



Conscious Life presents

Homeopathic Approaches for Anxiety

Guest - Dr Ameet Aggarwal

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[00:00:05] Meagen Gibson

Welcome to this interview. I'm Meagen Gibson, your co-host. Today, I'm speaking with Dr Ameet Aggarwal. He's helped thousands of people around the world heal from trauma, anxiety, depression, and chronic disease by combining naturopathic and functional medicine, Gestalt therapy, psychotherapy, Family Constellations Therapy, EMDR, and homeopathy. Dr Ameet, thank you so much for being with us today.

Dr Ameet Aggarwal

Super-excited, Meagen, and thank you very much. We'll be diving into Family Constellations, ancestral trauma, homeopathy for trauma and anxiety. If there's time, we'll look at why the gut and the liver and the adrenal system all affect your neurotransmitters and how you can heal those as well to really come out of anxiety today.

Meagen Gibson

I appreciate you setting the container for everybody so they know what to expect. What causes anxiety from a homeopathic perspective?

Dr Ameet Aggarwal

From a homeopathic perspective... So energetically speaking, when we're in anxiety, we're in fight, flight, or freeze response. And that's usually because of a trauma, whether it's abuse, abandonment, family trauma. So maybe your mom's dad died during the war.

And we'll talk about how family trauma and ancestral trauma and Family Constellations Therapy can help you heal all these traumas. But basically, we are influenced by traumas. We're also influenced by the foods we eat and toxins and also by burnout. And the beauty of homeopathy is it addresses all these aspects of anxiety and mental health.

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So there's remedies I'll talk about to heal trauma, whether it's trauma from abuse, witnessing an accident, being scared, going through a breakup, or losing a loved one, or going through a failure. There's multiple causes, and there's different remedies for each cause.

And depending on how you're responding... So if you have a lot of sense of worthlessness and guilt mixed with your anxiety, often we give a remedy called aurum metallicum. If you have a lot of crying and tearfulness and a sense of lump in your throat, especially after a breakup or losing a loved one, that remedy is ignatia. Ignatia amara is often indicated for that kind of picture.

So in homeopathy, we look at the type of trauma and also the manifestation of anxiety in you as an individual. And that's why homeopathy works so well.

Now, on the other side, and we'll talk about this later as well, if your liver is toxic, then your lactate levels are going to be up. And when your liver is stagnant as well, progesterone drops. And when you're low in progesterone, GABA, the anti-anxiety neurotransmitter, doesn't work so well in your brain.

And so people with liver stagnation often have a hormonal imbalance, or PMS symptoms. And that's why PMS comes together with sadness, insomnia, gas, bloating, because of the combination of the liver's effect on the hormones, the gut, as well as the mood.

In that case, I would give a more liver-oriented homeopathic remedy, such as nux vomica or lycopodium or even sepia. Sepia is an excellent remedy for women with hormonal issues mixed with emotional issues. And I cover all these remedies in my online course.

But the main focus is to identify what is your cause of anxiety. Is it trauma? Is it food sensitivity? Is it liver toxicity? Or is it burnout?

So if you have burnout from working too hard, going through multiple stresses in your life, and maybe also when you have unhealed trauma, your nervous system is always in fight or flight.

And on top of that, then you add financial issues, relationship issues, kids being grumpy in the morning, or anything like that, then that fight or flight response is triggered even more. And that burns out your adrenal glands. So you go into adrenal fatigue.

With adrenal fatigue, what happens is your cortisol levels become imbalanced, and that suppresses serotonin, dopamine, GABA, and melatonin. All your neurotransmitters. And when those go down, you get more anxiety, depression, insomnia, intrusive thoughts, OCD symptoms, and we'll talk about remedies for those as well.

And so the remedy for that is, of course, adrenal support. We'll talk about the herbs we can use, like ashwagandha and rhodiola.

But homeopathically speaking, I love using kali phosphoricum and the acid remedies which I cover in the course as well, because those reset your nervous system and release trauma from the

nervous system. When you release trauma from your nervous system, you come out of the fight or flight response. So your adrenal glands actually have the chance to recover.

