



surviving the silly season

It wouldn't be the 'silly season' if we weren't indulging in some form of over doing it. Whether it's too much work, play or emotional mayhem homoeopathic remedies are great to restore balance and a sense of well being during the festivities.

OVER INDULGENCE

When it comes to over doing it the stand out remedy is **Nux vomica**. This is known as the homoeopathic hangover remedy with classic symptoms of irritability; usually worse 2-3 hours after too much alcohol or after over eating, especially very rich or spicy foods. A dull headache that may be accompanied by some dizziness. There can be nausea, heartburn, cramping pain and a heavy bloated feeling. This remedy will do much to soothe and calm.

Repeat **Nux vomica**, or one of the following remedies, if better indicated, at hourly intervals and drink lots of water between doses to re-hydrate yourself. If after four or five doses you find no relief, try the next best remedy.

If feeling 'as if poisoned', with vomiting, diarrhoea and burning pains try **Arsenicum**, especially if you are worse around midnight. Try **Carbo Veg** if you feel weak, faint and clammy with bloating in the upper abdomen and lots of belching and wind. **Chamomilla** is like a "bear with a sore head", wants to be left alone and the headache feels like an intense pressure from within. For nausea that is not improved by vomiting take **Ipecac**, there may also be spasmodic diarrhoea. **Mag phos** suits a bloated abdomen with spasmodic pains relieved by warmth and pressure. Digestive upsets with gas, rumbling and nausea after rich food, ice cream, and fats point to **Pulsatilla**. For a severe reaction with severe cramps, cold sweat, exhaustion and dehydration, use **Veratrum alb**.

Don't drink on an empty stomach; eating something before and while you are drinking alcohol helps avoid a hangover. You can prepare your body beforehand by drinking lots of water and taking some extra vitamin C. After indulging in rich food, follow the meal with a herbal tea such as ginger, chamomile, or peppermint to aid digestion and help relieve any digestive discomfort.

OVER WORKING

Along with all the festive fun the end of the year can also be a time of deadlines, running around and general overwork and stress. Once again **Nux vomica** is the most indicated



remedy; it covers over work and accompanying ailments such as irritability and impatience, insomnia and a craving for stimulants such as coffee and caffeinated drinks, alcohol, drugs and stimulating food. Regular doses of **Kali phos** with its nerve tonic effect can support the nervous system.

OVER EMOTIONAL

Ailments such as dizziness, exhaustion and an empty feeling from over caring, loss of sleep and worry about loved ones indicate **Cocculus**. When feelings of disappointment and grief surface around Christmas take **Ignatia** or if resentment and old hurts are an issue **Nat mur** may be better especially if you are inclined to 'stew'. **Kali phos** can be taken along with other remedies for its tonic effect on the nervous system. **Pulsatilla** is good for weepy, clingy kids who drive you mad wanting attention when you are trying to get everything done.

OVER EXCITED

A great remedy for over excited kids is **Phosphorus**, it will help settle them and allow them to switch off and sleep. When the excitement results in hysterical reactions to everything a few doses of **Ignatia** can work wonders.

JUST OVER IT!!!

And if all the planning, organising and festivities leave you feeling seriously 'over it'; irritable, dragged down and feeling like running away and having a nice quiet time by yourself **Sepia** may well be what is needed to bring back the joy.

Have a safe and happy celebration.

