

Homeopathy
Can
Help!

Dealing With Over-Indulgence During the Holidays



All The Places We Over-Indulge

- Office Party
- Neighborhood Celebrations
- Christmas Eve Gatherings
- Christmas Day Gatherings
- New Years Eve Parties



All The Ways We Over-Indulge

- Drinking Alcohol
 - Seems like Christmas is an excuse to have extra alcohol.
 - Maybe some of you who don't usually drink will imbibe
 - Perhaps you will have some hard alcohol when you normally stick to beer or wine
- Rich Food
 - Fat Makes Food Taste GREAT!
- Too Much Food
 - The Food Tastes Great. We want seconds!
 - Extra effort by the hostess goes into having a fabulous dessert



What To Do? What To Do?

- Drink lots of lemon water to help flush out the toxins.
- Homeopathy to the Rescue
- Take Nux Vomica 30c
 - Nux-v is a classic homeopathic remedy used for over-indulgence.
 - Take a dose before bed and when you wake up in the morning.
 - It will probably help you sleep better.
 - If it is an afternoon type of over-indulgence, take the remedy as soon as you start to feel sick, nauseous or just too full.



Where Can I Get Nux-Vomica 30c?

- Most places that sell natural foods, such as Whole Foods, local food coops, The Vitamin Shoppe, etc.
- I sell it at my clinic, Lotus Homeopathy, in Woodbury.



How Do I Take It?

- Dispense two pellets into the cap.
- Without touching the pellets, pour them under your tongue.
- You can allow them to dissolve or chew them after they have been under your tongue for a minute or so.
- Do not eat or drink anything 20 minutes before or after.
- For further reference, go to our website:
<http://www.lotushomeopathy.com/how-do-i-take-remedies/>



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- Please go to www.lotushomeopathy.com. Sign up for the mailing list.
- Like our Facebook Page: www.facebook.com/lotus.homeopathy
- If You Would Like to get Nux Vomica 30c from Lotus Homeopathy, please click on the BookNow button on our website or Facebook page. Select a Remedy Pickup appointment.
- If you have any questions, please call us at 651-748-1556

