

## Winter Solstice



Dear Friend,

The shortest day of the year is approaching, bringing in its wake the joys of the holiday season and a few potential problems as well. Thankfully, we can rely on homeopathy and common sense nutrition to see us through!

Love,

### 'Tis the Season for Overindulgence!

Here in the Northern Hemisphere, the shortest day of the year is upon us! For centuries, humans have combated the dark days of the winter solstice with feasts, parties, bonfires and celebrations: the forerunners of our modern holiday extravaganzas.

Whether you celebrate Christmas, Hanukkah, Kwanza or Saturnalia, this time of year is rife with opportunities for overindulgence. Even those of us who are dedicated to healthy eating 11 months out of the year are lured off the straight and narrow path by holiday traditions steeped in childhood memories and emotional attachments.

If your family is anything like mine, there is always more for your eyes to feast on than what fits in your belly! Fortunately, our good friend homeopathy is there to help us! Simply have a few remedies on hand, and you and your loved ones can enjoy your holiday celebrations without skipping a beat.

In most cases, the recommended protocol is to take one dose (four pills) of your chosen remedy every 3-4 hours over a period of 1-2 days. If the symptoms are too extreme to wait for that second dose, then offer a dose every hour. Stop when you see improvement. Most people will experience improvement within a very short time.

1. **Nux vomica 30** -- When overeating causes nausea that you wish would just produce vomiting and get it over with, your remedy is *Nux vomica*. *Nux* is also a capital choice for the proverbial hangover and indigestion. It has a remarkable history of ending nausea and vomiting in relatively short order. Sometimes it even removes the desire for alcohol and overeating, not in an unpleasant way but rather by encouraging more rational thought and moderation.

*Nux vomica* can be used whenever we have overdone a good thing...too much cake, too many drinks on New Year's Eve, too much candy on Halloween. It will antidote the symptoms of heartburn, nausea, vomiting, diarrhea and even irritability. Often the person who will benefit from *Nux vomica* also complains of wakefulness, usually around 3:00 a.m., with the thoughts of the day dancing around in his or her head.

This gem of a remedy will address perhaps 90% (my educated guess) of overeating and drinking problems around the holidays. And it will not interfere with any meds someone might already be taking.

2. **Nat phos 6x** -- For simple indigestion and over acidity, this handy little cell salt can be taken every hour in place of antacids. Toss it in your purse, brief case, diaper bag or glove compartment. Anytime indigestion hits, throw 3-4 pills directly in the mouth. If no relief is afforded within 15 minutes or so, continue in the same manner every hour. In most cases, the indigestion will be completely gone within short order. Oddly enough, 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. My father keeps this remedy in his car for after lunches with his musician friends. (They eat at those kinds of restaurants!)

3. **Arsenicum album 30** -- For true food poisoning that causes chills, stomach pains, restlessness and anxiety, *Arsenicum album* is your best bet. This is best saved for when your turkey is tainted and not from overindulging, but it's perfect for when you're not sure which food caused the problem.

4. **Pulsatilla 30** -- Did you eat more fats than you're accustomed to eating? Say, too much skin on the turkey, potatoes overloaded with gravy, clam dip swimming in oils and a huge dollop of whipped cream on your pie? Then your remedy might likely be *Pulsatilla*. Other indicators for *Pulsatilla* include heartburn, heaviness after eating and a coated tongue. Cold drinks may temporarily relieve the symptoms.

5. One more tip for good measure! For simple indigestion, add a splash of vinegar to a glass of water and drink. It will bring soothing relief.



### And What About the Winter Blues?

Overindulgence isn't the only problem that is prevalent in these times of shorter days and cloudy skies. The "winter blues," that feeling of mild depression, moodiness and a desire to hibernate from the world, is often caused by a deficiency of vitamin D, present in soluble fats.

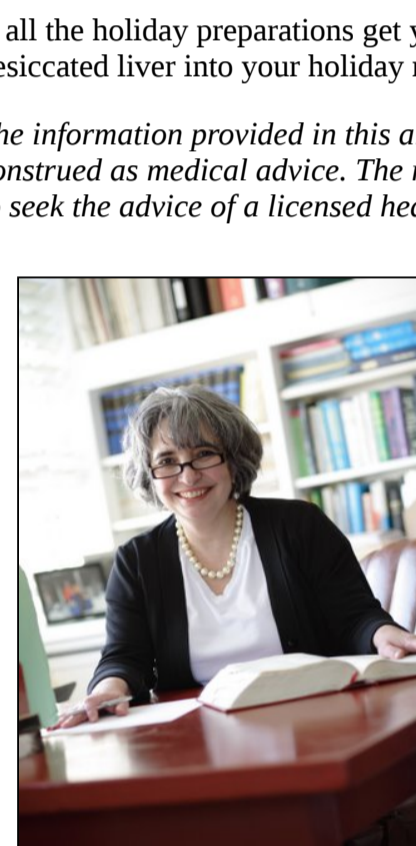
How can we be certain that our families are getting enough vitamin D in their diet without relying on the so-called "fortified" cereals, milks and synthetic vitamins? I often suggest using lard in baking (like our grandmother's pies!) and sautéing.

