

Homeopathy is...

Icky, hot, sweaty and embarrassing. Those nasty hot flashes. Yet they're not as difficult to be rid of as one would think when using the world's most powerful medicine, homeopathy. Homeopathy is a method of medicine that is safe and has a reputation for eliminating hot flashes and other discomforts associated with menopause. One of the most common remedies for this malady is *Lachesis*. When used in a high potency and judiciously, it will relive not only the heat flashes, but mood swings and sensations in the throat as well. *Natrum mur* is a remedy that is used for someone who keeps her emotions inside and has a craving for salt. She may also find herself looking puffy at this time in her life. *Sepia* is the best choice for those who feel overwhelmed by motherly and wifely duties. This woman may find herself wishing she could run away from her family. *Pulsatilla* is the remedy for a woman who is weepy and needy of affection and attention. She often craves the out -of -doors and finds that her stomach is often woozy after eating fats.

Although it is always best to work with a homeopath when using these remedies extensively, it might be worth a try on ones' own. Homeopathy is for those who seek an alternative to chemical drugs that sometimes carry devastating side effects.