

## Exam stress and fear of failure!



Exam stress and fear of failure can occur in all cases where we are in anticipation of a major task or life event. Generally an increased stress level is good to achieve a high performance. Many times however the stress and especially fear for

failure dominate too much and decrease our ability to perform significantly. Here I think of school exams, driving test, public speaking, really any type of occasion where we feel put to the test. Thanks to the individual approach of each person the homeopath takes away the underlying cause of these recurring problems.

I have 10 years of Homeopathic clinical experience in helping people to: decrease exam stress, increase the capacity to concentrate, increase mental performance, lifting self-esteem, boost energy level, improve the sleep and generally make people feel better about them selves.

A great offer for anyone who presents this newsletter at first homeopathic consultation! A reduction of 5%: from € 60. - to only € 57.- per consultation and the remedies for free!

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Enjoy this newsletter. Regards,  
**Jeroen Holtkamp, I.S.Hom.**

### What is homeopathy?

Homeopathy is a system of medicine that applies natural remedies to stimulate your own healing power from deep within. The homeopath acknowledges that body and mind are an inseparable whole and respects the self recovery capacity of our body to its full extend. Of foremost importance is how the patient individually perceives the symptoms. For the homeopath these symptoms are indications of how our mind and body work together to overcome disease and complaints. The homeopath does not intervene in these processes but rather regulates and stimulate the healing attempt of our organism with the help of homeopathic remedies. **Homeopathy is a safe and gentle medicine.** Homeopathic remedies are derived from plant-, animal- and mineral substances. These substances are diluted according to special procedures to such an extent that only the curative properties remain. Since its discovery by the German doctor Samuel Hahnemann in 1780, the principals of Homeopathy have been consistently and successfully applied by millions of practitioners worldwide.

### Benefits of homeopathy

Homeopathy has no side effects if applied properly. It's a gentle medicine. The remedies are not addictive. It's inexpensive because the remedy is always included in the consultation fee. Generally the remedy does not have to be taken for months or years. One single pill is enough to give a lasting impulse to the healing process for a period of a month. In the follow up the progress will be evaluated and a new remedy will be administered. Sufficient treatment could lead to lasting relief and independence of any therapy or drug.

### Overcoming the cause of exam stress

The stress and fears in anticipation of a perceived major task ahead can be accompanied with physical complaints.

Headaches, migraine, fatigue, sleeplessness, weakness and trembling of the legs, heart palpitations, sheer panic attacks, hyperventilation, stomach aches, abdominal complaints and last but not least backaches probably can occur when anticipating an exam, a performance on stage, etcetera. Many times the patient is not aware to what extend he or she is suffering as a result of this burden on the shoulders. With homeopathy you will have relief from both physical and emotional problems at the same time, because of its holistic approach. Frequently the causes of this incapacity to deal with exams, etc. in a proper way are traumatising experiences from the past. Homeopathic remedies help you to sort them out quickly.

**If you feel stressed because of exams and stage fright, etcetera, but it is not having too big of impact you can also ask advice at the health food shop 'Nuts and Grains' opposite the back-exit of the Dunnes Stores shopping centre in Mullingar. They sell a wide range of high quality natural products that can stimulate your performance and decrease stress levels, with excellent service and a smile.**

### Free 1 hour talks on homeopathy!



If you would like to know more about homeopathy and its benefits, invite me to your group and let me explain homeopathy and answer your questions in more detail.

**A**nd remember that if you have exams coming up or have to perform in public to eat wholesome food and not your pencils!

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