



Dream BIG, CHANGE Lives

February 23-26, 2026

7PM Eastern

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CARING FOR CAREGIVERS OF CHILDREN AND ADULTS DUE TO INJURY, ILLNESS, DISABILITY, AGING, AND MORE

PRESENTED BY LAURI GROSSMAN, DC, CCH, RSHOM(NA)
NCH PAST PRESIDENT AND CHAIR OF ADVISORY COUNCIL

DISCLAIMER

The National Center for Homeopathy offers this webinar for educational purposes and information presented is not intended to diagnose or treat a disease. The opinions expressed by speakers, moderators and attendees are part of the educational experience and do not necessarily represent the position of the National Center for Homeopathy.

Full disclaimer is included at the end of this webinar's slide package.

For severe or life-threatening conditions,
contact your local emergency room or dial 911.

ABOUT DR. GROSSMAN



Lauri Grossman, DC, CCH, RSHom(NA), serves as Past President of the Board of Directors and Chair of the Advisory Council for the National Center for Homeopathy.

She also has a private practice centered in New York City where she has lectured in hospitals and colleges, including Columbia Presbyterian Medical Center, Memorial Sloan Kettering Cancer Center, The Hospital for Special Surgeries, Lenox Hill and NYU.

Dr. Grossman works with physicians, nurses, chiropractors, and other health care workers, so that they are better able to integrate homeopathy into their practices, improving outcomes and enhancing patient satisfaction.

THE MANY FACES OF CAREGIVING



CAREGIVING NEEDS ARE MANY

exercise
bathing
children
toileting
meal prep
medications
aging population
transportation
disabilities
feeding
therapies
laundry
dressing



New Stresses of Caregiving



- **Researching support services and treatment plans**
- **Following up with insurance and medical care**
- **Adjusting homes for ease and safety (safety bars, ramps for wheelchairs, reclining chairs)**

Demands can leave even the strongest, most centered person at a loss

- **Be kind to yourself: frustration, sadness, worry, and reduced wellbeing are common**
- **Take time for rest, exercise and healthy meals (meditation, sleep, exercise apps, to-go salads)**
- **Engage support services**



RESOURCES FOR CAREGIVERS



Books

- *How to Keep House While Drowning* by KC Davis (Thank you, Sherry M!)
- *Impossible Cure* by Amy Lansky
- *The Unexpected Journey: Finding Strength, Hope, and Yourself on the Caregiving Path* by Emma Heming Willis
- *You Finished Treatment, Now What: A Field Guide for Cancer Survivors* by Amy Rothenberg, ND, DHANP

RESOURCES FOR CAREGIVERS



Facebook / Internet groups

- Recovering Kids Group on Facebook
- Search “PANDAS” in FB groups, there are over 40 groups to join
- Reach out to neighborhood mom’s groups

NANCY NOVACK AND NANCYSLIST.ORG



- **Financial Resources**
- **Diagnosis Support**
- **Specific Populations Support**
- **Camps for Kids**
- **Retreats**
- **Love Letters to Cancer Patients**
- **Directory of Supportive Practitioners and Healing Centers**
- **Integrative Cancer Care**

NCH FIND A PRACTITIONER DIRECTORY

- For Homeopathy Practitioners, MDs, NDs who work with special communities of patients
- Go to homeopathycenter.org and select “Find a Practitioner”
- <https://homeopathycenter.org/find-a-homeopath/>



SUPPORTIVE CARE AND NEW SOLUTIONS



- Engage Geriatric social workers and/or Medicare/Medicaid covered home care
- Talk to employers about flexibility, “dark hours” when you are not available, projects based on milestones /deliverables without frequent meetings and check ins
- Acknowledge you are learning skills – Update your CV! (Financial and project management, medical awareness, etc)

HOW CAN HOMEOPATHY HELP?

