

Homeopathic remedies; Great for on-the-go

It's that time of year when our lives are in full swing. Each day is packed with dance classes, soccer practices, weekend activities, grocery shopping, oh! The list goes on and on.

We end up following the daily planner to the "T" just to be sure that everything gets done.

If you're like me, marking your calendar with the remedies you and your family might, need keeps life a bit more tidy.

One way to be sure that we take our homeopathic remedies, is to carry them along with us; they are great for on-the-go!

A fabulous purse, utilitarian back pack or diaper bag....these all work just fine.

Carry them either as dry pills or in water. I like to put my cell salts in a glass water bottle, label it and take it with me. That way, if it's in the car, at school, or out shopping, I can always have my remedy handy, if needed.

The one *I* usually take along is *Calc fluor* 6x. It's great for strengthening teeth, keeping wrinkles from forming and nails hard.

How do you keep *your* remedies close by?