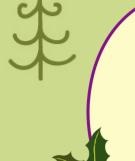
Holistic help for the festive season



NUX VOMICA - THE HANGOVER REMEDY

Symptoms from too much alochol, 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 ot 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 Hearburn, 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 excitablility 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









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