- Remedies for anger and irritability, increased sensitivity, worry, sadness
- Remedies for exhaustion, fuzzy thinking
- Remedies for loss of sleep, headaches, GI disorders, cramping





Single homeopathic medicines can be quite effective for deeper healing

When it comes to selecting single remedies, remember it's all in the details:

- **Find out what is troubling the person the most.**
- **Describe pain in detail: Is it shooting, bursting, throbbing, or aching?**
- **Does the person feel hot or cold, thirsty or hungry?**
- **Do warm applications help or are cold compresses more soothing?**
- **Is the person's mood affected?**

Ask questions and listen for unusual responses

AURUM METALLICUM



- **For serious individuals who make valiant attempts to help loved ones overcome insurmountable odds**
 - **ex: a parent with a child with a rare disorder, or a loved one after a terrible accident**
- **Needs music and meditation; otherwise, they may develop headaches, chronic insomnia, or sinus troubles**

COCCULUS INDICUS



- **For worry about the wellbeing of another, coupled with lack of sleep (esp. when caring for a young child)**
- **Will stay up around the clock to be by a loved one's bedside**
- **GET SLEEP; otherwise, they develop dizziness, headaches, and vertigo**

NATRUM MURIATICUM



- For sensitive, responsible, perfectionistic individuals who want to do a good job
- They take caretaking seriously, may lay awake at night thinking of what they didn't do right
- They take offers of help from others as criticism - won't mention difficulties to others
- Need quiet time to read; otherwise, they develop headaches, insomnia, hay fever, cold sores

NUX VOMICA



- **Demands of caretaking result in anger and irritability**
- **Impatient with those who don't try "hard enough", finding fault with doctors & the medical system**
- **Resorts to coffee for a boost or alcohol to chill out**
- **Need breaks to burn off anger (ie. go for a run); otherwise, they develop GI complaints and cramping**

PULSATILLA



- For gentle caretakers who desire lots of attention themselves
- Needs friends to stop by, acts of love and appreciation (flowers, notes, dinners out)
- Needs fresh air, gentle exercise, or long walks; otherwise, they develop menstrual issues, headaches, digestive troubles (esp. with fatty foods)

ARSENICUM ALBUM



- **Concern for finances, especially when the main breadwinner is ill**
- **Restless with loss of sleep, pacing about, then exhaustion**
- **Needs financial support/mentoring; otherwise, they develop GI issues with burning pains**

HOMEOPATHY CAREGIVER KIT CHEAT SHEET

- Aurum metallicum
- Arsenicum album
- Cocculus indicus
- Natrum muriaticum
- Nux vomica
- Pulsatilla



DOSING

- Pick the remedy that best matches the symptoms
- For acute symptoms, take a 30C potency four times daily
- For chronic symptoms, take the 30C potency twice daily for up to two weeks to see if there is a positive response.
- Stop taking the remedy if you notice improvement
- Start again if symptoms return
- If you don't see any improvement, clarify the symptoms in order to find a better medicine match
- If you cannot find one, find a professional homeopath to whom you can refer



FIND A PRACTITIONER

Go to the National Center for Homeopathy website to find a practitioner if your situation is beyond your skill set.

Remember prescribing for yourself can be especially difficult. Having the support of a professional who you trust can not only make the task of identifying a supportive homeopathic medicine simpler but it can offer you compassionate care that might be essential to your improved well being.





FOUR SCENARIOS

And the medicine is...



WHO AM I?

My husband broke his leg and is out of work for six weeks. I am so worried about how we will pay the bills. I now have burning stomach pains every night.

And the medicine is...

ARSENICUM ALBUM



- **Concern for finances, especially when the main breadwinner is ill**
- **Restless with loss of sleep, pacing about, then exhaustion**
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WHO AM I?

Most nights I am awake with my special needs son.
I often feel dizzy and have headaches frequently.

And the medicine is...

COCCULUS INDICUS



- **For worry about the wellbeing of another, coupled with lack of sleep (esp. when caring for a young child)**
- **Will stay up around the clock to be by a loved one's bedside**
- **GET SLEEP; otherwise, they develop dizziness, headaches, and vertigo**



WHO AM I?

