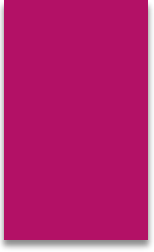


# Mental and emotional

Homeopathic remedies can assist people who want to work on their emotional, mental, spiritual growth, and development. The remedies can help people who strive to achieve a more positive mindset and a feeling of wellbeing. Negative moods, thoughts, and actions can bring about imbalances which can manifest into physical complaints.



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- **Homeopathic remedies can help support people who want to work on their challenges on all levels. The remedies can help people who strive to achieve a more positive mindset and a feeling of well being. Negative moods, thoughts, and actions can bring about imbalances. Personality traits, such as impatience, fear, depression, bitterness, lack of self-confidence, or motivation affect a person's vitality and can adversely affect health.**
  - **Homeopathic remedies do not profoundly change the personality of the individual rather homeopathic remedies help to restore balance within the personality. For example, a chronic worrier can become an occasional worrier, a highly critical and judgmental person can become more tolerant, and a person with a poor self-image can gain more self-confidence.**