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Similarly, when you go through psychotherapy or Family Constellations Therapy or EMDR, you release the trauma, and therefore, you're out of the fight or flight response. Your adrenal glands have a chance to recover. And while they're recovering, I'll always add adaptogenic herbs, whether it's the ashwagandha, or the rhodiola, or something else.

Those are necessary because often people with burnout are so depleted that it's hard for them to function. Even though the trauma is gone, they're completely depleted and they're struggling just to get up in the morning or their neurotransmitters cannot self-correct.

So I'll combine homeopathy with supplements. Homeopathy to release the energetic influence and to restabilize the nervous system, and then the herbs to renourish the body back into optimal health.

Meagen Gibson

It's so interesting, too, because I'm listening to you and I'm imagining both myself in the way-back machine eight or nine years ago when I started to peel back layers of my anxiety and discovered I had it, first of all. I'm listening as somebody that might be listening to you.

I want to dig into this manifestation versus cause puzzle, because most people... Maybe I'm speaking for people, they can... My email's in the chat. But I think a lot of people come to somebody like you or a therapist or maybe their family doctor saying... With the manifestations, not the causes.

They're like, "I just keep blowing up at my family, and I have no patience with people at work, and it's starting to become a problem", or "I'm really having trouble sleeping at night."

They're coming with manifestations, and they may not even have an awareness, or have dialed into what contributed to this overall... All of the tiny things that happened in their life, or big things, that led to their nervous system being in overload, that led to their whole system doing all this compensation.

Somebody like me who spent 35 years in incredibly high-functioning anxiety and then just burned out, as you said. And that's where I came in. But what I didn't say is, "I have CPTSD and anxiety and I'm just really burned out. Help me."

I said, "I can't sleep." And they were like, "Oh, okay."

As people listening at home, I'm wondering how you evaluate somebody's self-awareness. And how much of it is like, let's put out the fires as well as we can first, and they might still be smoldering a little bit. But let's get you some bandwidth where you can even have curiosity to explore what might be underneath all of this stuff.

[00:07:25] Dr Ameet Aggarwal

When somebody comes to my clinic or comes to the retreats that we do for Family Constellations Therapy, we look at the whole medical history of a person. Were you born with a C-section or normal birth? If you're born with a C-section, then you lack probiotics. If you lack probiotics, then your gut is unhealthy, and therefore... Because you don't have the good bacteria.

Therefore, the good bacteria are the ones that produce most of your neurotransmitters. And so if you're lacking those because of a C-section birth, then that could be the cause.

Then I look at any hospitalizations. And I also look at, do you have hormonal imbalances? Do you have constipation, and gas and bloating? That shows me your liver is affected.

Of course, I'll ask you about your traumas. Any breakups? Any abandonment? Were your parents fighting? Divorces? You name it. So that right away gives me a complete picture.

Whether you have eczema, asthma, any inflammatory condition, then I know you're in inflammation. So likely your gut is compromised with leaky gut syndrome and with liver toxicity. So we know we need to heal those as well.

And then I'll always look at what your family trauma is. And that's the beauty of the retreats that we do as well, is looking at ancestral trauma. Because every single person has ancestral trauma. Our parents, our grandparents either had an ex-lover, we've had miscarriages, we've had abortions, they've been in the wars.

Miscarriages and abortions, especially, are a big one. They're very common. And these affect our nervous system very deeply. Even though we think we've forgotten about the baby or the baby... It doesn't matter so much. Okay, we're over it.

The imprint or the ignoring of that missing child is actually a big influence on how we feel about ourselves, about our position in our family, and also about the rest of our children.

I'll explain more when we talk about Family Constellations Therapy. So I make sure we cover all bases- the biology, the emotional trauma, and then the systemic or family trauma. And then they get homeopathic remedies and as well as herbs to nourish the body, detoxify the liver, as well as heal the gut.

That's very important. The three pillars of health are to heal the gut, detoxify the liver, and nourish the adrenal glands while working on the trauma.