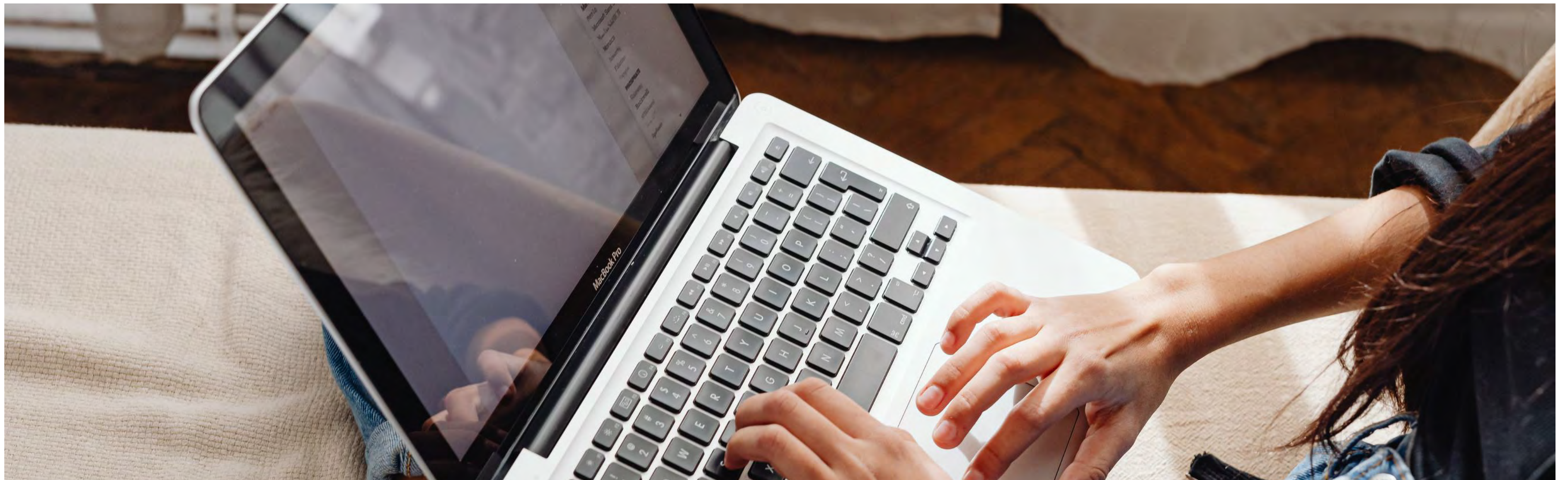
I cannot believe that my sister-in-law thinks I should encourage my mother to walk the short distance to the park rather than take her in the wheelchair. Sure, mom could use the exercise, but I know what I'm doing and I did not ask my SIL for help. I lie awake every night thinking about it.

And the medicine is...

NATRUM MURIATICUM



- For sensitive, responsible, perfectionistic individuals who want to do a good job
- They take caretaking seriously, may lay awake at night thinking of what they didn't do right
- They take offers of help from others as criticism - won't mention difficulties to others
- Need quiet time to read; otherwise, they develop headaches, insomnia, hay fever, cold sores



WHO AM I?

My dad's doctors have no idea what they are doing! If they tried harder to provide the proper care I wouldn't have to spend so much time on the computer researching myself. I get so angry that I feel cramping in my stomach immediately.

And the medicine is...

NUX VOMICA



- **Demands of caretaking result in anger and irritability**
- **Impatient with those who don't try "hard enough", finding fault with doctors & the medical system**
- **Resorts to coffee for a boost or alcohol to chill out**
- **Need breaks to burn off anger (ie. go for a run); otherwise, they develop GI complaints and cramping**

RESOURCES ON HOMEOPATHIC MEDICINES



- *Desktop Companion to Physical Pathology by Roger Morrison M.D.; Hahnemann Clinic Publishing*
- *Desktop Guide to Keynotes and Confirmatory Symptoms by Roger Morrison M.D.; Hahnemann Clinic Publishing*

Any Questions?

DISCLAIMER

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FOR MORE INFORMATION

VISIT OUR WEBSITE

NATIONAL CENTER FOR HOMEOPATHY

www.homeopathycenter.org

OR CONTACT

DR. LAURI GROSSMAN

lauri@drlaurigrossman.com



COMING UP...



Yes, There is Homeopathy Research

By Gabrielle Traub, MTech(HOM), CCH, HD(Hon)

Wednesday, February 25
7:00 PM ET / 4:00 PM PT



Rascals & Troublemakers: Using Homeopathy for Behavior Problems in School- Aged Children

By Amy Rothenberg, ND, DHANP

Thursday, February 26
7:00 PM ET / 4:00 PM PT



HOMEOPATHY
FOR EVERY *Home*

national center for homeopathy