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22ND DECEMBER 2008 - HOMEOPATHIC REMEDIES TO BEAT THE XMAS EXCESS

Let's face it, we all tend to over-do it a bit at Christmas. That extra mince pie, that 'just one more' drink when you're not the driver for once, that 'it'd be rude not to' chocolate from the tin going round the office. Even before Christmas day arrives, most people would admit to feeling stuffed, over-faced or hungover at least once, and all this can leave us feeling tired and run down going into the New Year.

Janine Whitfield of New Path Homeopathy has some excellent remedy tips for surviving the Christmas excesses: "A range of homeopathic remedies are readily available at good pharmacies and health food shops," she says. "They can be a great way to treat the symptoms of over-indulgence."

"A lot of people find themselves taking quite high levels of medicines like paracetamol and other painkillers, antacids and hangover cures over the festive season," she continues. "This isn't a good thing for your body, particularly if your system isn't used to them. Combined with higher levels of eating and drinking, they can actually add to the strain you're already placing on your body - in particular on your liver and digestive system."

"Homeopathic remedies are natural, have no side-effects and actually support your body's immunity and wellbeing as well as relieving acute symptoms, so they're a great alternative for the yuletide festivities ... and into the New Year too."

Janine's Top 5 Seasonal Remedies

1. Nux Vomica for hangovers

The clue's in the name! This remedy is the number one homeopathic hangover cure, ideal for when you've really overdone it and are seriously regretting it the next day. After too much tobacco, alcohol and rich food, this remedy will help when you've got the lot: a bad headache, indigestion, nausea, retching or vomiting.

2. Lycopodium for wind and acid indigestion

If that second helping of pudding has left you feeling bloated, embarrassingly windy and with acid reflux, this could be the remedy for you. Strangely, if your symptoms are worse after eating onions, or between 4 and 8pm, this can be a good indicator of needing some Lycopodium.

3. Arsen Alb for food poisoning

It's everyone's worst nightmare. You go on a Christmas night out, and something along the way really doesn't agree with you. You wake up in the night or the following morning with a nice case of food poisoning. You're probably experiencing gnawing or burning pains in your stomach leading to indigestion, vomiting and possibly diarrhoea.





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You're likely to feel quite chilly or feverish, and your system is in such open revolt you'll also be feeling anxious, restless and unsure what to do with yourself. If this picture fits, then Arsen Alb is the remedy for you.

4. China for bloating and sluggishness

You're really starting to struggle to keep up with the pace, and worse still, your stomach is so bloated your favourite party clothes are feeling way too tight! You're probably suffering quite a lot with hiccoughs, and your 'tight as a drum' tummy may be painful, causing you to have to bend double or loosen your clothes to get some relief. Milk and fruit might be causing problems too. Generally, you're feeling tired, sluggish and in need of a boost.

5. Aconite for if you are run down and starting with a cold

Now you've done it! You've gone too far, and your immune system has had enough. At the first sign of a cough, cold, sore throat or fever, take this remedy as soon as possible, particularly if your symptoms come on suddenly. Also a good one to try if your symptoms come on after getting chilled or being exposed to a cold, dry wind – maybe after walking down Botchergate in your party gear with no coat!

“Many homeopathic remedies are derived from plants - for instance, China comes from the bark of the Peruvian Cinchona tree - but they are used in tiny dilutions to affect the body's systems gently. Sometimes the names may seem odd or confusing but the history behind them is fascinating too.”

“These five remedies, all readily available from good pharmacies and health food shops, can give you and your friends and family the reassurance and relief that you need over the festive season. You can usually get advice on using these remedies wherever you buy them or, for a bit of extra help, homeopathic remedy kits and consultations are available at the Stanwix Clinic on Etterby Street in Carlisle or by calling me on 01228 533184.”

“It's always better to avoid over-indulging in the first place but, if you do, then homeopathic remedies can be a gentler way of restoring your body's natural balance.”

If symptoms persist, contact a qualified homeopath or your regular GP.
For more information about homeopathy, visit www.newpathhomeopathy.com

