

# CHRISTMAS CURES

by MARY ASPINWALL, Registered Homeopath

IF MY JOLLY CAROL *THE TWELVE TRIALS OF CHRISTMAS* (BELOW) RINGS YULETIDE BELLS FOR YOU, never fear, *Homeopathy Today* is here to help you through the challenges of the holiday season.

## An-ti-ci-patory an-xiety?

With so many hopes pinned on The Holidays as a time when we might all come together and finally start to resemble those smiling, happy families we see on the back of cereal boxes, we are entitled to feel a little pre-event anxiety!

So let us turn to the Ancient Romans, who never experienced Christmas or

A lot of holiday anxiety is performance related. Are you going to measure up to your own and others', often impossible, standards?

*If your standards are high, it follows that you will suffer more.* That is why, long ago, I made one of the few logical, health-conscious decisions of my life and decided, in terms of housekeeping

ticular event approaches, one dose of *Argentum nitricum* 6c or 30c may help.

*Lycopodium* is a good homeopathic medicine for those who hate public speaking (e.g., proposing a toast or thanking guests for coming) but are usually fine once

## THE TWELVE TRIALS OF CHRISTMAS

by Mary "Mc Scrooge" Aspinwall

On the **first** day of Christmas,  
The season gave to me  
An-ti-ci-patory an-xiety!



On the **second** day of Christmas,  
The season gave to me  
Two hang-o-vers,  
And an-ti-ci-patory an-xiety!

On the **third** day of Christmas,  
The season gave to me  
Three in-laws  
Two hang-o-vers,  
And an-ti-ci-patory an-xiety!



On the **fourth** day of Christmas,  
The season gave to me  
Four squalling kids  
Three in-laws  
Two hang-o-vers,  
And an-ti-ci-patory an-xiety!

Hanukkah as we know them, but nonetheless have a few pertinent words of wisdom:

"If you are distressed by anything external, the pain is not due to the thing itself but to your own estimate of it; and this you have the power to revoke at any moment." —Marcus Aurelius Antoninus (121 AD–180 AD).

## Remember the Golden Rules

In homeopathy there are three golden rules for successful prescribing:

- Match the symptoms carefully to the best homeopathic (most similar) medicine you can find.
- Take one pill. If you feel better, there is no need to repeat unless the same symptoms return.
- For home prescribing, stick to 30c or lower potencies.

and constant catering at least, to become something of a slut.

If you have yet to adopt this life-enhancing strategy, one of the next two medicines may be of great benefit to you over the holidays. One remedy that is often helpful for high standards-type people is *Silica*. Those who need this remedy hate meeting new people or, in fact, doing anything new because they lack self-confidence and are very shy. So if this description fits you, try one dose of *Silica* 6c or 30c in the run-up to a new experience. If you are less shy but, like those needing *Silica*, you like everything "just so" and you find yourself demanding and anxious with a tendency to nausea and diarrhea, you may benefit from one dose of *Arsenicum* 6c or 30c before a get-together.

Anxiety often has powerful effects on the digestive system, making it difficult to enjoy all the culinary treats on offer. If you find that you feel rushed and prone to diarrhea (particularly after eating sweet things), and you feel much worse as the time for a par-

they get going. People needing it tend to get bloated and gassy if they feel anxious.

If you suffer from a kind of stage fright where you are almost unable to speak or function, with a tendency to loose bowels or sore throats ahead of a social engagement, try a dose of *Gelsemium* 6c or 30c.

One thing I would strongly recommend is to get a large bottle of either Bach Flower Rescue Remedy® or Australian Bush Flower Emergency Essence and keep it in the house or in your purse. Take a few drops if you feel yourself start to wobble at any stage. It works for almost everyone.

## Hang-o-vers?

Tsk, tsk! Didn't you say "Never again"? As soon as you have the wit to realize you have overdone it: stop drinking alcohol (doh!) and switch to water. Drink as much of it as you can reasonably stand. Try not to think what fish do in it. Put a very large glass of water by your bedside. Drink some every time you wake. Apologize profusely to your long-suffering body.

ILLUSTRATIONS BY GRETCHEN KNIGHT



Aside from making you horribly toxic, alcohol makes you feel like death by dehydrating you. They say that humans are about 65% water (it's a mystery how "they" know these things), which is why dehydration is one of the fastest ways to feel sub-human known to man (and woman).

What to do, post-error-of-judgment? Take herbal tincture of either Chelidonium or Milk Thistle to support your poor liver. Put up to five drops in each glass of water.

