

It's Nauseating: Peer Pressure and Your Cure for Nausea



Confession time.

I used to smoke cigarettes ... for years, even. The first time I tried, I felt nauseous.

Well, to be honest, it was more like the first few *months* that I forced myself to withstand that dreadful feeling.

Such is the power of peer pressure and the silliness of those teenage years. Indeed, peer pressure is what I caution families (and my own kids) against on a regular basis.

It's what pediatricians and other doctors use, of sorts when

they pressure mothers to give their kids antibiotics, steroids and other such medicaments.

So, it's pretty clear that risky behavior goes hand in hand with peer pressure and social compliance. I so wanted to look and act like an adult that I forced myself to accept the side effects I experienced that were brought about by smoking.

But I digress. I really wanted to talk about nausea today.

Perhaps you recall the uncomfortable nausea you experienced if you were a smoker in your youth, too. If you've never smoked, just imagine what it would be like to feel nauseated every time you lit up, because that is what tobacco does.

Hence, tobacco when diluted homeopathically to 30C or 200C will eliminate nausea.

Remember folks, we're talking about the intelligence of homeopathy. Like cures like.

Therefore, if pregnancy causes nausea, [*Tabacum 200*](#), once daily is the medicine.

If traveling in a moving vehicle causes nausea, like seasickness, *Tabacum 30* every 1-3 hours has you covered.

Even if nausea is present for no apparent reason, it's still a good idea to consider *Tabacum* in homeopathic formula.

Is it the only medicine we have to treat nausea?

Certainly not.

We also have [*Arsenicum album 3, 30 or 200*](#). But that's more for vomiting and a burning stomach, which sometimes can emanate from eating bad food.

There's also [*Veratrum album 30 or 200*](#) but that's a better choice for retching and relentless nausea with severe weakness.

Then there's [Ipecac 30](#) for morning sickness as well. I wish I had known about it for my first pregnancy three decades ago. I would have taken it a couple of times daily until it was much improved. It would have taken care of it in short order.

But when it comes to the average garden variety nausea, my first go-to is *Tabacum* 30 or 200.

It will not cure every single case of nausea but if it cures yours, it's the perfect medicine.

Particularly since it breaks rules instead of complying with them. (A behavior I relish.)

So don't give in to peer pressure when the doctor prescribes Compazine.

Say no to Dramamine and Emetrol.

Instead, educate yourself about the aptitude of homeopathy, purchase your own supply of *Tabacum* 30 or 200 (and the others above) and keep this information tucked away in a safe place.

Tuck it perhaps in your purse where you once stored those naughty cigarettes.

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