



## Digestive Disorders: 3 Homeopathic Remedies That Offer Relief!

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Homeopathy offers hundreds of remedies too help soothe digestive disorders. Choosing the correct remedy is important!

Homeopathy is based on the "Law of Similars," discovered by Hippocrates, the "Father of Medicine" born in Greece in 460BC. Samuel Hahnemann (1755 - 1843), German physician who developed homeopathy, named the science after this law: Homeopathy-pronounced "hooomeoahp'oehothee" - Greek for "similar suffering."

### Homeopathy: The Science of Similars

The Law of Similars means that a SUBstance that has the capacity to bring on symptoms in a healthy person, when properly prepared, has the capacity to restore the health of a sick person who is experiencing similar symptoms.

Coffee is a good example; too much coffee makes it difficult to sleep. Coffea cruda, a homeopathic remedy made from coffee, can relieve insomnia. Latin names are used for homeopathic remedies, a world-wide scientific standard.

### How Homeopathy Helps With ... Digestive Problems

We look forward to the warm days of summer, filled with sports, trips, and parties. We often abandon diet and wellness routines. We want to savor favorite foods, explore new cuisines, and cool-off with a treat from the ice cream shop down the street. Over eating, too much excitement, and too little rest can lead to indigestion and irritable bowels.

Rita, Jennifer, Joan, and Heather went on vacation together. Rita, Jennifer, and Heather experienced digestive disorders on their trip. Fortunately Joan knows some homeopathy and packed her remedy kit. Thanks to Joan they all had a great time and brought back wonderful memories. Here is an example of remedies that helped her friends.

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(see reverse)

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## Bloating and Heartburn

Rita experienced bloating and belching after meals accompanied by heartburn. She complained that she tasted food after belching. Eating breads, acids, sweets, or pork made Rita's indigestion worse. She was irritable and didn't want to be touched. The remedy Antimonium crudum, helped Rita overcome her symptoms. A Clue that helped Joan decide on Antimonium was the white coating on Rita's tongue.

## Food Poisoning

Arsenicum album worked wonderfully when Jennifer came down with food poisoning. She was vomiting, had diarrhea, and complained of burning pains. She was restless, and concerned for her health. Jennifer wanted to bundle up, yet have the window open. She wanted the others nearby, but didn't want to be consoled. She asked for sips of cold water. Arsenicum is a good remedy choice indigestion from iced foods, acids, and melons.

## Upset Stomach

Heather is a hard worker, loves parties, and overdoes drink and food, especially fatty, spicy foods that often lead to indigestion. She said it felt as if there was a stone pressing on her stomach, had to loosen her clothes, and lie down. Heather was nauseous, yet could not vomit. She felt worse 3 to 4 a.m. Nux vomica was the perfect remedy for Heather. Nux has a reputation as the number one remedy for hangovers and jet lag.

## Taking Remedies

For simple digestive complaints take 6X potency to be useful, alternatively 6C, 30C, or 30X potencies will do. Dissolve 2-5 pellets in a glass of water, stir and take spoonful. Repeat every 10 to 15 minutes as needed.

Gradually decrease the frequency as symptoms improve. Don't be afraid to use homeopathic remedies for occasional indigestion. Remedies are safe, non-toxic, and, when properly chosen, very effective.

**Note:** For chronic indigestion, ISS, or Chron's it's best to see a certified homeopath for long-term success.

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### HOMEOPATHIC WOMEN'S WELLNESS PACKAGES OFFERED

- Regulating Symptoms Associated with PMS & PMDD
- Understanding and Regulating Symptoms Associated with Menopause
- Improving Thyroid Health
- Reducing/Eliminating Fibroids
- Return to Wellness

Call Myra Nissen, CCH, RSHom(NA), Board Certified Classical Homeopath, at 925.826.3858 to schedule a wellness assessment. See what Homeopathy can do for you.

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