

Yum. Munch. Blurp! **5 Remedies for** **Overindulging This Season**



Dear...

As we near Thanksgiving, the joys of the holiday season start to warm us. If your family is anything like mine, there is always more for your eyes to feast on than what fits in your belly! Don't fret, have a few remedies on hand & the joyous celebrations won't even skip a beat.

Love,

A handwritten signature in cursive script that reads "Joette".

Here it comes! The time for overeating and drinking. So what can we do to prepare? Have the following remedies on hand and then pass the turkey, potatoes, pie, and wine.

The best known way to use the following homeopathic remedies is to take one dose every 3-4 hours over a period of 1-2 days.

If the symptoms are too extreme to wait for that 2nd dose, then speed up the time and offer it every hour.

The trick is to know enough to stop when improved. Most people will experience improvement within a very short time.

Remember, 4 pills is a dose. When overeating causes nausea that you wish would just produce vomiting to get it over with, your remedy is ***Nux vomica 30***.

Nux vomica is also a capital choice for the proverbial hangover and indigestion. It has a remarkable history of ending nausea and vomiting in relatively short order. Sometimes it even removes the desire for alcohol and overeating. Not in an unpleasant way, but rather, it encourages more rational thought towards moderation.

This gem of a remedy will address perhaps 90% (my educated guess) of overeating and drinking problems around the holidays. And it will not interfere with any meds someone might already be taking.

When relentless vomiting is the main symptom, try ***Ipecac 30***. This is the one we want on hand when the nausea isn't relieved even by vomiting. It's one of the worst settings. But true to homeopathy's repute, it will usher in an antidote to the problem.

When there is simple indigestion and over acidity, then **Nat phos 6x** can be taken every hour. It's often used in place of antacids. But with no side effects, of course!

My father keeps this in his car for after lunches with his musician friends. (They eat at *those* kinds of restaurants!)

For true food poisoning that causes chills, stomach pains, restlessness and anxiety, then **Arsenicum album 30** should be taken. This is best saved for when your turkey is tainted and not from overindulging. And it's perfect for when you're not sure which food caused the problem. Going to Mexico? Never leave without this remedy.

What if you ate more fats than you're accustomed to eating? Say, too much skin on the turkey or overloaded your potatoes with more gravy than anyone else, then you had the clam dip that was swimming in oils and didn't stop adding whipped cream to your pie. Then your remedy might likely be **Pulsatilla 30**.

For a small investment, you can own these remedies in kit form, which in the long run is a substantial savings. These kits come with the top 100, 50, or 30 remedies most commonly used for home situations. I can't think of a better gift for Mom or a college student, so consider it for a Christmas present!

If interested, contact us and we'll tell you of the best prices and kits we know.

Experiment with these tried and true homeopathic remedies for the holidays and you might just find it easier to enjoy all of the festivities. Then keep a log of what you did, so you have a record for next time.

That's how we learn to take care of ourselves and our families. Empower the family, and everything else falls into place.

The information provided in this article is for educational purposes only and may not be construed as medical advice. The reader is encouraged to make independent inquiries and to seek the advice of a licensed healthcare provider.



Interested in finding out if Homeopathy is a fit for your and your family's health strategy? Call (716-941-1045) or [EMAIL](#) us to set up a FREE 15 minute phone conversation with Joette.

Hot Off the Press!

NEW This Month! Listen in to the [Food Rights Hour](#) featuring Joette Calabrese & Dr. Kayla Daniels, as they talk about Real Food & Homeopathy on the **Farm-to-Consumer Legal Defense Fund's** website.

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Read all about your natural sources for Vitamin D in Joette's newest article titled [Goodbye Summer, Hello Cod Liver Oil](#) which was featured on the **Radiant Life Company's** blog.

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Check out Joette's column *The Homeopathy Journal in Wise Traditions*, the quarterly journal of the **Weston A. Price Foundation**. Her article, entitled [Antibiotics Pave the Way to Chronic Illness; Homeopathy Restores Health](#) was published in the Fall 2011 edition.

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Check out Joette's guest post on [theNOURISHINGgourmet.com](http://theNOURISHINGgourmet.com) blog with her article titled [Homeopathy for Smart, Frugal & Tenacious Moms](#)

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## Check it Out!

There are heaps of great resources & free materials on our website. You might be left asking yourself... "Where do I start?"

Here's Step One:

A Nutri-Tip from our [E-zine archives!](#)

One of the best Nutri-tips I know for the holidays is the following recipe for indigestion:

To half a glass of water, add 2-3 tablespoons of fresh lemon juice and stir. While stirring, add ¼ teaspoon of baking soda. The combo will create a little fizz in your glass. Drink it down during the fizz, if possible. If you're old enough to remember Brioschi, you'll recall the flavor, fizz, and how quickly it works... But this is better – it's homemade!

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## Did You Know?

Our blog was listed as one of [20 Incredibly Educational Alternative Medicine Blogs](#) by Masters in Health Care.com! If you haven't been reading our blog already make sure to [CHECK IT OUT!](#)

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## Our Family Fire Pit



Over the summer months and even on fall evenings, my husband, sons, parents, brother, mother-in-law, and I gather around the fire pit in our yard.

Amidst the hustle and bustle of daily life, we meet here just to enjoy time together.

My boys are growing up (too fast!) and are making their own lives and memories. But I hope that they remember these talks and the guidance they picked up from the older generation here at our fire pit.

Family is the foundation of society. As mothers and others, we need to support each other in an effort to protect it.

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## Quote From Joette:

“Place nothing in, or on, your body that you do not know to be of superior quality. Ask yourself; would my great grandparents have done this?”

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# There is always MORE!

Have we whetted your appetite for more? There is always something new to discover with Homeopathy & we can help you find it. Below you will find helpful links. Enjoy!

## From the Archives!

Read up on **Natural Parenting Center's** blog entry featuring Joette's interview on [Empowering Mothers with Homeopathy & Nutrition](#)

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Kim Hartke's Blog, *Hartke Is Online*: Is where you can find Joette's online publication of [Mommies Beware! This Excitotoxin is Hidden in your Food](#)

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Listen [HERE](#) to Joette's Radio Interview with **Ginger Leilani Chapin & *Conscious Lifestyles Radio***

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Read Joette's article, [Itching for Better Medicine? Homeopathy May Be Your Best Choice](#) which was recently featured online in the **Journal of Natural Food & Health**

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If you have a specific question you'd like answered or a topic you want to see covered in future issues, please [E-mail suggestions](#) or post comments [on our blog](#).

About Joette



Joette Calabrese, HMC, CCH, RSHom(Na) instructs folks on how to add, obtain, and maintain authentic, vigorous health via homeopathy and sound nutrition by offering time-tested and scientific principles. She has become a trusted voice that is decidedly educated, experienced, and committed and has a following of discerning clients throughout the United States and abroad.

Please Note...

Joette is not a physician and the relationship between Joette & her clients is not of prescriber and patient, but as educator and client. It is fully the client's choice whether or not to take advantage of the information Joette presents. Homeopathy doesn't "treat" an illness; it addresses the entire person as a matter of wholeness that is an educational process, not a medical one. In order to be treated or diagnosed, Joette believes that the advice of a holistic physician is in order.

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