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Chembur Ghatkopar Plus pg no.3

Q. With many students committing suicide, I am worried about my 15-year old son's emotional health. How can homeopathy help me?

A. The primary reason behind suicides is STRESS. Stress is inevitable; it affects all people, including students.

Stress is of two types. Positive stress is caused by positive incidents; e.g. winning a prize etc. It motivates and improves performance and hence is important for a student's development. Negative Stress is caused by negative incidents; e.g. scary sights, being bullied or ragged, etc. It demotivates and hampers performance. Lack of awareness on dealing with negative stress is responsible for a majority of illnesses.

Negative stress can have the following effects on students' health:

EFFECTS ON PHYSICAL HEALTH:

- * Frequent Colds
- Ulcers ● Fatigue
- * Skin Problems
- Neck / Back Problems ● Obesity
- * Asthma
- Aches / Pains ● Sleep Disturbances, etc

EFFECTS ON MENTAL, EMOTIONAL AND BEHAVIOURAL HEALTH:

Overcome stress with Mindheal homeopathy

- Anxiety ● Depression ● Attention Deficit Disorder (ADD) ● Violent Behaviour, etc.

EFFECTS ON PERFORMANCE AND PERSONAL LIFE:

- Poor Performance ● Frequent mistakes ● Reduced concentration

CAUSES OF STUDENTS' STRESS:

1. High expectations to perform in exams
2. Parental fights / separation
3. Problems in friendships
4. Death of a loved one
5. Only studies with no play / leisure
6. A frightening accident
7. Heated arguments with parents
8. Change in school / college, etc
9. Peer-Pressure / Bullying / Ragging

SIGNS / SYMPTOMS OF STRESS:

- **Physical** – headaches, fatigue, sleep problems, stomach upsets, increased sweating, cold hands and feet, frequent urination or incontinence (bed-wetting), appetite problems
- **Emotional** – unhappi-



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lashing out, biting nails, foot-tapping, fidgeting, over-reacting

Regular medicines only "suppress" stress. For treating stress, its Root Cause should be uprooted, so that one can adopt a

positive attitude, which improves the immune system and reduces one's chances of falling ill.

Homeopathy treats the root cause of stress and is helpful in all types of psychological problems. Besides treating the problem, it enhances overall health and growth.

At MindHeal Homeopathy, we treat stress through individualized medication, diet and lifestyle for bringing the right balance.

Free Health Check-Up till 31st January, 2010 at MindHeal Homeopathy. Contact 2523 0530, 99303 63981 or email crm@mindheal.org. Website: www.mindheal.org.



ness, frustration, anxiety, loss of interest, low morale, apathy, forgetfulness, poor self-esteem, cynical / hostile attitude, critical, defensiveness, aggressiveness, confusion, resentment

- **Behavioural** – Talking too loudly / fast, jaw-clenching, pacing, kicking, throwing, swearing, yelling,