Put Down That Chocolate!



I've given you four days to eat the chocolate left over from Halloween. Now stop it!

Put it down.

I'm not kidding. Step away from the chocolate!

Here's why:

Years ago, in the days when I was still answering my own phone, I twice received the same desperate and fearful call: "Oh, my gosh! I think I'm going to die. I feel like I'm having a heart attack. I have palpitations, and my heart is racing outside of my body!"

One caller was actually in her car on her way to the

Emergency Room!

Both calls came in early November.

(Are you starting to figure it out?)

Well, because I've experienced this personally – and certainly because of the timing – I figured it out rather quickly. "Did you eat too much Halloween chocolate?" I asked each caller.

"Well, I did have a lot of chocolate last night, and ate a bunch more of it today."

"More than normal?"

"Well, kind of a lot more. My kids brought home quite a bit of candy they collected … so …" their answer would trail off sheepishly.

Yep. It was the chocolate. These frightened ladies were not having heart attacks (in fact, heart attacks do not generally present in that manner for women).

It. Was. The. Chocolate.

When experiencing these symptoms, *Nux vomica* 200 is a perfect remedy choice, especially if nausea is being experienced as well. (*Nux vomica* 30 can also be used if that's all that's on hand, but 200 is my preference.)

If the symptoms are strictly those of heart racing and/or palpitations *without* nausea or other GI symptoms, then most likely *Coffea cruda* 200 would be the more effective medicine.

It's worth mentioning, we can generally handle the occasional binge when we're younger. But as we get older and our bodies and our metabolisms change, we, unfortunately, can't get away with overindulging anymore.

This is true for a lot of things. Coffee may keep us awake more frequently at night. Wine may make us feel sick. And chocolate may make our hearts race.

I hear many students and clients say, “But I never had this happen before!!”

Well, join the club. We’re not spring chickens anymore, Sister!

These are natural changes we all go through, so we have to be more attuned to the signs. And on those rare occasions when we tell that little voice in our head to mind its own business, we should have the appropriate homeopathic remedies on hand to save us from ourselves.

So, put down the chocolate, and pass on the good news of homeopathy!

Warmly,



P.S. Now, if you have a serious chocolate addiction, that’s a horse of a different color. Understand, I’m not talking about a post-Halloween binge, here – I’m talking about a year-round inability to walk away from any piece of chocolate within your reach.

Other remedies can facilitate your transition from addicted to in-control. In fact, I wrote an entire article on this

very subject for the Weston A. Price Foundation: Hey Cravings, Meet Homeopathic Chelidonium and Friends! Scroll down that page to the section on chocolate, and regain your ability to say no.

P.P.S. You need to know how to handle these situations yourself. Continue your homeopathy education! I suggest you participate in *Gateway to Homeopathy I*, my guided study group curriculum. Assemble your own study group with friends and family, or we can help you find a group through our dedicated Facebook page.

If you've been on the fence about taking *Gateway I* now is the time to do it! We now also offer more – *Gateway to Homeopathy II* – as an exclusive offering for those who have completed the prerequisite.

These study groups are inexpensive, practical tools for becoming or staying self-reliant. I can't always be at the other end of the phone.

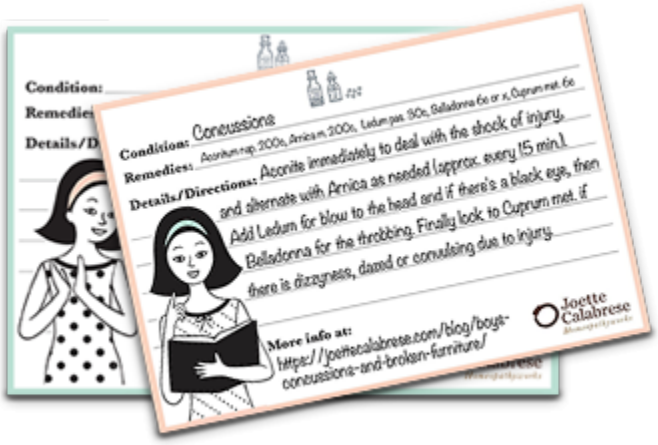
YOU, on the other hand, are on the front lines. You can learn how to care for yourself and your family without having to turn to someone else.

Gain confidence.

Gain independence.

It's yours for the taking.

And I guarantee that you'll never regret the small amount of time and investment it takes to accomplish this.



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