And then we'll also use homeopathic remedies to heal trauma. So I'll understand, okay, they were in a car accident or they lost a loved one. Then I know that remedy is also indicated. So we use homeopathy because it makes therapy go faster.

Homeopathy is an energetic medicine. When you take it, it releases the frequency or the energy of trauma that's stored in your nervous system. So you go through therapy much faster. And that's why a lot of clients I see recover much faster than only doing therapy alone. We'll talk about healing sentences and Family Constellations Therapy very shortly as well.

[00:10:23] Meagen Gibson

Yeah, absolutely. I like that, too, because as we know from trauma work... There's two things I wanted to point out. One, that just talking about what happened to you isn't necessarily the thing that's going to help the most, depending on when we do that.

Sometimes telling our stories or rehashing our trauma is actually more damaging. So this multi-faceted approach where we're actually energetically dealing with it as well as... When we have the capacity, talking through it, if that's what serves us, is fantastic.

Then also what we know about epigenetics. So many people don't realize, especially if they are a daughter or if they have daughters, that the ancestral trauma and the experiences of their parents is carried into their children by no doing of their own. It's not something we did on purpose. It's not necessarily the way that we parented or the circumstances that we've cultivated.

They came into the world carrying the stories and experiences of our ancestors biologically, which is just fascinating to me. I think when we talk about ancestral trauma and when we talk about anxiety and depression and things like that, it can be so personal.

I gave my kids a good life. I'm in that mental battle all the time. Why is my child struggling with this? They didn't struggle the way that I struggled, so why is this still a problem for them? And then I remember. Oh, right.

Dr Ameet Aggarwal

Yes, we inherit trauma because when our ancestors go through any trauma... Epigenetics shows that whenever we go through a stressful influence, our DNA switches on and off. Certain genes switch on and off. And that genetic change then is passed down through generations.

The beauty is that African culture, and now European culture and worldwide, has recognized how to heal these traumas through what we now call Family Constellations Therapy, which actually originated through Bert Hellinger, who was a Jesuit priest. A German Jesuit priest who spent time in South Africa with the Zulu people.

And in Family Constellations therapy, we look at certain orders of love that are often broken by families. When these orders of love are broken, then what happens is disease sets in and mental illness sets in as well.

And I'll give examples. I'll give three or four examples of different cases of anxiety and chronic diseases that have healed with Family Constellations so as to illustrate these orders of love and how Constellations work. Yeah?

Meagen Gibson

Yeah, absolutely.

[00:13:03] Dr Ameet Aggarwal

The first order of love is the right to belong. So everyone in your system has a right to belong. What does that mean? Aborted and miscarried children are often not talked about or just forgotten. Or the black sheep of the family. The drunkard, or the criminal, they're excluded. Or even the people who murdered our grandparents, we don't talk about them.

So I've had a lot of clients, for example, from the Holocaust, or descendants from the Holocaust, and they often have a fear of closed spaces or suffocation. And you can imagine why. Their ancestors were in gas chambers.

Or other clients would have this fear of starvation because their ancestors went through a lot of poverty. The other very concrete example that many, many people have is when there's a miscarriage or abortion. So I had a client, chronic anxiety and a lot of need to overperform and feeling overwhelmed.

And she did all the homeopathy... I do Gestalt therapy, I do EMDR, somatic, etc. And of course, there were subtle movements, but in her nervous system, there was still this sense of, "I have to perform, I have to perform." So I asked her to go home and ask her mom if there's a miscarriage or abortion in the family.

She came back and she was shocked. She was like, "Ameet, how did you know?" Because when you're doing Constellations Therapy, we feel these things. And so what had happened was there was a miscarried child before her. So her impression was she was the first child in the family.

But in Family Constellations, we recognize the orders of love... We recognize this missing miscarried child needs to be included. So that is the first child in the family. And she's in second position. So I got her to imagine her parents in front of her, the missing child. The first child.

And then I got her to imagine herself or stand in the position of a second child and honor that place and say to this missing child, "Dear sibling, I honor you, your place. You came first. I'm after you. Dear Mom and Dad, I would like to be seen as the second child. I cannot live the lives of me and for this missing child. I cannot be the first child anymore for this family."

