

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 vomica* 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!