The Best 4th of July Remedy

Celebrating our patriotism on July 4th usually involves barbecues, parades, and of course, fireworks!

I remember when my children were little, we would go to a nearby town to watch the fireworks every year. Of course, so did everyone else from miles around.

Good gravy, blankets were spread out as far as the eye could see. Blanket after blanket – laid out so close together they were practically touching each other. In fact, you had to be careful when you walked to avoid stepping on someone else's blanket (not to mention their potato salad).

Invariably though, someone in that mass of people would light up a cigarette. And for reasons I can't explain other than, perhaps, Murphy's Law, I was always sitting downwind of the smoker. It drove my sinuses crazy!

BUT – I had my homeopathy.

I always carried *Natrum muriaticum* 6X with me in my purse –

my secret weapon against a previous violent reaction, and later a much milder version to the wafting smoke. So, at first exposure, I would pop a dose in my mouth, then lie back and enjoy the fireworks. (I even gave it to my children. It gave me peace of mind to know that I was assisting their little bodies in processing the nasty smoke, even though they weren't sensitive to it like I was).

Nat mur 6X gave me true independence from my sensitivities.

In the midst of all the celebrations today, I hope you will join me in being thankful for that independence! What an amazing gift to be in a country where we are each allowed to practice our own beliefs, yet still be joined together by a unified sense of pride– no matter our differences.

As you enjoy the fireworks on this holiday night, don't forget to remember that for those who live here in the U.S., we are truly fortunate to be Americans!

God Bless America! Happy 4th of July!