I know it sounds woo-woo, but it was the biggest change she's ever had in her life because she was trying to live her life, but also replacing... Trying to really replace the position of this missing child. And that gave her a lot of stress.

And some of you listening in the audience can feel the impact of that. So I encourage you, go home, ask your parents, "Have there been miscarriages or abortions in the family?"

Also, if you have aborted a child or miscarried a child, there's healing sentences that I share in my online courses on how to release these children and really say goodbye to them with love, honor, and respect. Because we are entangled or connected to these children, no matter the circumstance in which we let them go.

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I'm not trying to make you feel guilty about any abortions or miscarriages. It's just there are healing sentences that are there, available to you, that you can experiment with to help release these entanglements from your nervous system so that you can flourish more.

And I've seen so many clients with fibroids, cysts, ovarian cysts, etc. After miscarriages and abortions, these reduce once we do these healing sentences as well. You can see how the mind and body are together.

And the next example I want to give you is somebody with stomach cancer and depression and anxiety as well. Her cancer started six or eight months or something after she found out her father had an affair.

And her mom was distraught, upset. So typically as children, what do we do? We protect the suffering parent, the mother in this case, and we reject the father. So in Family Constellations, we have the order of hierarchy. What does that mean? Those who are older, they come first. We need to respect them as the elders.

In this case, the client, what she did is she became the protector of her mother. So she became the parent of her parent. And she took on the pain and suffering of her mom. And then at the same time, she turned against her dad. I'm not condoning affairs or anything.

I just want to explore how rejection of one parent, a life force, actually can cause disease in us. She rejected her father, and that rejection of father and taking care of her mother, created a physiological conflict in her. She was also shocked about the affair, so she couldn't digest it, hence the stomach cancer as well.

So we got her to say healing sentences like, "Dear Mom, I love you and respect you very much. I see your suffering. I see my suffering as well. Some of my suffering, some of your suffering are mixed up."

I can't remember the exact sentences. They're in the course. "Please forgive me if I leave your suffering with you, and I feel my own suffering. Please forgive me if I look at Dad again with love. Please forgive me if I look at Dad as my father again."

And then I got her to imagine looking at her father and saying, "Dear Dad, it shocked me. I wasn't ready for what you did. And it's costing me my life to reject you." That last sentence, "It's costing me my life to reject you," completely woke her up.

And she realized, "Gosh, I have all this resentment, and it is costing me my life. I see what's happening to me now." The awareness shifted her entire biochemistry and her pattern of thinking. Within a month... Sounds hard to believe. Within a month, tumor markers had dropped from above 4,000, 5,000 to... And she's cancer-free now.

So that's the order of hierarchy. We respect who comes first. And in a way, that was also the example of the miscarried child. By giving the first child the position as first child and then taking her position as second child, she found her right place, and then she could relax.

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That's the power of Constellations Therapy. That's what we do in the retreats. No matter what condition you have, we look at it ancestrally or systemically, and find out what is the root cause. Otherwise, you're taking supplements and other remedies and doing therapy till the cows come home. Yeah, so you really got to look at the root cause. The third order... Go ahead.

No, go ahead, please.

The third order is the order of balance of giving and taking. In a relationship, if you are giving too much and the other person is just taking, taking, of course, there'll be resentment.

But strangely, Meagen, and those listening, is when we receive too much as well, we have a sense of guilt. We actually feel guilty about receiving too much, and many people end up sabotaging the relationship.

So if you're in a partnership with a codependent person who feels they can only give to you because that's their way of connecting you and making sure they receive love back, you might feel frustrated or like, okay, where's your part? Where's your engagement in this relationship?

And so you need to look at that balance of giving and taking before you sabotage the relationship. Many affairs are because of that imbalance of giving and taking. And that can lead to anxiety, resentment, burnout, as you can see.

And also with our parents, we as children receive from our parents. And to give back... We don't really give back to our parents, but we give forward in life. So we either have more children of our own and give forward, or do good in society.

