Heartburn, Reflux, Indigestion



If you listened to Podcast 100, you might recall my husband Perry's courting confession. Yep, it's right there for all the world to hear. While we were dating, my spaghetti with red meat sauce caused Perry tremendous suffering – heartburn, reflux, indigestion.

Italian Americans call it agita. But no matter what you call it, it's unpleasant.

Poor Perry suffered in silence back then because he didn't want to throw a wet blanket on our burgeoning sparks. But after we were married, he confessed.

We certainly couldn't abstain from a lifetime of delicious spaghetti and meat sauce – come on, I'm *Italian* for crying out loud. So, instead, we turned to homeopathy.

I've mentioned various medicines that successfully can address agita in years past. (See Stomach and Gastro-Intestinal Ailments and Plop, Plop, Fizz, Fizz.) But I haven't discussed the topic since I have honed my practice utilizing Practical Homeopathy®.

So, let me teach you three homeopathic medicines for indigestion that you should know and include in your collection.

1. If indigestion strikes after every meal – regardless of what was consumed – the remedy is often *Nat phos* 6X. If it's bad enough, it may be taken after every meal. However, as the condition improves (and it will!), then back off the frequency. If the symptoms recur at a later time, resume!

Because *Nat phos* 6X has become such a go-to for us, we keep some in the car so it's with us if agita strikes when we're away from home. (I further discussed how *Nat phos* 6X helped my father kick his dependence on Tums in David vs. Goliath. You may also be interested in a 30-minute Facebook Live about *Nat phos* that is archived here on Facebook and also on my private server exclusively for my Mighty Members.)

2. If indigestion ensues specifically from restaurant food, I have found that *Pulsatilla* 30 is amazing.

Now for clarification, by "restaurant food," I also mean any food that one is not generally accustomed to. So, that means *Pulsatilla* may be equally considered after a restaurant meal, dinner at a friend's house or a new elaborate recipe that is new to the belly.

It's especially noteworthy for correcting the collateral damage of creamy items such as macaroni and cheese or something with whipped cream. But it's also good for the ill effects of foods laden with questionable ingredients.

If the discomfort is overwhelming upon onset, a good method is to use *Pulsatilla* 30 every 15 minutes for the first hour. But I have found that, generally, the suffering will diminish after the first couple of doses.

I have even suggested that clients use it prophylactically if they know beyond a shadow of a doubt that an impending event will cause suffering. For instance, if a child has a history of tummy upset with creamy foods, it's a given that going to a birthday party – replete with ice cream and cake – is going to trigger their discomfort. So, why not head it off at the pass and give them *Pulsatilla* 30 on the way to the party?

3. The third medicine is one that people are already the most aware of – *Nux vomica* 200. It's a capital remedy when there are other symptoms (such as nausea or constipation alternating with diarrhea) or when the suffering was triggered by overindulgence. The other two remedies I mentioned (*Nat phos* and *Pulsatilla*) don't necessarily address overindulgence specifically.

Nux vomica is also the medicine I have historically turned to when alcohol has played a part in the condition's onset. (Hmmm, perhaps you needed to know this medicine yesterday!)

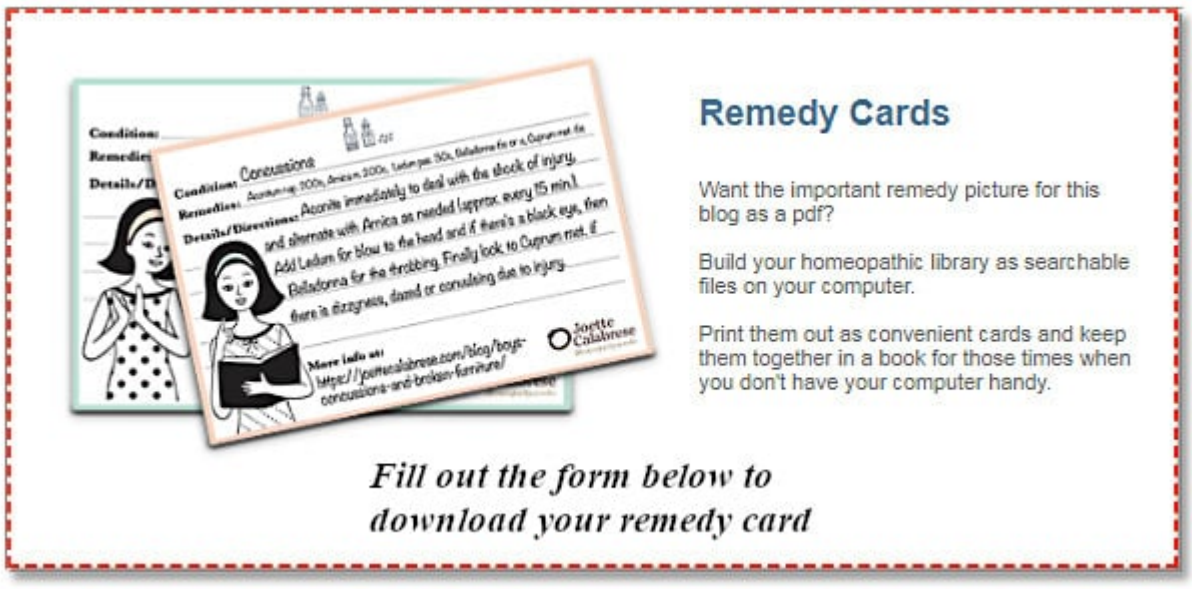
So, now you're armed! You have learned about three medicines to keep agita at bay – whether you are courting an Italian woman, diving into a bowl of ice cream or toasting the new year.

And remember, nobody enjoys an upset stomach, so be sure to pass on the good news of homeopathy!

Warmly,

P.S. Sometimes, additional homeopathic medicines are required to uproot the underlying conditions that can cause chronic indigestion. Needless to say, this short blog format is insufficient for explaining more complex issues. But if heartburn, reflux and indigestion are a problem in your family, I encourage you to look closely at the curriculum for my course, Good Gut, Bad Gut. I cover more complicated indigestion issues and much more in that jam-packed course.

And remember – all of my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.



Heartburn, Reflux, Indigestion
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