

8. & 9. Alcohol and Sugar Overindulgence: How to Antidote Poisonous Toxins With Homeopathy



Another turns into another turns into another ... until another becomes too much.

Another what? Well, for the purpose of this blog post, I'm talking about another cocktail or another sweet treat. They're not poisonous, of course, but overconsumption can have toxic effects.

Today, as we return to our series on how to antidote poisonous toxins with homeopathy, I'm going to combine #8 (alcohol overuse) and #9 (sugary overindulgence) from our list of offenders because the preferred homeopathic medicine for each issue is the same.

“What? Joette, there’s a list of the toxins you’re covering in this series?”



Yes. If you missed my introductory post to this series, please stop. [Go back and read it now](#) before you continue here.

Not only does that post contain the list of toxins I planned to discuss, but it also provides essential background information. Understanding the methodology behind utilizing homeopathy to antidote a poison, toxin or ill effect is equally important as knowing which condition-specific homeopathic medicine to consider.



An Antidote for Alcohol Overuse

I don’t think we need too much explanation behind alcohol overuse. We’ve probably all witnessed someone having one drink

too many. Let's face it, the reason alcohol is used is because of its intoxicating effect, and that effect is caused when the load of alcohol intake overruns the liver's ability to process it effectively.

So, remember this when you sit down to that martini.

One chilled glass of overindulgence— shaken or stirred — may be a lovely, relaxing diversion, but guzzling too many servings of a good thing may become ... well ... toxic!

Do you remember our preferred medicine for consideration in [overuse of prescription drugs, over-the-counter medicaments, and recreational street drugs](#)? Indeed, if you guessed *Nux vomica* 200C, you are correct.

Generally, when one has overimbibed, homeopathic [*Nux vomica* 200C](#) (employed twice daily until very much better) can antidote the subsequent effects.

Remember, *Nux vomica* is often associated with overindulgence. *Nux vomica* 30 can also be used if that's all that's on hand, but 200 is my preference.



Utilizing *Nux vomica* to Antidote Excess Sugary Indulgences

Nux vomica can even be put to work when a child has had too much sugar, such as after a Halloween or a sleepover. Sugar is

not a poison, of course. So, while we don't necessarily think of sugary treats as toxins, they are included in this list because excessive consumption can have harmful effects.

A few doses of [Nux vomica 30C](#) can help the child settle into sleep more readily. (Perhaps, you'll also recall discussion of this medicine from my recent blog post, [Put Your Kids to Bed: 4 Remarkable Homeopathic Remedies for Getting Kids to Sleep Through the Night.](#))

Any nausea, indigestion or other gastrointestinal disturbances stemming from the overuse of such will often melt away. By the way, so will the fractious behavior that often ensues after a day or so of dietary excesses.

However, lest we attribute an overindulgence to only children, we grown-ups can often expose ourselves as well. As a full-blooded Italian-American, I have never met a cannoli or a cassata cake that didn't tempt me to indulge.

So, remember that the same homeopathic medicines are applicable no matter the sufferer's age or even their species. Homeopathy works with children, adults, seniors, cows, camels and cockatoos.

Plan for Moderation

Naturally, as an intelligent species, we should plan to exercise moderation with any substance that can become stressful in excess quantities, especially alcohol and desserts. We're not like many animals, who will eat whatever food is left out for them until they become ill – or, at least, we like to *fancy* ourselves as “intelligent” and possessing self-control. However, that New Year's Eve party or a dessert buffet can frustrate even the best-laid plans.

If planned moderation fails, at least we have homeopathy to right the ship. By gently nudging our bodies to antidote poisons, toxins *and* overindulgences naturally, we can live to

fight another day. (Or eat another cannoli.)

Pass on the good news of Practical Homeopathy®!

Warmly,

A handwritten signature in black ink, appearing to be 'G. L. L.', with a large, stylized loop at the beginning.

P.S. Each week in my exclusive [Memos to Mighty Members](#), I discuss something either more complex or more personal than I am willing to broach in a public forum. In fact, I often cover topics that are specifically requested. For instance, last week, I answered a reader's question about Group B strep (a condition of particular interest to expectant mothers).

What? You're not one of my [Mighty Members](#) yet? Do you realize you have already missed out on over 250 extra weekly blog posts?

Well, not to worry, my friend. I also provide my Mighties with a searchable database of all the previous Memos as an ongoing reference. So, if you join now, you can catch up with everything you've missed.

And remember, all my [Mighties](#) qualify for a 10% discount on course purchases.

There's so much more to a Mighty membership that I can't even describe it all here. Why not [check it out for yourself](#)?