



Holiday Survival Guide

Helpful Homeopathic Remedies

Homeopathy can bring great relief for the following:

Holiday 'Burn Out'

- All of that holiday shopping, cooking and entertaining can lead to total "burn-out" and exhaustion, leading to indifference and apathy with yelling at your children and husband and crying jags... **Sepia** to the rescue.

Overindulgence in Food and Drink

- **Nux Vomica**- the #1 hangover remedy.
It is the main remedy during the festive season to treat symptoms resulting from over consumption of rich foods, alcohol or drugs. Hangovers with headache, dizziness and nausea will respond quickly the next morning minimizing symptoms. If you take a dose before partying you will still become intoxicated but the hangover won't be nearly as severe. The same goes for an evening of over-rich foods; undigested food sits like a "rock" in the stomach. Those needing a dose of **Nux Vomica** after over-eating will often say, 'If only I could vomit I would feel better!'. Marked irritability or impatience may be present.
- **Pulsatilla** can be beneficial if you have been treating yourself to rich, creamy foods and are paying a price as it hits your digestive system.
- Consider **Carbo Vegetabilis** if sour belching bringing only small relief. Burning pain in the stomach and abdomen, and flatulence after eating may be seen when this remedy is needed. Digestion may be slow and incomplete, with nausea or cramping.
- If you are more likely to overdo it with food rather than with drink, consider **Lycopodium**, especially for those who eat only a little but readily experience a sense of fullness. When a person experiences a good deal of bloating, flatulence, and belching which rises only as far as the throat, **Lycopodium** is the remedy to consider. Typically the person who needs Lycopodium craves sweets, warm drinks, and cooked food rather than salad.
- **Arsenicum** works miracles if you have severe cramps, diarrhea and vomiting from suspected food poisoning.

Sadness

- Memories of lost loved ones can make the holidays a painful ordeal. It is very difficult to add to the joyful holiday spirit when memories of the past open up feelings of grief all over again. **Ignatia** is a wonderful grief remedy. If you take it a couple of weeks before the holidays it will help ease the stinging nostalgia of years gone by. I recommend taking this remedy in a 200C potency.

Help for Anxiety

- **Aconite** is excellent for acute anxiety and stress, fear and worry.
Staying up late, attending parties, shopping for gifts, and depriving yourself of sleep calls for the remedy **Cocculus**. This also is an excellent choice for travel, whether for motion sickness or for jet lag.
- **Gelsemium Sempervirens** can relieve the feeling of being overwhelmed. You may feel weak and trembling inside. This remedy is often used for stage fright when there is that awful feeling of dread prior to a performance.
- **Argentum Nitricum**, the "what if?" remedy. Do you constantly find yourself worrying "what if" over a long list of things that might go wrong? It's especially likely to help if you have typical physical symptoms of sudden diarrhea; embarrassingly loud intestinal gas; and cravings for sweets which make you feel worse. There is often restlessness with pacing. Argentum Nitricum can also help with colds, chills and excessive nose running.

Anger and Resentment

- **Staphysagria** is wonderful for dealing with anger and resentment. It helps calm and help to appropriately verbalize things you might need to express to your family or friends during this time, or to better process your emotions and 'hold your tongue' if you choose.

Excited and Restless Children

- **Coffea & Chamamilla**- Children are often filled with excitement and anticipation at this time of year and have difficulty settling down and getting to sleep. **Chamamilla** is also helpful when children are irritable and overtired.