

The Holistic Medicine Cabinet

Thursday, April 3, 2008



here's the juice

You've heard of calorie-burning drinks for weight watchers, but now the carbon-conscious have their own version -- **the first carbon-subtracting tea**. According to a **Conscious Brands** assessment, **Guayaki's San Mateo Loose Yerba Mate** is harvested so sustainably that that each 1-pound package subtracts more carbon that it emits during the entire process from harvesting to store shelves...talk about green tea!

It's hard to find your inner beauty when your insides (and outsides) are feeling yucky. Skip the over-the-counter old faithfuls and stock up on these natural remedies.

Prepare a first aid kit. For nicks and splinters, Dr. Hauschka Mercurialis Wound Rescue uses medicinal plants to reduce inflammation and speed healing. To ease muscle strains, Dr. Hauschka Ouch! Aid Arnica Compress offers temporary pain relief using the wildflower Arnica's healing powers.

Instead of popping an antacid for stomach cramps and heartburn following an eating or drinking binge, Elephant Pharm's homeopath **Myra Nissen** recommends Nux vomica, commonly known as the "hangover remedy."

To combat seasonal allergies, **Nissen** suggests different homeopathic remedies, depending on the nature of the symptoms. Take Allium cepa when your nose drips like a faucet, Euphrasia for itchy, watery eyes and Sabadilla for repeated sneezing and tingling in the nose. (Aller-Away from Nelson Bach Homeopathic contains all 3).

To replace aspirin and ward off headaches, look to Mag phos, nicknamed the homeopathic aspirin, to calm agitated nerves and quell darting pains.

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