

“January is traditionally a time when we think about our bad habits and make New Year’s resolutions to change them once and for all”. *Nicola*



homeopathy

New Year, New Start, New You!

Especially at Christmas time and New Years Eve, when we have a good excuse to party, we may turn a blind eye to that extra roast potato or three or lose count of the number of empty bottles and cans in the recycling bin. And occasionally there is a good argument that ‘a bit of what you fancy does you good’ but when we choose to continually over indulge through out the year as well there are serious health implications to consider.

This January, why not add another resolution to your list ?. Give your internal organs a break ! and take responsibility for your health by making small changes every week to your lifestyle, diet and habits. You will be amazed how quickly your body will respond, and you will feel more vital and healthier.

Meanwhile, before the 1st January I would recommend the following homeopathic remedies for the following self inflicted ailments.

A selection of Homeopathic remedies for acute illness can be purchased from most high street pharmacies. For chronic (long lasting) symptoms it is best to seek professional advice from your homeopath or medical practitioner.

Take the remedy, usually a small white

tablet, following the instructions on the bottle, up to 4 times a day and stop when relief is obtained.

HANGOVER:

Nux Vomica 30 - To reduce the bad effects of alcoholic drinks, heaviness in the head leading to diminished sight and hearing the morning after, accompanied by constant nausea and lack of appetite.

Arsenicum 30 - To reduce the bad effects of alcohol especially spirits. Nausea, vomiting and loss of appetite. Sensitive to light and noise and feeling especially irritable.

Natural HealthTip: *To help reduce the symptoms of hangover, drink at least a pint of water before bed and support your liver function with Milk Thistle supplements.*



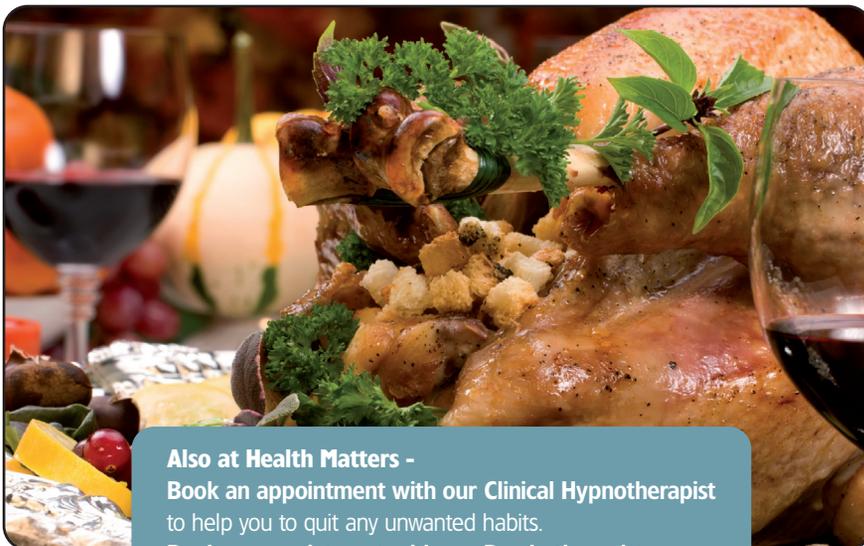
INDIGESTION:

Calc Carb 30 - burning extending to throat after every meal, especially after eating dry hard food, accompanied with loud belching.

Lycopodium 30 - heartburn in a morning or after smoking, with nausea , better for lying down. Heartburn after a meal with sour sensation and burning in the pit of stomach. Acidity rising into chest and mouth.

Natural HealthTip: *Apple cider vinegar is an effective digestive tonic, Add 1-2 teaspoons to a little warm water and sip before meals.*

Happy Christmas and a Healthy New Year.



Also at Health Matters -

Book an appointment with our Clinical Hypnotherapist to help you to quit any unwanted habits.

Book an appointment with our Psychotherapist to discuss any family problems raised over the festive season.

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