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**21st DECEMBER 2009 - HOMEOPATHIC REMEDIES FOR XMAS OVER-INDULGENCE!**

Christmas just wouldn't be Christmas without a bit of over-indulgence now would it? The long tradition of feasting to mark the end of the height of winter began with the earliest civilizations on the planet – so who are we to argue with that?

However, over the Christmas period, a staggering two thirds of people in the UK admit to really overdoing it. One in eight people this Christmas will eat and drink so much that it makes them physically sick! 37% of people suffer from indigestion after their Christmas dinner, with a third of us getting this more than once during the festive season, and 4 in 10 people suffer from embarrassing bloating and trapped wind as a result of bolting our festive food.

As a result of all this, many people end up surviving on paracetamol and other painkillers, antacids and hangover medicines until the New Year, which can place additional strain on their already over-burdened liver and digestive systems.

So what can you do to be kind to your tummy over Christmas whilst still enjoying the odd mince pie or three?

**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 of anything such as tobacco, alcohol and rich food, this remedy will help when you've got the lot: a bad headache, indigestion, nausea, vomiting and diarrhoea or constipation.

Key symptoms to look out for are your stomach feeling heavy and sensitive to pressure for several hours after eating. All symptoms will be worse in the morning after a heavy 'binge' the night before. And of course, you may also have the classic hangover headache and a feeling of slight vertigo or trembling.

All symptoms with Nux Vom will be accompanied by extreme lethargy or irritability, so if overdoing it has left you tired and like a bear with a sore head, this is the remedy for you.

**Lycopodium for indigestion and embarrassing wind**

If that second helping of pudding has left you feeling bloated, windy and refluxy, then try some Lycopodium.

Interestingly, this remedy is very often prescribed for confidence problems, when people feel very shy and lacking in confidence on the inside, even if they appear robust on the outside. On a physical level, this aspect of the remedy gives us a keynote of embarrassing levels of wind, which can make you feel quite self-conscious.





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Symptoms to look out for include digestive disturbances with rolling, noisy wind and belching. Your tummy is likely to feel bloated and distended, which is relieved only by burping and passing wind. Strangely, if your symptoms are specifically worse after eating onions, or between 4pm and 8pm (post xmas dinner time), this can also be a good indicator of needing some Lycopodium.

**Carbo Veg for indigestion and trapped wind**

Carbo Veg is also an excellent indigestion remedy, but it covers a different picture, so you'll need to compare both remedies before deciding which one best fits your symptoms.

Carbo Veg covers any form of indigestion with heaviness and fullness in the stomach with lots of gas. However, unlike the Lycopodium picture where this gas is freely expelled, with Carbo Veg it tends to be trapped, causing discomfort, pain and distension.

In a Carbo Veg state, your system is likely to feel very sluggish after over-indulgence and a lack of activity generally. You may also have a strong desire for fresh air, even if you feel cold and clammy in yourself.

As we've covered before, Carbo Veg is also known as 'the corpse reviver'! In acute indigestion, symptoms may manifest as a feeling of lowered vitality, and mottled skin or bluish gums reflecting a lack of oxygen in the body, and the remedy will also help with this.

In really bad cases of indigestion from having overdone it, take Carbo Veg in combination with Nux Vomica for fast results.

**China for bloating and sluggishness**

If you're really starting to struggle to keep up with the pace, and are feeling as though you still haven't digested one meal by the time you're ready to start the next one, China could be a good remedy to go for.

If you need this remedy, you'll be feeling incredibly sluggish after too much food, and this feeling may stay with you even once you start to cut back on what you're eating and drinking. Another keynote is that your stomach will feel really bloated – so much so that it's highly likely you'll be having to loosen off your clothes to accommodate it.

You'll probably also be quite hiccoughy, and your tummy may feel tight as a drum and be painful, causing you to have to bend double to get some relief. Milk and fruit in particular may cause additional problems for you. In all these cases, China will quickly help to ease your symptoms.





## new path homeopathy

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#### **Pulsatilla for heartburn**

Pulsatilla is sometimes also known as the wind flower, so it's not surprising that it has a place in the remedy cabinet as an indigestion remedy!

There are two highly recognisable keynotes to Pulsatilla, so if you have either of these in terms of heartburn and indigestion, then it's the remedy for you:

Firstly, all of Pulsatilla's symptoms are erratic and changeable. So your heartburn may come and go, or the main area of discomfort may shift from one side to another or from place to place.

Secondly, Pulsatilla's upset stomach is caused by rich food, but also it's the things that you like that will most affect you, particularly pastries, ice creams, fruits and butter.

Emotionally, Pulsatilla can also shift from feeling weepy and upset one moment to feeling angry and irritable the next. So if your moods are a bit all over the place as a result of feeling unwell, this might also be an indicator of needing some Pulsatilla.

#### **Where to buy these remedies and how to take them**

All the remedies mentioned here are available from good local pharmacies and health food shops who carry a homeopathic range.

In the early stages, and particularly for acute symptoms with a rapid onset and short duration, give the remedy every few minutes, stopping once you see an improvement.

For longer term symptoms, take one dose 3 times daily for a few days, again stopping once an improvement is felt.

If symptoms persist or worsen, consult a registered homeopath or your GP for further advice and treatment.

Home use remedy kits for common ailments and first-aid are available from Janine Whitfield MLCHom, MARH at New Path Homeopathy – visit [www.newpathhomeopathy](http://www.newpathhomeopathy) for more information.

