

# I Have Coca-Cola Guilt



Nearly thirty-five years ago, I worked at NBC as an account executive. It was interesting work because I witnessed firsthand how large corporations in America function. One of my prized accounts was Pepsi Cola.

I never directly met the people from Pepsi Cola but had a working relationship with their advertising team in Chicago. This account was what we in TV media called a “bread and butter” account. That meant I counted on their regular

spending on our TV station to make my monthly budget.

One Tuesday morning, I entered my office to the phone ringing. It was the rep from the Pepsi Cola team who unsympathetically and sternly stated, "Get it off the air."

"Get what off the air?" I asked.

"Your news exposé on the detrimental effects of sugar on children's health that ran last night. It must not run again, or we'll pull our budget off your station and distribute it amongst the other TV stations in the market."

Unknown to me, our news department had produced a news clip that ran the night before and was scheduled to run for four more consecutive nights as an addendum to the nightly fare.

I had only a vague idea of what the news department was running nightly, yet this advertising rep was keenly watching over her firm's interests.

At that time in my life, I had no appreciation or concerns about nutrition, particularly in relation to children. I was not a parent, and it seemed to me that if a mom didn't want her children to drink soda, she simply didn't buy it.

I had no understanding of how pervasive sugar, preservatives and dyes were in children's lives. I didn't realize that it was not enough for parents to refuse to serve the stuff.

I've since learned that it's when kids leave the home that they get into it. It's the hockey coaches, teachers and school administrators who agree to the vending machines in the corridors, other parents at parties, and even grandparents.

My response to the call that Tuesday morning was just as the rep could have predicted. I promptly roused my sales

manager.

He had more clout than even I realized, as evidenced by his purposeful stride to the other side of the building where the news manager resided. The sales manager asserted as plainly as the rep had, "Get it off the air."

Despite the news department's protests, my sales manager stood unyielding. He knew that he had a position of power; the sales and marketing department always trumped the news department.

The story was indeed removed from the airing schedule, and the reel with the warnings against sugar was chucked into the garbage.

Why do I tell you this story? Because by offering a solution today, I might be absolved for my past indiscretions.

I hope to make things right.

Now, as a mother, a homeopath, and an educator, I want to share with anyone who will listen a homeopathic remedy that often (though not always) aids in slowing down an over-the-top craving for sugar.

There are others that can be considered, but in my experience, I find that this is one of the best so far. It is [Chelidonium 6X](#), taken twice daily. I learned about this little gem from the Banerjis in Calcutta, and find it to be the most effective in reducing the intensity of sugar cravings.

If this remedy helps someone in your family after using it for a few months, all I ask is that you pass it on to others.

Ok, now I'll be able to sleep at night.

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For as long as it is possible, I will give information away cheerfully and freely on this blog.

In fact, we are now going back, one blog at a time and retagging/categorizing each one, just to make the search function more effective.

I know from your comments that many of you find here just the remedy needed at just the most important moment. So to be able to find past articles easier is a goal we are now pursuing in earnest.

For those that see the value gained in expanding your ability to cure your family yourself beyond the limits of this forum, feel free to [go here](#) and consider going one step further by taking one of my courses.

[On that page](#), I include introductory and informative videos plus testimonies from students, not unlike you, who took these courses and commented on their results.

You might also be interested in my newest guide, [\*The Survivalist Guide to Homeopathy.\*](#)

**Remember, knowledge is power, but execution trumps knowledge.**