

Heavy Foods, Uneasy Stomachs: More Homeopathy for Indigestion After Holiday Meals



Good for you! You've been eating proper foods all year long. Then, the holidays hit.

Just about everything on the buffet is loaded with seed oils and such. It seems as though indigestion is lurking in every fatty bite.

Not to worry. Practical Homeopathy® has your back (and more importantly, your tummy).

In last week's blog, [Homeopathy for Holiday Eating: 2 Remedies](#)

[for Food-Related Discomfort and Upset](#), we discussed homeopathic medicines for two common food-related conditions: overindulgence in the wrong foods and even food poisoning.

Let's look at two more conditions that may sneak up on you, your loved ones, your friends or even your dinner guests. My advice? Keep these two homeopathic medicines handy just in case.

Indigestion After Heavy Holiday Meals

[Nat phos 6X](#)

It tastes good going in, but an hour later, sour stomach and indigestion rear their ugly heads. For simple indigestion or hyperacidity, the handy little cell salt, *Nat phos*, can be taken every hour in place of antacids.

Toss it in your purse, diaper bag or glove compartment. Anytime indigestion hits, throw a dose (as detailed in the instructions on the tube or bottle) directly in the mouth. If no relief is afforded, continue in the same manner every hour.

In many cases, the indigestion will be completely gone within short order.

Oddly enough, the next episode of indigestion will often not be as severe, not last as long and will remain thwarted for a longer period of time.

My late father kept this remedy in his shirt pocket for after lunches with his musician friends. (They often ate at "those" kinds of restaurants!) To learn more about how my father used *Nat phos* as a replacement for antacids, read [Cell Salt Series: David vs. Goliath](#).

Indigestion After Overly Fatty Holiday Meals

[Pulsatilla 30C](#)

"That Christmas dinner party my boss threw for the team was

magnificent. What a restaurant! But ... ugh. My stomach."

I've heard this same complaint from students and clients more times than I can count.

Did you eat more fats than you're accustomed to eating? Say, too much skin on the turkey, potatoes wonderfully loaded with gravy, and clam dip swimming in oils? Not to mention that huge dollop of ultra-pasteurized whipped cream on your pie?

Then your remedy might likely be *Pulsatilla*. Other indicators for *Pulsatilla* include heartburn, heaviness after eating and a coated tongue. Cold drinks may temporarily relieve the symptoms.

Generally, *Pulsatilla* 30C would be employed as needed as an SOS. If the condition is severe, it may be taken every 15 minutes for the first hour, then stretching out the time between doses as required until very much better.

After all, 'tis the season for smiles and laughter ... not writhing in gut pain and feeling miserable.



One more indigestion tip for good measure

This is not a homeopathic solution. However, should you find yourself without your remedies at a restaurant or someone

else's home, this is a simple hack until you get back home. (And next time, don't leave home without your homeopathic medicines!)

For common indigestion, add a splash of raw vinegar to a glass of water and drink. It will generally bring soothing relief. Sometimes, a bit of baking soda added can really make a difference.

It'll be our secret.

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Pass on the good news of Practical Homeopathy®!

Warmly,

A handwritten signature in black ink, appearing to read 'Joette', with a large, looping flourish at the end.

P.S. Time is running short! If you need a quick, valuable, unique gift for someone special on your Christmas list, I have a suggestion. [Consider a gift card from Joette's Learning Center.](#)

My team has created a special portal where you can order a gift card (in various denominations) to be delivered to your recipient at your chosen time.

Then, your friend or loved one can pick the course, product or membership that best fits their family's needs and apply your generous gift card directly to their purchase. This gift will keep on giving health freedom for years to come. You'll be the

hero!



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