Must-Have Memorial Day Medicines for Hay Fever, Overindulgence and Anxiety

Happy Memorial Day weekend!

Some consider it the unofficial beginning of summer. No doubt, there will be plenty of picnics, baseball games, parades, beach days and other sorts of commemoration. So, this weekend may be synonymous with allergies from the outdoors or perhaps overindulgence from having too much fun.

Yet, depending on the school district, some of you may be cramming for upcoming final exams. So, this weekend may be overtaken by intense study – and perhaps a bit of apprehension.

To tackle all these issues, we need only look as far as our

homeopathy kits for answers!

Whether you spend the day in your local military cemetery placing flags or just enjoying a fun-filled day in the park with family and friends, one common issue that accompanies an outdoor spring day is hay fever. One of my all-time favorite medicines for hay fever is *Ambrosia* 30.*

After moving to my new clime in Florida, I have used this myself from time to time when my eyes got watery, itchy and swollen. However, after using *Ambrosia* occasionally in the past (for a couple of days or so), I rarely need it now. It's just another beauty of homeopathy – as opposed to the almost addictive quality of over-the-counter conventional allergy concoctions!

Are you planning on attending a party? Along with contributing your world-renowned potato salad, you might win other partygoers' eternal gratitude by also bringing a medicine to counter overindulgence.

Do you remember which medicine that would be?

A few doses of *Nux vomica* 200 (or 30, if that's all you have on hand) can alleviate the unpleasantness resulting from an over-the-top day!

From A *Materia Medica*: Practical Homeopathy® for Busy Families: "The inability to fall asleep from an overactive mind, an upset stomach or a headache from every noise that he notices and resents calls for *Nux vomica*. Awakening in the middle of the night, especially with digestive distress, can be an indication for employing this remedy as well. It has won a stellar reputation for quickly removing the ill effects of a hangover (or even just the sensation of a hangover) after a night of drinking alcohol."

So, if you notice someone at your Memorial Day celebration has perhaps imbibed one too many adult beverages, present

them with a little lavender tube of *Nux vomica* 200. They'll thank you in the morning. (Actually, maybe even that night – since *Nux vomica* is often helpful for insomnia.)

And lastly, I can't forget those of you with your noses buried in the books this weekend. Fear not! You're doing precisely what you need to do to excel on your upcoming finals! Plus, one robin's-egg-blue tube of *Gelsemium sempervirens* 30 contains a first-rate medicine for relieving anticipatory anxiety! Those exams won't stand a chance against your well-earned knowledge and your nerves of steel.

Folks, having these three medicines at the ready this weekend will make you the hero in your family! And you'll deserve all the credit, as I am simply your guide.

You can purchase all these medicines through BoironUSA, where you'll find their 30th potency medicines in blue tubes and their 200th potency medicines in purple tubes.

And don't forget, Boiron has graciously created a unique discount code for my readers. Just enter the word "Joette" on the checkout page. I receive no kickback. But as of this writing, you will receive 20 percent off any order. And by ordering directly from the manufacturer, you will be assured of Boiron's quality and the integrity of their direct shipping and handling.

So, have fun today with the confidence that you can handle anything with homeopathy! What better purpose can there be than helping others become healthier and happier?

With that said, I hope you'll also take a moment to commemorate the true reason for this holiday – remembering the individuals who gave *their* lives so that *ours* could be free. The very fact that we can enjoy the weekend with our families is a testament to the soldiers who fought and died to protect our way of life.

In fact, it's not too much of a stretch to think that our right to care for our loved ones autonomously – with homeopathy – is also because of soldiers who gave up everything to ensure our nation has never fallen to an oppressive regime.

Don't let their sacrifice be for naught. We owe it to them to appreciate and utilize our freedom every day. So, I urge you to reaffirm your dedication to keeping this nation as free as the Founders intended.

And for those of you who are veterans or family members suffering this Memorial Day from memories of wartime atrocities and loss, take a moment to read my blog post on the use of *Ignatia* for PTSD, grief and stress. Then, if someone you know is having a difficult time, share the article and a tube of *Ignatia* 200 with them as a "thank you" for their service and sacrifice.

As always, pass on the good news – of both freedom and homeopathy!

Warmly,

*P.S. There are many more homeopathic medicines that address allergies than can be discussed here in this abbreviated blog format. So, if you want to take a deeper dive, may I suggest my course Allergic?! Escape Allergies, Sensitivities, and Intolerances with Homeopathy. Practical Protocols to Get Your Life Back. I share my lifetime of learning how to uproot allergies in this online course,

which is chock-full of education and protocols. And there's no better time to get started! Indeed … 'tis the season! (Allergy season, that is.)

And remember – all my Mighties [(Joette's Mighty Members)](#) qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.

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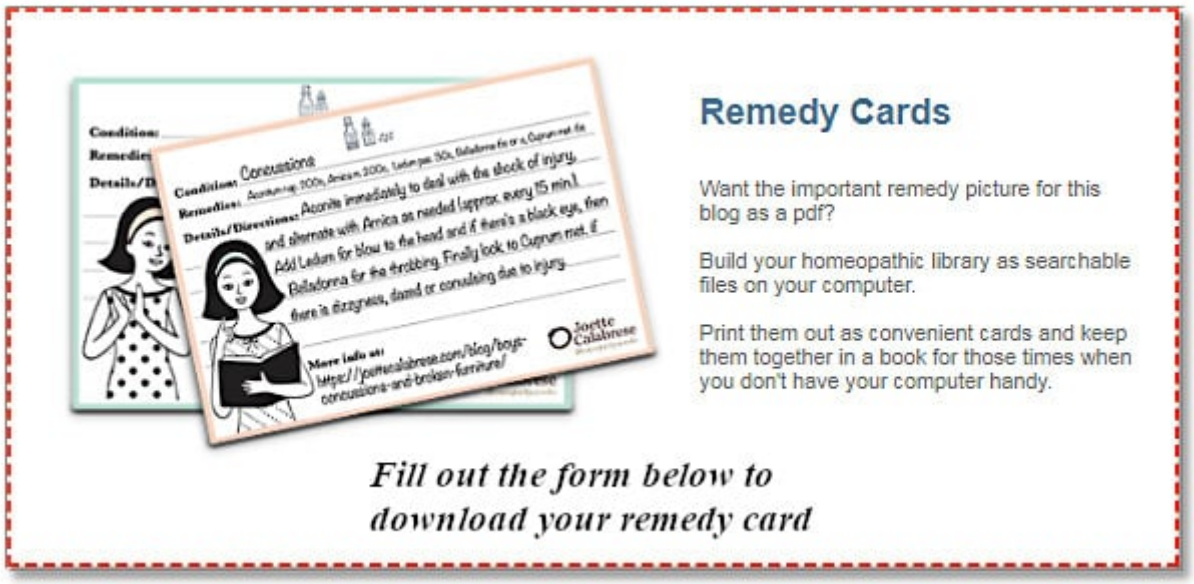

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