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 ¼ 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