

Holistic help for the festive season



NUX VOMICA - THE HANGOVER REMEDY

Symptoms from too much alcohol, coffee & overeating

Terrible nausea with retching & increased saliva

Feels much better after vomiting and after a nap

Irritable, impatient, oversensitive to light, noise, odours

Sick headache - with vertigo, pressure & tension in head

CARBO VEGETABILIS

Bloating, fullness, wind and indigestion from overeating

Sluggish digestive system - food just sits there & turns to gas

Worse after too much wine & rich foods

Feels much better after burping or passing wind

Feels better from being fanned or getting some fresh air



PULSATILLA

Headache after overeating, especially pastry, fats ice cream

Heartburn, indigestion, reflux of food, nausea, rumbling & gurgling

Feels better in fresh air, from gentle movement & after a good cry

Tearful, sensitive, changeable moods, like cuddles

Thirstless



COFFEA CRUDA- THE OVERSTIMULATED REMEDY

Overexcited, children - sleepless due to excitement

Insomnia due to mental activity and nervous excitability

Hangover from drinking too much wine



TISSUE SALTS

Kali Phos - insomnia, overexcitement, nervous tension

Nat Phos - acidity & reflux, heartburn after overeating

Nat Sulph - sick headache, nausea, vomiting, "liverish"

Kali Mur - nausea & indigestion after rich, fatty foods



HERBAL TEAS & COFFEE

Chamomile - calms the mind, helps insomnia, indigestion, wind

Fennel- calming, relieves cramping & wind, breath freshener

Liquorice - soothing for stress, acidity, heartburn, gentle laxative

Dandelion Root Coffee - liver & digestive support

