
	FEAR & PHOBIA: HOMEOPATHIC APPROACH		
	DR. RONAK SHAH'S DIVINE HOMEOPATHY Restoring Vitality SINCE 1991 M.D.(HOM.)	It help to decrease the severity of symptoms associated with fear and also help prevent further progression of the condition into panic attacks.	
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FEARS AND PHOBIAS: HOMEOPATHIC APPROACH

Fear is an emotion arising from a threat, which may be real or imaginary. It is a body's uncontrollable reaction to a particular situation or an event. A person tends to avoid and run away from a given circumstance, which in turn becomes fear. Fear can be associated with any person, situation or things. Anxiety and restlessness mostly accompany fear, and if not treated well, it can further develop into panic attacks.

Common categories of specific phobias are a fear of:

- Situations, such as airplanes, enclosed spaces or going to school
- Nature, such as thunderstorms or heights
- Animals or insects, such as dogs or spiders
- Blood, injection or injury, such as needles, accidents or medical procedures
- Others, such as choking, vomiting, loud noises or clowns

Each specific phobia is referred to by its own term. Examples of more common terms include acrophobia for the fear of heights and claustrophobia for the fear of confined spaces.

No matter what specific phobia have, it's likely to produce these types of reactions:

- An immediate feeling of intense fear, anxiety and panic when exposed to or even thinking about the source of your fear
- Difficulty functioning normally because of fear
- Physical reactions and sensations, including sweating, rapid heartbeat, tight chest or difficulty breathing
- Feeling nauseated, dizzy or fainting around blood or injuries
- In children, possibly tantrums, clinging, crying, or refusing to leave a parent's side or approach their fear

Actual Causes of specific Fear Phobias is still unknown. It may include:

- **Negative experiences.** Many phobias develop as a result of having a negative experience or panic attack related to a specific object or situation.
- **Genetics and environment.** There may be a link between own specific phobia and the phobia or anxiety of parents — this could be due to genetics or learned behavior.
- **Brain function.** Changes in brain functioning also may play a role in developing specific phobias.

Homeopathy for Fear & Phobia:

Homeopathic medicines for fear help decrease the severity of symptoms associated with fear and also help prevent further progression of the condition into panic attacks.

Homeopathy is an effective alternative treatment for fear. Internal homeopathic medicine often proves to be the best natural option to help treat such conditions. These medicines work by treating the whole patient, and not just the symptoms since the human body functions as one unit, and a disorder in one part can affect another. Homeopathic medicines do not cause drug-dependency or any side-effects.

Homeopathic medicines are quite effective in treating phobia are Arsenic alb, Phosphorus, Argentum nit, Carcinosisin, Lycopodium, Calcarea carb, Aconite, Stramonium Gelsimum.