

“OVERDOING IT” REMEDIES!

Nux vomica

The ‘hangover’ remedy...too much fast food, too much to drink, too many fatty foods – and too many headaches from hangover and fatty foods, so you reach for the acetaminophen or ibuprofen. Constipation from travel or dietary changes, road rage, impatience, work deadlines (include at-home deadlines too).

Here is Kent’s description of the *Nux vomica* state:

<http://homeoint.org/books3/kentmm/nux-v.htm>

Cocculus

The ‘up at night taking care of sick kids/spouses/parents’ remedy...vertigo/dizziness from prolonged loss of sleep.

<http://homeoint.org/books3/kentmm/coccul.htm>

Ignatia

This season can be a reminder of recent grief and losses. With the media blaring away with images of family, togetherness, food, fun, warmth, home, and hearth, it can simply be a reminder for some of what they long for or for what they had in better times.

“...her survival depends upon her family and she has no other interest. She has sacrificed all her desires and avenues of fulfillment of her ‘dreams.’ In short, she has invested all her thoughts, hopes and interests in her family.

Naturally, in these circumstances, when there is a disappointment or loss through death of the person near and dear to her, it produces a feeling of being ruined. (Delusion, ruined that she is). There is tremendous grief, anxiety, brooding and shock. It is this element that makes *Ignatia* the acute remedy for most people who are faced with the loss of a dear person, in whom they had invested a great deal of their emotions.”

~ Dr. Rajan Sankaran, *Spirit of Homeopathy*