

Homeopathic & Bach Flower Protocol for Grief and Shock

■ Bach Flower Remedies

- **Star of Bethlehem** – The classic remedy for shock, trauma, and grief (both recent and old, unresolved pain). Helps the system “integrate” the shock and begin healing.
Dose: 4 drops in a glass of water, sip throughout the day; or 4 drops directly under the tongue, 4x/day.
Other supportive options depending on how grief shows up:
- **Rescue Remedy** – For acute emotional crisis, panic, or when overwhelmed.
- **Walnut** – For transition and adapting to life changes.
- **Sweet Chestnut** – For deep anguish or when one feels at the breaking point.
- **Mustard** – For grief with deep, inexplicable depression or gloom.

■ Homeopathic Remedies for Grief & Shock

Choose the one that best matches the emotional picture:

- **Ignatia amara 30C** – Classic for acute grief, sighing, lump in throat, sobbing, or suppressed crying. Good when grief feels very raw or hysterical.
- **Natrum muriaticum 30C** – For silent grief, reserved individuals who suppress emotions, weep alone, or hold onto past loss.
- **Phosphoric acid 30C** – For grief leading to exhaustion, apathy, indifference, or “burnout of the spirit.”
- **Aconite 30C** – For sudden shock, fear, or panic after traumatic news or an event. Best within the first hours/days.
- **Arnica 30C** – For shock to the whole system after trauma, both emotional and physical.
Dose guideline: 2–3 pellets, once or twice daily during acute grief or shock. Reduce frequency as improvement occurs. (Stop when symptoms ease; repeat only if they return.)

■ Supportive Rituals

- **Epsom salt baths** – Helps release stored emotional shock in the body.
- **Breathwork or gentle humming** – Calms the vagus nerve and helps regulate emotions.
- **Journaling or talking therapy** – Enhances the healing effect of the remedies.
- **Grounding practices** – Walking barefoot, holding a warm mug, or wrapping in a heavy blanket for nervous system support.

This protocol is not a substitute for medical care, but can be a nurturing aid alongside emotional and spiritual support.