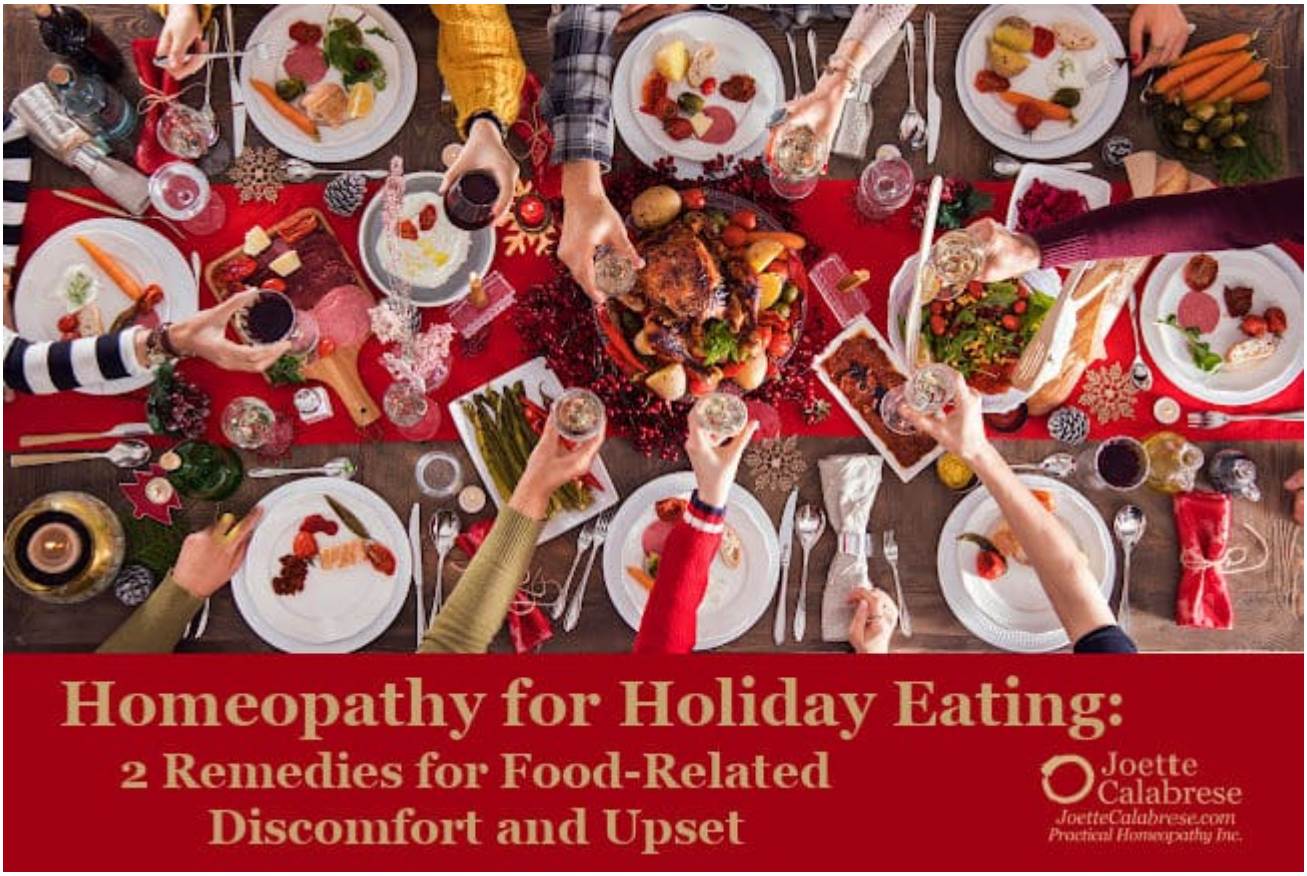
Homeopathy for Holiday Eating: 2 Remedies for Food-Related Discomfort and Upset



We know we shouldn't. But just one more serving of roast beef, mashed potatoes and gravy won't hurt anything … will it?

'Tis the season of holiday eating (or perhaps I should say "overeating"). If your eyes are sometimes bigger than your stomach, you're not alone. But if self-discipline fails, there's always homeopathy to combat the ailments from holiday eating, such as food-related discomfort or upset.

Plus, let's take a look at a stellar homeopathic medicine for food poisoning, just in case we accidentally help ourselves to spoiled leftovers.

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Homeopathy for overindulgence when holiday eating

Nux vomica 30 or 200

Overeating often causes nausea that you wish would just produce vomiting and get it over with! The remedy to consider is *Nux vomica*. It has a remarkable history of ending nausea and vomiting in relatively short order.

Nux is also a capital choice for the proverbial hangover. Sometimes, it even removes the desire for alcohol and overeating – not in an unpleasant way but rather by encouraging more rational thought and moderation.

