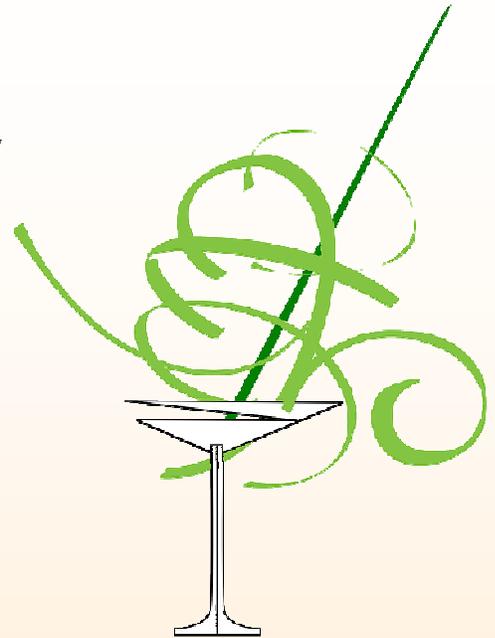


Homeopathic Help for Hangovers...

- You've run yourself ragged and can't get a good night's sleep. You toss and turn, are incapable of unwinding, you wake up at 4 am, already planning your next day. You are at risk of becoming ill because you're wearing down your body's defenses. A study in the Archives of Internal Medicine found that people who slept at least eight hours nightly were about three times less likely to catch a cold than those who snoozed for less than seven. Take Nux Vomica 30C when you feel irritable and overwhelmed.

- If you're feeling bloated after too many nights of rich food. Nux Vomica 30C helps with the indigestion, nausea, sour burping and heartburn. To help avoid this try popping gum in your mouth 15 minutes before hitting the buffet table. "Chewing gum tricks your brain into thinking you're eating, so you actually eat less," says clinical psychologist Susan Albers, PsyD., author of Eating Mindfully.



Nux Vomica is the first remedy reach for with a hangover headache. If you have overeaten and consumed too much alcohol, you may also feel nauseous and want to vomit to make yourself feel better but find you cannot. If you experience these symptoms, Nux Vomica is the remedy for you. When you are 'hungover' you are likely to feel irritable, you may also be hypersensitive to noise, light and odors. If this picture is familiar, take Nux Vomica 30C every half hour until the symptoms start to subside. If you have pillules, drop them into a glass of water, stir it and take a generous sip each dose until you are feeling better

What else can you do to help your hangover?

- Hydration is very important as dehydration causes most of your symptoms. Alcohol consumption decreases the body's production of an anti-diuretic hormone which is used by the body to reabsorb water. With less anti-diuretic hormone available, your body loses more fluid than normal through increased urination. Drink a glass of water between each alcoholic drink during your evening as the liver can only cope effectively with one drink an hour. Stop drinking alcohol an hour before the end of your evening and move onto water to get your hydration levels up

- Nutrients are used up when the body processes alcohol. Vitamin B3 is particularly important as it helps to transport alcohol out of the body. Take a multi Vitamin B supplement before going out as well as a zinc and vitamin C supplement. These will all help you to fight the effects of alcohol consumption. But of all these, Nux Vomica 30C will be the most helpful.

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