Five Homeopathic Remedies For Holiday Over Eating and Drinking

The holidays are the time for over eating and drinking. So what can we do to prepare? Have the following remedies on hand and then pass the turkey, potatoes, pie, and wine.

The best way to use these homeopathic remedies is to take one dose every 3-4 hours over the period of 1-2 days. When improved, stop.

1. When over eating has caused nausea that you wish would just produce vomiting to get it over with, then your remedy is *Nux Vomica, 30X*.
2. *Nux vominca* is also a capitol choice for the proverbial hangover. It will end nausea and vomiting in relatively short order.
3. When relentless vomiting is the main symptom, try *Ipecac 30c*
4. When there is simple indigestion and over acidity, then *Natrum Phos. 6x*.
   can be taken every hour. Use in place of antacids.
5. For true food poisoning such that causes chills, stomach pains and anxiety then *Arsenicum Album, 30X, Tablets*, should be taken. This is best saved for when your turkey is tainted.

Try these tried and true homeopathic remedies for the holidays and you might just find it easier to enjoy all of them. Merry Christmas, Happy Hanukkah and best to you and yours for a joyful New Year!

Want 5 ways to get ahead in health for the new year?

1. Consider homeopathy your new health method. Contact a homeopath for your health issues and watch your well being blossom in 2009.
2. Consider learning how to take care of yourself through homeopathy instead of counting on drugs or waiting rooms. Take a simple course in this fascinating medical method and feel confident about treating simple illnesses like colds and bee stings.
3. Eat whole foods as close to the source as possible. In other words, if you live near an organic framer, take advantage of it and buy it fresh and real. If you don’t, then think about cultivating your own small garden. The next option is to buy as much local as possible and preferably organic.
4. Take cod liver oil. And get the highest quality available. Especially in the winter months, we need this perfect form of vitamin D
5. Make stocks from the bones from your roast chicken, turkey, venison or beef. Then use these as a delicious and nutritious base for all your soups. Cook your beans, pasta and rice in the stock instead of water and you’ll gain a reputation for being a gourmet cook. It’s what all the great chefs use.
6. Get plenty of fresh air and sunshine. Try to let your skin get direct sunlight everyday. And eschew the sunscreen. Have you ever read the ingredients in those products? They have sold us a bill of goods. Sun is good in moderation and is imperative for good health.
7. Do quality work: Love with all your might, pray like there is no tomorrow and create a representation of yourself that you can be proud of.

Homeopathy is…

Icky, hot, sweaty and embarrassing. Those nasty hot flashes. Yet they're not as difficult to be rid of as one would think when using the world's most powerful medicine, homeopathy. Homeopathy is a method of medicine that is safe and has a reputation for eliminating hot flashes and other discomforts associated with menopause. One of the most common remedies for this malady is *Lachesis*. When used in a high potency and judiciously, it will relive not only the heat flashes, but mood swings and sensations in the throat as well. *Natrum mur* is a remedy that is used for someone who keeps her emotions inside and has a craving for salt. She may also find herself looking puffy at this time in her life. *Sepia* is the best choice for those who feel overwhelmed by motherly and wifely duties. This woman may find herself wishing she could run away from her family. *Pulsatilla* is the remedy for a woman who is weepy and needy of affection and attention. She often craves the out -of -doors and finds that her stomach is often woozy after eating fats.

Although it is always best to work with a homeopath when using these remedies extensively, it might be worth a try on ones' own. Homeopathy is for those who seek an alternative to chemical drugs that sometimes carry devastating side effects.

Joette Says…

Joette says there's fungus among us and homeopathy can meet the challenge without side effects and at a low cost. The

fungus called *dermatophytes* is a fungus that causes many of the most common skin fungus pathologies. It is responsible for jock itch, ringworm (not from a worm), toenail fungus and athlete's foot. In finding the homeopathic remedy to address these problems, it depends on the way they present. The remedy should be taken daily in a low potency for about a week. For example Sulphur is best used for when there is an odor associated with the ailment and/or when the rash is worse after taking a warm shower. Tellurium is used when there are red rings on the skin with pustules and present with dry scaly skin. Meanwhile Graphites is a great remedy for thickened skin that has a honey colored discharge. Yes, this is specific and that's what makes homeopathy so great! It is only useful when it is an exact hit, but oh so powerful. It only takes one episode of one of these skin ailments to be relieved to convince most people of the efficacy of homeopathy. Ban fungus forever with homeopathy.

