Thanksgiving Traditions



Some things never change.

Thanksgiving has been around a long time, having sustained its treasured place in our hearts through long-established familial traditions.

All who celebrate Thanksgiving in the U.S. know it always takes place near the end of November. It’s always on a Thursday. The meal is always the centerpiece of the celebration. And the meal *always* consists of the same traditional foods.

Thanksgiving is steadfast, consistent, and reliable. Thanksgiving never lets me down.

And neither does homeopathy.

I was thinking of that fact about a week or so ago when I felt like I'd come down with a little stomach flu.

The nausea came on strong, so I grabbed my trusty and reliable homeopathy kit which, by the way, is 30 years old (though the plastic box has yellowed a bit)!

In fact, the kit is *so* old, the company that manufactured it was purchased by *another* company some 25 years ago. The remedy bottles are plastic with no glass lining:

How's that for lasting medicine? I took one dose of *Ipecac* 30 and in less than an hour, my nausea was gone.

I even have bottles of remedies from 1918, and I know they work because I've *used* them!

Now, of course, pharmacies provide dating guidelines because they certainly can't be responsible for a remedy from 1918. But in *my* experience, these medicines maintain their efficacy; that's one of the best parts of homeopathy.

By the way, two days later, my husband thought he was coming down with the stomach flu that had flirted with me. I handed him that same old, reliable bottle of *Ipecac* 30 and as we've come to expect – it did its good work again.

Like I said, some things never change.

With tradition comes confidence. In 1798, if a child had a sore throat, Dr. Hahnemann (the Father of homeopathy) would administer perhaps *Hepar sulph* or *Mercurius viv.* In 2017 – 219 years later – if a child has a sore throat, we do the same and use *Hepar sulph* or *Mercurius*. It's the same. There's nothing capricious here. None of our medicines are yanked from the market by the FDA nor slither away in shame for having caused harm.

Homeopathy is steadfast, consistent, and always reliable.

Just like Thanksgiving.

We know what to expect.

Speaking of which, if you “accidentally” happen to enjoy too much of your yummy Thanksgiving meal and feel nausea coming on – not from stomach flu as I described above, but rather from too much turkey and pie – please refer back to my previous Halloween blog on overindulgence and have some *Nux vomica* on hand.

Here’s to our traditions. Wishing you a warm, happy, delicious Thanksgiving with your loved ones.

*And keep your kit handy just in case, even IF it is a little yellowed with age!