Nux vomica can be used whenever we have overdone a good thing: too much of a delicious dinner, too many sweets, or too many cocktails on New Year's Eve. *Nux* has been shown to antidote the symptoms of heartburn, nausea, vomiting, diarrhea and even irritability.

Often, the person who will benefit from *Nux vomica* also complains of wakefulness, usually around 3:00 a.m., with the thoughts of the day dancing around in their head.

Nux vomica is a gem of a remedy that can address perhaps 80% (my educated guess) of overeating and drinking problems around the holidays. And it has a reputation for not interfering with meds someone might already be taking. Generally, a few doses will ease the condition.

Plus, *Nux vomica* 30 may also be the answer to indigestion as well. Read up on it in your *materia medica* to ensure it's the tightest-fitting medicine for your specific symptoms.

What? You don't own a *materia medica?* Well, you can find free historical references online. There are also more professional

materia medicas, such as Robin Murphy's Nature's Materia Medica, Fourth Edition, that my Academy students use. However, that one may be a little complex for those who are starting out with homeopathy.

Instead, I wrote A *Materia Medica*: Practical Homeopathy® for Busy Families just for you. It's written in plain English, in my own voice, and contains stories and examples from my practice that your family can relate to.



Homeopathy for food poisoning

Arsenicum album 30

Now, I don't want to be the bearer of bad news, as no one likes a Grinch at Christmas. However, the holidays are unfortunately the prime time for contaminated food.

You know the usual suspects: The eggnog that sat out too long during the party, the turkey that wasn't quite cooked through, the shrimp cocktail that wasn't left on ice, the leftovers that weren't put in the refrigerator in short order.

For true food poisoning that causes chills, stomach pains, restlessness and anxiety, *Arsenicum album* 30 is one of our best bets. This homeopathic medicine is best reserved for when your turkey is tainted – not from overindulging – but it's perfect even when you're not sure which food caused the problem.

Food poisoning befell my husband after one Thanksgiving over a decade ago. (If you'd like to read that story, check out Bad Turkey!) In his case, we used *Arsenicum album* 30 as an SOS every 15 minutes or so until he became more responsive and went to bed. He then continued utilizing a dose of *Arsenicum* every hour or so, extending the time between doses to longer and longer (as improvement ensued), until he was very much better. As usual, we halt when the condition is no longer present.

This holiday season, we need not fear food. Indeed, we have Practical Ho-Ho-Homeopathy® on our side. (Pass on the good news!)

Warmly,



P.S. Looking for a Christmas gift for the homeopathy enthusiasts in your life?

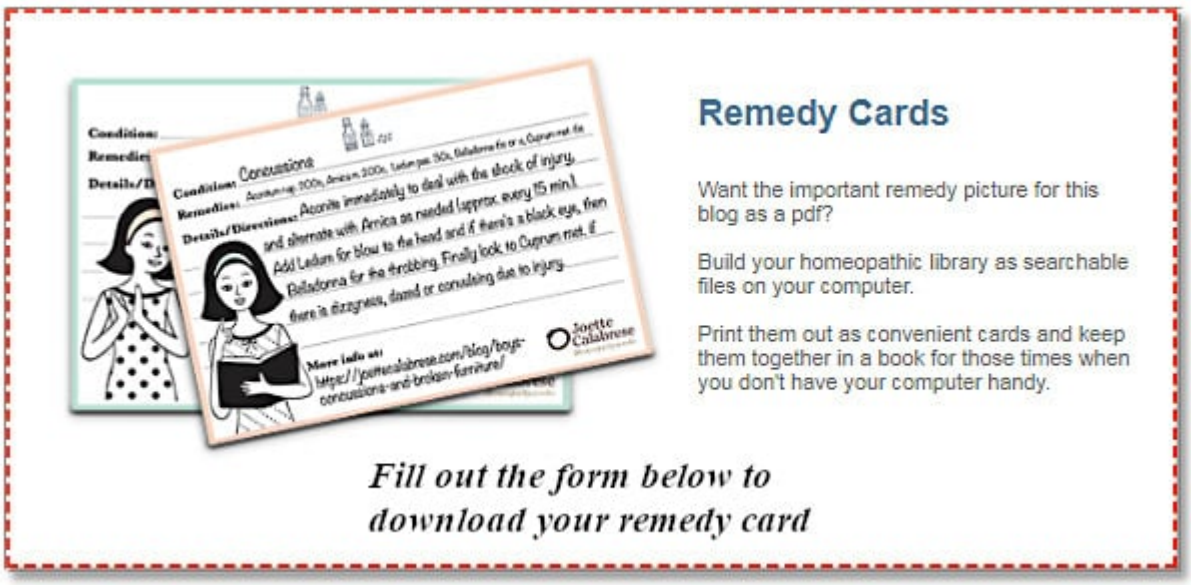
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*Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.



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If you are human, leave this field blank.
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