Try the "Bloody Mary of Homeopathy," *Nux vomica*. It often helps, especially if you

reserves, a fear of poverty is either delusional or entirely justifiable. If you fall into the latter category, it may help you to know that I read on the back of a matchbox once that the best things in life are free.

### In bed I'm laying, with...

... I'm guessing, total exhaustion, thinking, "This Turkey thang, didn't we just do it a month ago?"

Time then for another thought from the Ancient Romans, whose impoverished culture knew nothing of Thanksgiving or

### Poor head a-swimming?

*Nux vomica* will help headaches with vertigo brought on by alcohol.

### Bright eyes a-milking? Vi-sion a-dancing?

*Euphrasia* is great for irritated eyes. Or try a *Euphrasia* eye bath by making up some eyebright tea and putting the cooled teabags on your eyes. It's also a good excuse for having to lie down with your eyes closed!

On the **fifth** day of Christmas,  
The season gave to me

**FEAR OF POVERTY**  
Four squalling kids  
Three in-laws  
Two hang-o-vers,  
And an-ti-ci-patory  
an-xiety!

On the **sixth** day  
of Christmas,  
The season got to me  
In bed I'm laying, with  
**FEAR OF POVERTY**  
Four squalling kids  
Three in-laws  
Two hangovers,  
And an-ti-ci-patory  
an-xiety!



On the **seventh** day  
of Christmas,  
The season gave to me

Poor head a-swimming,  
In bed I'm laying, with  
**FEAR OF POVERTY**  
Four squalling kids  
Three in-laws  
Two hang-o-vers,  
And an-ti-ci-patory  
an-xiety!

On the **eighth** day  
of Christmas,  
The season gave to me  
Bright eyes a-milking,  
Poor head a-swimming,  
In bed I'm laying, with  
**FEAR OF POVERTY**  
Four squalling kids  
Three in-laws  
Two hang-o-vers,  
And an-ti-ci-patory  
an-xiety!



are grumpy and chilly when hung over. It doesn't work for everyone and, sadly, never works for me, as I am always sweet and penitent after such misdemeanors.

If you feel dehydrated try a dose of *China* 6c or 30c.

### In-laws?

Aside from a life of celibacy there is no known cure for in-laws.

### Kids?

Ditto ... however ... it may interest you to know that over-excited children who won't go to sleep will often sleep the sleep of angels after one dose of *Coffea*. Over-tired, over-stimulated children who throw things, shout a lot, and make you yearn to be single again will often sleep the sleep of angels after a dose of *Chamomilla*.

### Fear of poverty?

A recent credit card survey shows adults in the US spend an extra \$1200 or so over The Holidays, so, depending on your personal

The Holidays (but knew a thing or two about overdoing):

"Take rest; a field that has rested gives a bountiful crop." —Ovid (43 BC–17 AD)

I'm pretty sure Ovid had servants. You probably don't, unless you count electrodomestic appliances. Nevertheless, if you are tired: lie down! You know it makes sense. When scheduling all that holiday fun, always schedule in realistic recovery time between each joyous shindig.

If you really have to keep going, you can cheat by taking a dose of *Arnica*. It's great for giving a second wind when you're exhausted. It is known for helping women in labor, Tour de France cyclists, and travelers with jet lag who all need to keep going in spite of exhaustion. But remember, taking *Arnica* in these situations resembles borrowing on a "personal energy credit card"; you will have to pay that borrowed energy back by having a proper rest or suffer the consequences of going into deep personal energy debt, which is not a good look.

### Cholesterol a-leaping?

Is that the good or the bad cholesterol? Is anyone else confused or is it just me? The answer is fiber, apparently.

### Problems with your piping?

"They" tell us that the digestive canal is 30 feet long. When you think about how something that long is crammed inside us, the surprising thing is that it works so well. It is not at all surprising that The Holidays with their payload of turkey, figgy pudding, and innumerable other normally forbidden fruits take their toll. Here is a mini A to Z of homeopathic medicines that may help alleviate the symptoms of seasonal stuffing:

**Antimonium crudum.** Indigestion with rheumatic and gouty pains. Acute attacks may be brought on by overeating or (sour) wine. 19th century landed gentry kind of vibe. Think Jane Austen.

**China.** Distended, colicky, rumbling, fermenting, with flatulence and belching (which brings no relief). Do not expect to

be invited anywhere again.

**Coffea.** Acid indigestion with a sense of fullness or cramps. May be accompanied by weakness, nervousness, and even palpitations. Suits those who get over-excited and suffer after too much fun.

**Carbo veg.** Sluggish and cold, with bloating and flatulence, feels better after burping or when being fanned (although it's hard to find volunteers for this, as it is not an attractive state). Worse after over-eating, eating rich foods, and drinking alcohol.

