



LISA ROONEY

COACHING • HEALING • HOMEOPATHY



Ignatia is a top homeopathic remedy for overwhelm, worry, anxiety and grief.

Uses:

- Overwhelm, worry, anxiety
- Lingering grief
- Repetitive thoughts
- Emotional shock
- Depression that lingers
- Hysteria, sobbing, or excessive sighing
- Inability to resume normal activity after loss
- Insomnia resulting from worry or repetitive thoughts



Source: Plant - St. Ignatius Bean

How to take: Ignatia Amara 200c 2 doses daily

Ignatia can be used long term to help gently relieve symptoms. When your symptoms are gone, stop taking the remedy. Resume if they return.

For educational purposes only.

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