But one of the key defenses against the winter blues and an easy way to sustain your vitamin D levels is to take cod liver oil daily. Cod liver oil is packed with fat-soluble vitamin D, which helps promote bone and teeth growth as well as building immunity. It also supports healthy body weight and encourages brain development and lung function.

Many of us have experienced the "joy" of taking cod liver oil by spoon in our youth. Fortunately, today cod liver oil is available in easy-to-take capsules. Another helpful aid is desiccated beef liver, available from [RadiumLife](http://RadiumLife.com) in both powder and capsules. Desiccated liver provides a convenient way to obtain all the legendary health and nutritional benefits of liver, and it can be sprinkled into soups and stews to serve to unsuspecting recipients!

If all the holiday preparations get you down, think about working cod liver oil and desiccated liver into your holiday routine!

*The information provided in this article is for educational purposes only and may not be construed as medical advice. The reader is encouraged to make independent inquiries and to seek the advice of a licensed healthcare provider.*



Interested in finding out if homeopathy is a fit for you and your family's health strategy?

Call 716-941-1045 or [EMAIL](mailto:Joette@JoetteCalabrese.com) us to set up a brief introductory appointment with Joette.

## HOT Off the Press!

New Article:

Watch for Joette's latest article, "Hold It! Don't Put That Stuff on the Baby," in the winter edition of [Wise Traditions](http://WiseTraditions.com), the international nutrition journal of the Weston A. Price Foundation. The article discusses the importance of not using products on the skin.

Hear Joette speak in person:

**Food Intolerance: The New Childhood Disease**  
The National Center for Homeopathy 8th Annual Joint American Homeopathic Conference  
April 19-21, 2013  
Hyatt Regency Reston  
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India, here we come!

Joette will be in India from January 3rd to January 28th, working with Drs. Banerji at the homeopathic hospital in Kolkata, India. Watch for Joette's journal entries on the blog...they will definitely be interesting and informative! The office will remain open.

## Joette's Newest

[JoetteCalabrese.com](http://JoetteCalabrese.com)'s Newest Blog Post

[Prenatal Preparation with Homeopathy: The Best Gift You Could Give!](http://JoetteCalabrese.com)

## In the Kitchen



Stumped for ideas for last-minute gifts? Check out three yummy homemade treats that make great gifts. And your family will love them, too!

[Ho-Ho-Ho! Munch Munch](http://JoetteCalabrese.com)

## Check It Out!

Is our dream of a world where we are free to make healthy choices for ourselves and our families real or just a happy fantasy? One homeopathy elf ponders the question.

[Bringing Back the Magic of Santa](http://JoetteCalabrese.com)



## Let's see what's outside



This is our backyard with the remnants of my sons' tree house they built years ago. Hope your Christmas and Hanukkah are frosty and blessed.

## Quote From Joette

"Optimistic and essential, meticulous and refined: these are the hallmarks of real medicine. Homeopathy."

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## Books, Downloads, and CDs from Joette

If you liked today's issue, you'll LOVE learning more about Joette's programs and services for those seeking robust health via homeopathy. Joette offers a [FREE audio CD](http://JoetteCalabrese.com), lots of FREE articles, a [great blog](http://JoetteCalabrese.com), workshops, coaching, and other resources to help mothers (and interested fathers, too). Learn more now at our [website](http://JoetteCalabrese.com) and see more great products.

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## Have a Suggestion?

If you have a specific question you'd like answered or topic covered in future issues, please [E-mail suggestions](mailto:Joette@JoetteCalabrese.com) or post comments [on our blog](http://JoetteCalabrese.com).

## About Joette

Joette Calabrese, HMC, CCH, RSHom(Na) instructs folks how to obtain and maintain authentic, vigorous health via homeopathy and sound nutrition by offering time-tested and scientific principles. She has become a trusted voice that is decidedly educated, experienced, and committed and has a following of discerning clients throughout the United States and abroad.



### Please Note...

Joette is not a physician and the relationship between Joette & her clients is not that of prescriber and patient, but of educator and client. It is fully the client's choice whether or not to take advantage of the information Joette presents. Homeopathy doesn't "treat" an illness; it addresses the entire person as a matter of wholeness, which is an educational process not a medical one. In order to be treated or diagnosed, Joette believes that the advice of a holistic physician is in order.

\* These statements have not been evaluated by the Food and Drug Administration. This e-zine is not intended to diagnose, treat, cure, or prevent any disease. The information in this e-zine should be used only after consulting with your doctor or other health care professional and should NOT be considered personalized health care advice. This is meant for educational purposes only. We hope you will educate yourself thoroughly.