**Pulsatilla.** For those who are sweet-natured, but highly vulnerable to tearfulness and wandering abdominal pains. Worse for overheated or stuffy rooms, overeating, eating fatty foods, and any emotional upset or excitement. Often needed for children, especially if you want to say "Aaaaaaah, bless them."

**Sanguinaria.** Burning, gastric pains, after over-eating and consumption of alcohol.

susceptibility to such suffering in the years to come. (Any time you experience symptoms that could be heart-related, seek professional medical advice, of course!)

## Be prepared

Before The Holidays get underway, make sure you have a broad selection of homeopathic medicines for first-aid situations and acute illnesses. Buying a comprehensive homeopathic medicine kit is the most economical way to do this.

On the **ninth** day of Christmas,  
The season gave to me  
Vi-sion a-dancing,  
Bright eyes a-milking,  
Poor head a-swimming,  
In bed I'm laying, with  
**FEAR OF POVERTY**  
Four squalling kids  
Three in-laws  
Two hang-o-vers,  
And an-ti-ci-patory  
an-xiety!

On the **tenth** day of Christmas,  
The season gave to me  
Cholesterol a-leaping,  
Vi-sion a-dancing,  
Bright eyes a-milking,  
Poor head a-swimming,  
In bed I'm laying, with  
**FEAR OF POVERTY**  
Four squalling kids  
Three in-laws  
Two hang-o-vers,  
And an-ti-ci-patory an-xiety!



On the **eleventh** day of Christmas,  
The season gave to me  
Problems with my piping,  
Cholesterol a-leaping,  
Vi-sion a-dancing,  
Bright eyes a-milking,  
Poor head a-swimming,  
In bed I'm laying, with  
**FEAR OF POVERTY**  
Four squalling kids  
Three in-laws  
Two hang-o-vers,  
And an-ti-ci-patory an-xiety!

On the **twelfth** day of Christmas,  
The season gave to me



My heart a-drumming,  
Problems with my piping,  
Cholesterol a-leaping,  
Vi-sion a-dancing,  
Bright eyes a-milking,  
Poor head a-swimming,  
In bed I'm laying, with  
**FEAR OF POVERTY**  
Four squalling kids  
Three in-laws  
Two hang-o-vers,  
And an-ti-ci-patory  
an-xiety!

**Lycopodium.** Feels full quickly. Bloating worse from 4 p.m. to 8 p.m., relieved by passing wind. Grumpy with nearest and dearest, but can be charming to others.

**Nux vomica.** Chilly and cross with gastric pains from alcohol abuse or from over-eating. Best sent to bed without supper.

**NOTE:** It's good to have a laugh, but your health is no joke. Remember that the remedy indications given in this article are brief snapshots; when in doubt or when facing any serious or troubling symptoms, always seek professional help.

## Your heart a-drumming?

A dose of the homeopathic remedy *Coffea* may do the trick if you are just suffering from over-excitement, but if you are unfortunate enough to suffer full-blown panic attacks with palpitations, *Aconite* may be needed as emergency first aid. As soon as you can, seek constitutional homeopathic treatment, to decrease your

Train yourself in the basic use of homeopathy.\* Take deep breaths and ponder the wisdom of the Ancient Romans, whenever you get time to bless yourself. And remember to have F-U-N...

\*Check out my free online course, *Exploring Homeopathy*, at [www.homeopathyworld.com](http://www.homeopathyworld.com).



## ABOUT THE AUTHOR

Mary Aspinwall, Registered with the Irish Society of Homeopaths, has been practicing classical homeopathy since 1995. She designed the best-selling Helios/Double Helix series of homeopathic kits and set up The Natural Healing Rooms, a large, multi-disciplinary holistic health center in the South West of Ireland. She has written a free on-line course covering the basics of homeopathy including treating first-aid emergencies and acute illnesses. To enroll visit [www.homeopathyworld.com](http://www.homeopathyworld.com).

# Speak up!

Medicine for the People is a new organization campaigning against negative media coverage that homeopathy has been receiving in the UK by collecting 250,000 signatures to take to the UK government in June 2008. These declarations will give a voice to those people whose experience is denied by the recent attacks against homeopathy and the Royal London Homeopathic Hospital. It will also, for the first time, begin to establish the extent to which homeopathy has helped the general public in the UK and throughout the world, whether through prescription or self-medication. There's also a link from their home page for international supporters from outside the UK to add their voices.

Make your voice heard at: [www.hmc21.org](http://www.hmc21.org)