And if you don't feel a good balance of giving after receiving, then you'll feel a certain emptiness in your body, or anxiety, or stress, because you're not releasing. And that's why a lot of people, I believe, feel better when they volunteer. They do charity work because they're giving forward, and that somehow has a relaxing effect on their nervous system.

So at the retreats, we make sure we look at all the balance... All the orders of love are taken care of, depending, of course, on what you're coming with. So I had people with shoulder pain, two clients with shoulder pain.

And one of them felt released after she connected with her aborted children. She finally gave them a place in her heart. And suddenly, everything relaxed in her body when she could say goodbye to them properly.

Another client, her shoulder pain was because her mom had a miscarriage and her mom was grieving. And for 30 years, she was carrying the grief of her mom. She was sharing the grief. We often do that. We bond with our parents based on the traumas they've been experiencing. That bonding was causing tension in my client's body.

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And so by saying, "Dear Mom, your pain is great. I have my own pain for my missing sibling. Please forgive me if I look at my pain separately from yours. I give you back what is yours, and I honor what is mine and my bond and my love for this missing child, my sibling."

In front of me, literally within half an hour, everything started freeing up for her. That is the power of Family Constellations, the power to heal the root cause instead of dabbling in supplements and endless therapies.

Meagen Gibson

I love Family Constellations Therapy. I thought of so many things as you were talking. In so many family systems, we take on the stresses or things about our parents that aren't ours to carry. It's not a conscious decision.

And this release, "I give back to you what is yours." Not only, I can imagine, frees you from carrying that thing that you were carrying for that family member, but also frees up... Say it's your mother you're carrying something for. It frees you up to change your relationship with your father and have it be independent.

I think sometimes we're associating... We're distant from one parent because of the feelings we have for another parent. When we release them both, we're free to have... They're free to have their own relationship with one another without you being entangled in it, and you're free to have independent relationships. Yeah, I love this. I just...

Dr Ameet Aggarwal

That's what happened in the stomach cancer case. She reestablished a healthy relationship between both parents because as children, we want to keep our parents together often.

Because as children, our survival depended on that bonding. Biologically speaking, it's a threat when parents separate. We do anything. Anything, really, even if it costs us our lives, to keep them together.

Meagen Gibson

That's, again, a biological imperative. That goes way, way, way, way back. We need to have family systems. We need to have social systems for survival. Parts of us remember that even though it's not quite... We can survive now. Getting kicked out of the cave doesn't have the consequences it used to.

But our biological memories don't know that it's safer for us to do that. And then we end up carrying more than we need or... What was the other thing I was going to say? Or turning our feelings that we feel about the other person on ourselves. I judge my father's actions, or I judge my mother's actions.

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I can't judge them because I need them to survive and I have to stay in relationship with them. So instead, I will turn that inward and I will look for the ways that I betray myself or betray the people around me, or I will look... I'm just making things up at this point.

But I just want to really validate people's experiences of... This happens to a lot of us, and there's a lot of reasons why. And it's not just you. We're all programmed to do this, and it takes a little bit of help from outside sources like you to see it, understand it, and then untangle it.

Dr Ameet Aggarwal

Yeah. Those who find faults with themselves, that often starts at a very young age. Because you're right, Meagen. When we are threatened by our parents or hurt by our parents, it's hard for us to aggress against somebody who gives us life and who our survival depends on.

So we internalize it, and we try and do more and more to receive their love or to fix the problem. And when that doesn't work, then we think, "Gosh, I need to try harder. There's something wrong with me. I'm not doing something well enough to fix the solution."

And so then we start turning against ourselves inward. We start fault-finding or being hard on ourselves. So when we can find that primary trauma that happened at a young age and say, "Okay, dear Dad, it was difficult for me."

As an adult, when you say these sentences, then the nervous system is mature enough to resolve the old memory in awareness. If that makes sense. So, "Dear Dad, that was difficult for me. It hurt me. It hurt me when you looked the other way, or it was difficult for me to be around when you were violent."

So just naming it. Voice, putting words to the experience, releases so much stress, so much tension from our nervous system that everything self-corrects then. So that's why I encourage people at the retreats to say things out loud, those healing sentences out loud, because they have a profound effect. Not only on your mind, but your entire biology.

