The Quarantine Quintet



How many times have we heard someone say, “It’s unprecedented!”?

I’ve said it myself … because these times *ARE* unprecedented! There’s no other word to describe what we’re living through.

Don’t get me wrong; there have been pandemics before. But there has never been another time where entire populations

have been shuttered in their homes for this long.

There were bound to be unforeseen complications.

And this week as they returned to work, many people have discovered one such complication:

Their clothes have shrunk!

All over the country, dresses are suffocating hips. Suit jackets are stifling shoulder movement. And pants that fit perfectly well before the pandemic are suddenly (and maddeningly) too tight to zip.

What could have happened?

Pajamas and sweatpants have fit just perfectly well for the last 80-some-odd days. So, what could have possibly happened to their work clothes?

The answer lies less in the closet and more in the kitchen.

Sure, comfort foods can play an ever-increasing role when we're stuck at home and made to feel fearful. But if we're not diligent, that pot roast can quickly turn into a pop tart. Or the chicken soup can turn into a chocolate chip cookie (or twelve).

And suddenly, there's a mysterious extra five or ten pounds on the scale.

Whether you find yourself with the "Quarantine Quintet" or the full-on "COVID 10" (as they're calling it), weight gain has become a companion pandemic to coronavirus.

But what do we do about it?

Perhaps, we can all agree this is one role in which a face mask may definitely come in handy. I mean, just *try* getting a cannoli through a face mask!

But that's not practical.

So, what is?

Why, Practical Homeopathy®, of course!

I've written about stubborn weight before in my blog post Fat, Frumpy, and Frustrated. Please go back and take a look at it.

In the original blog post, I used the example of post-partum weight. But the same homeopathic method can be used for certain kinds of stubborn weight gain: one dose of *Nat Phos* 6X before every meal. (Keep in mind, a "dose" is the number of tablets or pillules specified by the manufacturer on the outside of the tube or bottle.)

However, in the years since I first published Fat, Frumpy and Frustrated, I have gathered more information. So, allow me to amend it a bit.

Many students complained they would forget to take the *Nat phos* 6X *before* their meal.

It's understandable. They're caught in the flurry of preparing dinner, setting the table and getting the family ready to sit down and eat.

So, instead, they took it *after* the meal.

And guess what?

For some it worked just the same.

So now, I teach if you should forget to take *Nat phos* 6X before the meal, don't fly into a panic over a lost opportunity! It is perfectly fine to employ it *after* the meal. It seems to have the same positive effect.

Of course, don't take this as an excuse to indulge in poor eating habits. Too many sweets, processed foods and empty

calories are asking for trouble. But when we are being diligent about trying to eat properly to lose weight, *Nat phos* 6X for some can be just the little nudge the body needs. This is much more likely if the weight gain is accompanied by GI bloating and acidity.

As I said in the original article, will it work for everyone? Probably not. But it is certainly worth a try.

Get out of those sweatpants and back into your cute little dresses!

It's a decidedly better strategy than claiming your clothes shrunk! Nobody is going to believe that – most likely because they are dealing with their *own* Quarantine Quintet.

And, don't forget, as you return to work and catch up with co-workers and acquaintances, let them know why you're calm and confident! This is a marvelous opportunity to pass on the good news of homeopathy!

Warmly,



P.S. If your co-workers, friends and acquaintances express an interest in homeopathy, why not invite them to join you in a Gateway to Homeopathy Study Group? It's the very same way I started my learning journey in homeopathy.

I've laid everything out in an inexpensive, easy-to-follow curriculum with lessons, videos, and discussion points. Make learning homeopathy fun and memorable. Help your friends embark on a new lifestyle focused on freedom and self-reliance!



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