Plop, Plop, Fizz, Fizz

After the extravagances of past decades, we're finally seeing a shift in thinking with regard to the use of medications. Yes, I know, every other commercial is a company pushing their newest drug. Yet, in spite of this, there is a ground swelling of those who remember life without drugs and recall a healthier world.

Take antacids for example. If we followed the TV ads we see, the magazine and newspaper ads we read, we'd be ingesting these nostrums daily. If indeed they must be ingested day after day, isn't that cause for questioning the value of these products in the first place?

I say, it is time we consider another method. One of intelligence, efficacy, of time-tested value and purity … that is, of course, homeopathy. Why? Because it doesn't cover up the problem, it squarely addresses it.

Homeopathy is founded on a firm rock. Its laws and principles are irrefutable, being proven in tests and clinically in hospitals, clinics, nurseries and veterinary offices throughout the world for over 200 years.

So, does homeopathy offer an antacid for the relief of overeating and drinking? You bet! Let's examine some of homeopathy's two best-known remedies and how to use them for a little too much at Thanksgiving or an excess of holiday cheer.

Natrum phos 6X is homeopathy's king of antacids. Tuck a small bottle of it in your purse, diaper bag or glove compartment. Then, any time indigestion hits, toss 3-4 pills directly in the mouth. If no relief is afforded within 15 minutes or so, continue taking in the same manner. In most cases, the indigestion will be resolved within short order. Curiously and as a welcome old friend, the next episode of indigestion will often not be as severe, not last as long and will be fended

off for a longer period of time. Further, the cost of these little pills is under $20 and they pack neither side effects nor additives.

Nux vomica 30X is also a remedy one can count on to be efficient and powerful, yet gentle for the relief of reflux. It is used when we have overdone a good thing…too much dip, too many drinks on New Year's Day, too much candy on Halloween. It will antidote the symptoms of heartburn, nausea, vomiting, diarrhea and even irritability, as long as this cluster of symptoms matches.

Even a hangover is a thing of the past with the correct use of *Nux vomica*. Taken every few hours, it will offer not only relief but do so without side effects. Often the person suffering from indigestion who will benefit from *Nux vomica* 30X also complains of wakefulness, usually around 3:00 a.m., with the thoughts of the day dancing around in his or her head.

The *materia medica* of homeopathy has thousands of remedies that have been used since the late 1700s. They are as consistent today as they were when the homeopathic doctors used them then. Homeopathy is not capricious; it doesn't declare that the latest drug is "the" solution only to have it pushed to the back of the pharmacy shelf within months or years in lieu of the newest hottest catholicon. Better yet; no homeopathic remedy has ever been withdrawn from the market due to subsequent illness that it has caused.

So when you've eaten too much turkey or had more than your share of wine consider homeopathy. It may not only relieve your heartburn, but also the irritability that comes from having to withstand the parade of irksome drug commercials during the football game!

I have written more in my latest Ezine. Take a look here is the link to my website where you will find my latest Ezine as

well an archive of past ones. Enjoy! http://homeopathyworks.net/newsletters.cfm