I've seen people who cannot get out of bed in the morning. After a healing sentence to their aborted sibling... After saying that sentence, the next morning, they're up again.

I had a client who was prone to accidents. Every time, every year, around the same date his father passed. So since his father passed, he was prone to accidents.

Systemically looking, being prone to accidents is really trying to follow somebody to the other side, to the other side of the rainbow, into death because he was so loyal and loving towards his father.

And just the healing sentence saying, "Dear Dad, it was your time. I will join you when my time comes, not before. I respect what happened as your fate." And of course, I choose sentences based on the person's nervous system and their consciousness. You can't use one sentence for everybody.

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He felt so much relief, so much relief. And he realized that bond, the unconscious bond he was having to follow his father. So Constellations combined with homeopathy to release the trauma. Constellations to, of course, disentangle ourselves from our ancestors, can really set your nervous system free so that you can really live an amazing, fulfilling life and stop sabotaging yourself.

Stop sabotaging relationships, stop sabotaging your work, stop living in anxiety, burning yourself out for nothing. Of course, there's remedies that I talked about, like the adaptogens and things like that. But it's time really to heal the root cause with homeopathy, Constellations, etc.

Meagen Gibson

Is it correct to say that obviously somebody can come to one of your retreats, and this is an intensive experience. But there's also a way to do it at your own pace and to do it more slowly, and titrate things out as your life allows in the work-life family balance that we all are trying to navigate.

Dr Ameet Aggarwal

Absolutely. I even have an online course on Constellation work and many other free videos on how to do this slowly. You're welcome to check those out. Then when you come to a retreat, those are quite intense. Yes, we look at one issue you have and look at the systemic influence.

But often that systemic influence is causing multiple issues. And when you heal that one influence, then a lot of things start self-healing. We'll combine it with safaris in Kenya or beach time in Sardinia. Maybe in Costa Rica as well, we'll combine it with forest walks. It depends on where we're holding it.

Then there's different activities as well. So you have a nice bonding with the group. You have nature time as well as your own intense work. And in Constellation work, you get to be a representative, meaning you get to represent another client's father or mother, etc.

And so if you don't want to do your own work, just being a representative has so much healing power on your nervous system because you step into a role of... How do I say it? As a representative, you're stepping into the role of somebody else's family member.

But stepping in gives you so much information about your own nervous system and gives you permission to release certain patterns that you're used to thinking through when you experience somebody else's energy. That itself changes your consciousness and you let go of other sabotaging patterns that you had before.

Meagen Gibson

Absolutely. I can imagine. Not just energetically even. But for people who are, unfortunately, like me, very visual thinkers. We're trying to conceptualize, how does this work?

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But when you get to be a representative, you get to actually see and feel how it works and then understand more viscerally. Oh, here's how this could work for me, or here's how I can now imagine myself in this role and might be ready to ask for a representative to do one of these things.

Dr Ameet Aggarwal

Yeah, absolutely. So don't be afraid. Come to Greece, Sardinia, Costa Rica, Kenya, and really indulge in this. Start, of course, with the online course and the videos because that will prepare you for the beautiful experience you're about to receive.

Meagen Gibson

Fantastic. Well, how can people find out more about you and these fantastic retreats and the course?

Dr Ameet Aggarwal

There's free videos and masterclasses on drameet.com. That's D-R-A-M-E-E-T.com. There's the online course in homeopathy. There's a full online course in gut, liver, adrenals, healing with herbs, homeopathic remedies for trauma, etc. There's a full Constellations course as well.

And then there's a link there to the retreats. Every year, they're in different locations. I try to choose really nice places. I limit the groups to 12 to 15 people, ideally, most of the time, so that everyone gets their personal work done. Some locations, there might be more people. But just look on the website, reach out to me, and I'm happy to help guide you through what's the best way for you forward.

Meagen Gibson

Fantastic. Dr Ameet, thank you again so much for being with us today.

Dr Ameet Aggarwal

Thank you, Meagen, and lots of love, everyone. I wish you really the best in your healing journey. Take care.