‘Twas the Night Before Christmas

When I was a little girl, Christmas Eve was the one night a year when my parents weren’t strict. My huge Italian family came together at my aunt and uncle’s house to celebrate. After midnight mass, all the cousins – my brother and I included –were allowed to stay up for what seemed like all night long!

All. Night. Long.

I could barely keep my eyes open, but I was having such fun with my older cousins. So, by gosh, I was going to stay up with the big girls if it killed me!

‘Twas the night before Christmas, after all.

Looking back from an adult perspective, I can only imagine how fractious we kids must've been the next day. If only my parents had known about *Kali phosphoricum.*

Kali phos 6 (generally employed twice in a day) has been shown to assist when children's schedules are broken. It is also a strong candidate for children who are clearly overstimulated by family parties, Christmas events, and similar events throughout the year. *Kali phos* has even been noted for addressing night terrors. (See Terror in the Night for other considerations.)

But perhaps you put the children to bed early on Christmas Eve. *Kali phos* 6 may still be helpful. Insomnia often presents in the little ones due to their anticipation of the activities and gifts forthcoming in the morning.

Let's face it; this is an intense time of year, even for adults.

In Christmas carols, we sing of peace on earth, goodwill to men. However, if you've listened to the news lately or tried to run an errand in a crowded shopping center, you may have noticed TV's ablaze with fear, fear, fear; a distinct *absence* of peace and goodwill.

Before you know it, the weight of creating a picture-perfect holiday season can result in financial worries, burdensome to-do lists, and feelings of fatigue, irritability or dread. Sleep issues can follow (either the inability to fall asleep or wakefulness throughout the night). And there you have it, a perfect storm.

Feeling overwhelmed can make the slightest task seem like heavy labor. But *Kali phos* 6, twice daily until very much better, may be just the ticket.

Plus, read Back to School Means *Kali phos* to learn how this significant cell salt can aid college students with mental

stress. And download my free First Aid Chart to learn just a few of *Kali phos's* other uses, such as for motion sickness, food poisoning and poisoning from other substances such as carbon monoxide, paints or pesticides.

So, order *Kali phos 6* "before you dot another i" to borrow a phrase from Ebeneezer Scrooge. It's a must-have homeopathic medicine to add to your carefully curated homeopathy kit, helpful year-round and especially during the Christmas season.

Now, I've got to run. I'm up North, and there's snow to shovel! 'Tis the season! Busy, busy, busy.

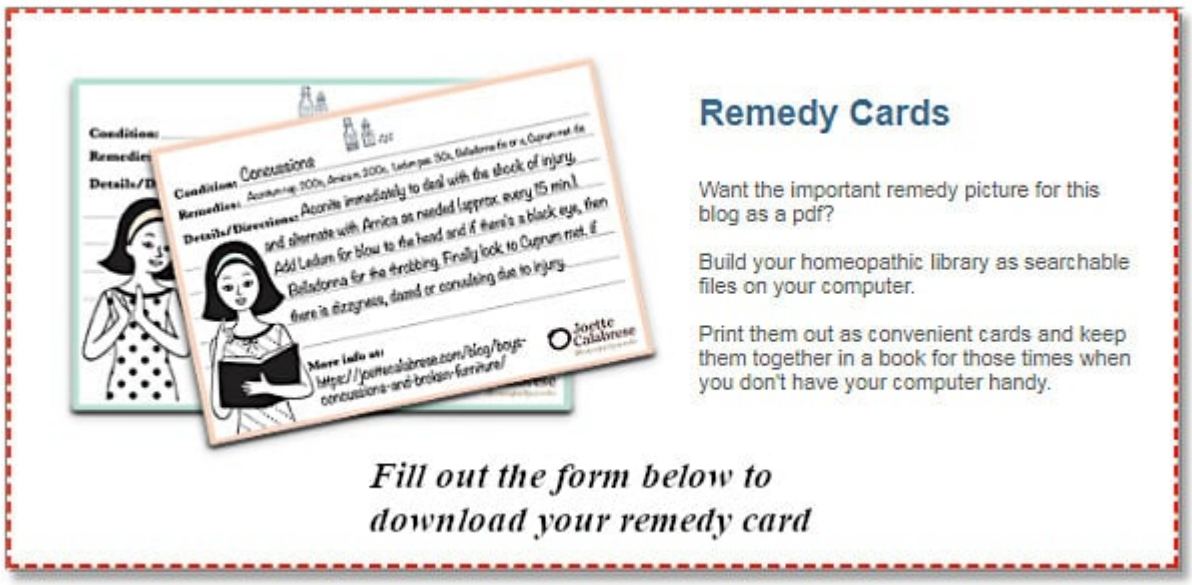
Warmly,

P.S. If you didn't know, mental and emotional conditions can be handled with homeopathy in the same polite, effective manner as physical conditions. All it takes is a little education, and you can become the hero in your home.

I am relaunching my course, [Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions.](#) The holidays are almost upon us, so, there's no time like the present if you wish to delve into this area of homeopathic medicine. This course will open your eyes to the possibility of a happier new year on its way.

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

P.P.S. Exciting news, my friends. You asked, and we are answering! My podcasts are returning! Stay tuned for more information soon.



12/10/23 Twas the Night Before Christmas
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