

Baby New Year and Colic



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When Baby New Year (or any baby, for that matter) presents with painful colic, nothing is happy. Not the new year, not the baby, not the parents and probably not even the neighbors!

But not to worry! As usual, homeopathy stands ready to “remedy” the situation.

Over the years, I’ve written about colic in [Screaming Baby: Homeopathy Melts Colic Away](#), [The Secret Life of a Colicky Baby](#) and [Nip Colic in the Gut](#). However, today, I want to teach you another homeopathic medicine you should have on hand – indeed, one of the best for colicky babies: [Natrum phosphoricum 6X](#).

While many parents have difficulty giving babies homeopathic medicines in hard pillule form, *Nat phos* is often manufactured in a soft tablet form that instantly dissolves

when placed in the baby's mouth. (As always, follow the manufacturer's instructions on the bottle for dosage amount.)

I call *Nat phos* a "diaper bag remedy." Why? Because the diaper bag goes wherever the baby goes. If the baby is at home, so is their diaper bag. If the baby is out and about, the diaper bag is always in tow. So, you'll never have to search far to find your little supply of *Nat phos*.



But don't stop there. *Nat phos* is also for grown-ups, so you'll also want to add it to your well-curated homeopathic medicine kit.

Nat phos, along with additional homeopathics, is listed on my [free First Aid Chart](#) for food poisoning.

I've shared how *Nat phos* eliminated [my father's dependency on antacids](#) (much to the dismay of Tums).

[Holiday dinners](#) can also be an occasion to keep the *Nat phos* handy. (Hello, football food on New Year's Day. Yes, you, chicken wings, chips and salsa, and beer. We're looking at you here!)

Indeed, *Nat phos* is a premier medicine for acidity – most

notably, sour acidity. For instance, it has been shown to correct excessive lactic acid from too much sugar consumption as well as blisters on the tip of the tongue or canker sores in the mouth, especially when accompanied by burping and indigestion.

If a sufferer's skin tends to turn jewelry green, that may serve as an indication that *Nat phos* should be considered. (I don't know that I'd specifically choose to address jewelry's green patina with homeopathy – this is medicine, after all. But it certainly makes a sturdy third leg to our stool as we choose a medicine for the adverse health effects of acidity.)

So, keep [*Nat phos*](#) nearby – for either Baby New Year or Father Time. As you know, homeopathy is for everyone!

Wishing you and yours a happy, healthy New Year!

A handwritten signature in cursive script, appearing to read 'Jette', with a large loop at the bottom.

P.S. My friends, we have spent the last year assembling a well-rounded homeopathy kit to keep at home, ready for any eventuality. Even though our calendars will shift to a new year tomorrow, I still have a few more to go. So, let's keep it going into 2024, shall we?

Here is the current list of must-have medicines as it stands today (along with the links to the blog posts teaching them).

1. [ColdCalm®](#)
2. [Ruta graveolens](#)
3. [Symphytum officinale](#)

4. [Arnica montana](#)
5. [Hypericum perforatum](#)
6. [Oscillococcinum®](#)
7. [Arsenicum album](#)
8. [Aconitum napellus](#)
9. [Hepar sulphuris calcareum](#)
10. [SleepCalm®](#)
11. [Pulsatilla nigricans](#)
12. [Ignatia amara](#)
13. [Rhus toxicodendron](#)
14. [Helleborus niger](#)
15. [Euphrasia officinalis](#)
16. [Lycopodium](#)
17. [Nux vomica](#)
18. [Sepia](#)
19. [Cantharis vesicatoria](#)
20. [Cyclease® Menopause](#)
21. [Sulphur](#)
22. [Bryonia alba](#)
23. [Berberis vulgaris](#)
24. [Ledum palustre](#)
25. [Belladonna](#)
26. [Gelsemium sempervirens](#)
27. [Hyoscyamus niger](#)
28. [Coffea cruda](#)
29. [Calendula](#)
30. [Cina maritima](#)
31. [REPEAT – Pulsatilla nigricans](#)
32. [Natrum sulphuricum](#)
33. [Ammonium carbonicum](#)
34. [Cuprum metallicum](#)
35. [Apis mellifica](#)
36. [REPEAT – Aconitum napellus](#)
37. [REPEAT – Pulsatilla nigricans](#)
38. [Caulophyllum](#)
39. [Silicea](#)

40. [Veratrum album](#)
41. [Staphysagria](#)
42. [Urtica urens](#)
43. [Sanguinaria canadensis](#)
44. [Kali phosphoricum](#)
45. [Natrum muriaticum](#)
46. [Natrum phosphoricum](#)



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