Homeopathy is…

Homeopathy is first class. Think Sir Yehudi Menuhin, Chopin, John D. Rockefeller, several popes, the Beatles. These people of great achievement are or were proponents of homeopathy. Yes, I know you didn't know this, that's because no one really expounds publicly about what kind of doctor they go to. They simply go.

Homeopathy is actually a medical paradigm that was used side by side with other medical disciplines. It was interwoven with cardiology, OBGYN and surgery. Yet, because of political inner fighting amongst the medical profession and the advent of the so called miracle drugs (antibiotics), homeopathy fell to the way side and was lost in the years of the last half of the

20th century. Now, homeopathy has returned and with gusto. It is the medicine of choice for those with the capability of having a discerning choice. It doesn't have side effects, has a reputation for positive results and is filled with integrity. I guess that's why those who can afford anything, choose homeopathy. Yet, it is very inexpensive. Homeopathy – the medicine of choice for those who truly have choices.

Homeopathy is

OK, show of hands. Who here is a do-it yourselfer? How about an independent thinker? How about someone who just can't bear to spend money on unnecessary items? Well, if you fit one or all three of these personality types, you might want to consider taking full control of your health care. The best way to do this? Learn enough homeopathy to take on just about any illness that comes your family's way. You know, bee stings, fevers, menstrual cramps, colds and flus.

Two years ago Maria bought a couple of homeopathy books, CD's and took a simple class on how to cure her family of common ailments. Today, she is the mainstay of her family's healthcare provider. She has licked ear infections in her daughter, relentless vomiting in her son and insomnia in her husband. Even her in-laws have asked for help for minor arthritis problems. She has taken her children to the doctor only because her school district requires it, but always with pride that they no longer need his expertise. Instead, now SHE is the expert. Homeopathy – the empowering medicine.

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Homeopathy Is…

Safe, holistic therapy. It does not mean home remedies, but instead is a respected branch of medicine that has been the choice of such cultural heroes as John D. Rockefeller, Chopin, Tony Blair, Florence Nightingale and Paul McCartney. Is it a coincidence that these public figures choose homeopathy as their course of action for their health care, or is it that when one has the where-with-all that the preference is for the more supreme? Homeopathy is the choice of medicine for the discerning.

The information provided in this article is for educational purposes only and may not be construed as medical advice. The reader is encouraged to make independent inquires and to seek the advice of a licensed healthcare provider.

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Teenage Acne and Homeopathy

Because acne is such an important subject in the life of a teen, the pressure to use antibiotic treatment looms. Topical creams suppress the body's ability to complete its function. What is applied to the skin is readily absorbed into the body. A good rule of thumb is, if you can't eat it, don't wear it. Daily antibiotics at such a tender and developmental time would set the stage for future problems, so it's prudent to find a natural solution. By far the most reliable treatment for recalcitrant acne is homeopathic constitutional care provided by a homeopath. This will unearth the propensity for the problem often in spite of diet or lifestyle.

Homeopathy Tips

Tip: It is vital for the health of those who live in cold regions to eat a diet high in good quality fats such as butter, whole raw milk, whole cheese and cod liver oil.

Tip: Ferrum Phos 6X is a wonderful cell salt for colds and flu when there is inflammation. I've always taught that it could be used at the onset of any inflammation, but it can also be

used prophelactically. That is, before the need arises. Used in this way, it has proven effective again and again. 4 pills = 1 dose, taken 2 -3 times daily until the flu season is over. Homeopathic remedies are quite safe in 6X potency as long as they are used judiciously.

Tip: The best way to keep from getting any acute illness such as the flu or colds is to keep your constitutional care current. A visit to your homeopath every 6 weeks (if problems remain) is a good rule of thumb.