Holiday Health with Handy Homeopathics

with Kari Barron, ND, CNHP

Let's start with the basics:

Water - Lack of adequate water can make you miserable and kill you. You need to drink a minimum of half of your body weight in ounces of water daily.
Your weight: _____ ÷ *2* = _____ *in ounces of water daily*

Sunshine - If you get _____ minutes of sunshine daily - YOU ROCK! That's where you get the best of your own vitamin D production.

Food - Pay attention to what you eat. You are worth it. Think about what you put into your body. You are not _____ , _____ , or _____.
Don't expect supplements to do the job of nourishing you if you aren't working on it yourself. They should be used to fill in when you don't get those nutrients in your food.

Fun sweaty activity - _____ minutes of walking daily can do a lot
Choose something you love and not just to get it out of the way.

Rest - The more time rest time you get before _____ the better. Take naps if you need to - it's not being _____.

Time with family and friends - Enjoy your time with friends and family. No one should be alone. Reach out to those who may be lonely. THEY NEED YOU.

Time with God - He loves you. He created you to be with you. Jeremiah 33:6, "My God will bring me health and healing. He will heal me and reveal to me abundance of prosperity and security."

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Homeopathy

What to use when someone is not feeling well.

We are not diagnosing. If you are on medication you should speak with your doctor before adding anything new to your routine. None of this information is a promise of cure or specific results. Everyone is different and not everyone responds the same way to changes. Use the intelligence God gave you to make wise decisions in care of your body. Seek emergency medical care when you feel you should.

The FDA, in 1938, made the manufacture and sale of homeopathic remedies legal. They are the only natural substances that can make health claims.

• Remedies are used for emotional and physical _____.
• Generally safe and non-toxic.
• Generally free of any direct contraindication with medications (always check with the prescribing physician if on medication).

Potencies - the little numbers by the name of a homeopathic remedy
6C is generally used for acute (immediately occurring) conditions.
30C (which is in your kit) because it works well on _____ and _____ conditions.
200C is generally used for emotional and chronic conditions and while under the care of a natural health practitioner.

All homeopathic remedies work on the emotional and physical level. They can have multiple uses and most are known by their primary benefit.

Arnica Montana - Primary use: "Relieves _____ pain and swelling from injuries, discoloration from bruising."

_____

_____

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Belladonna - Primary use: "Relieves _____ _____(up to 102°F) of sudden onset with perspiration."

_____

_____

Chamomilla Vulgaris - Primary use: "Relieves _____ pain with irritability."

_____

_____

Kali Bichromicum (Kali bic) - Primary use: "Relieves _____ with thick nasal discharge."

_____

_____

Nux Vomica - Primary use: "Relieves _____ or _____ due to excessive eating or drinking."

_____

_____

How to take them:

- Follow label instructions.
- Take homeopathic remedies at least 1/2 hour after coffee or mint (aroma of coffee and mint count too).
- Don't take more than 6 single remedies at a time.
- Children age 2-12 get 1/2 adult dosage. Under age 2 get 1/3 adult dosage dissolved in tablespoon of water.
- Put homeopathic remedies directly from container into the mouth (best under tongue to dissolve).

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