce stress: homeopathy offers everything you need for this program.

During the revisions

LECITHINUM 9CH: 3 globulis in the morning improves the brain function

KALIUM PHOSPHORICUM 9CH: 3 granules in the evening which reduces mental fatigue

AETHUSA CYNAPIUM 15CH: 1 dose if we have the feeling of “feed-up” and nothing can be memorize anymore. Should suppress milk during this stage.

Fight against stress: take 5 granules when anxiety rises, take 5 the day before the event and the event of morning:

ANACARDIUM ORIENTALE 15CH: the difficulty is the CHOICE. The multiple choice questions are absolute anguish. Twins remedy. For the future we hesitate between two completely opposite ways.

ARGENTUM NITRICUM 9-30CH: anticipatory anxiety pushing to eat pure sugar. Fear++ of being late, arrives early. Fear of heights.

BARYTA CARBONICA 15 or 30CH: shy, shameful for not understand everything, difficulties in MATHEMATICS. Would like to hide in the corner.

CARBO VEGETABILIS 30CH: the difficulty is the next step to cross the difficulties! Stuffiness, shy in public, wants to be fanned, GAS intestinal, smoking. The birth was difficult.

CONIUM MACULATUM 15CH: Difficulties with foreign languages. Think too much about sexuality which weakened mental capacity. Ascending paralysis (Charcot disease). Earwax. Authoritarian and meticulous. Flee from light (Use sunglasses).

CUPRUM METALLICUM 15CH: afraid to pass to the next grade and to reach his level of incompetence. CRAMPS.

FLUORICUM ACIDUM 15CH: difficulties in spelling. Patient always warmed, trends in dental caries, nails grow very quickly. Attracted by eroticism. Avoid responsibilities

GELSEMIUM 15CH: anxiety of anticipation. At the D-day, no longer remembers anything. It's the BLACK HOLE, shivers, wants to sleep, no thirst. Patella luxation.

IGNATIA 15CH: Hysterical crisis. Alternation of laughter and tears. Lump in the throat, no thirst, refusal of consolation.

LYCOPODIUM 15CH: Put maximum pressure as patient is competitive and wants to finish first! Belly full of gas, bad character waking up, attraction to combat sports, lack of confidence, TICS.

MEDORRHINUM 15 CH: maximum anticipation! Can only sleep on his stomach, gnawing his nails, white discharge (girls), sexual arousal +++ Multiplies the amorous adventures.

NUX VOMICA 9ch: subject perfectionist, chilly, cannot stand air currents. Indigestion. Takes too much coffee to stay efficient and lack of sleep.

PHOSPHORICUM ACIDUM 15CH: exhaustion, hair loss, acne +++, sleepy all the time, can no longer work effectively.

PULSATILLA 15CH : If we succeed at the examination, will have to go somewhere else to study and leave MOM! Do not drink enough. Blood pressure dropping. Fainting in warm rooms.

SILICEA 15 or 30CH: brilliant but hypersensitive and stressed by oral examinations. Smelly sweating. Smelly hands and feet. Scared +++ of stings. Acne.