

# Thanksgiving Relief

If you eat or drink too much... and feel unwell from it...here are my top 3 picks for quick comfort:

- Nux vomica 30 from your homeopathy kit, every 2 hours up to 4 doses

OR

- Nat phos 6x from your cell salt kit, every 30 minutes or so until improved

OR

- If you don't own a homeopathy kit, then 1/8 teaspoon of baking soda plus lemon juice of  $\frac{1}{4}$  lemon in 4 ounces of cool water. Drink it down as the mixture fizzes.

Mangia!

May you have a happy, restful and meaningful Thanksgiving,  
Joette