



HOMEOPATHICS FOR DIGESTIVE DISTURBANCES



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Five million Canadians experience heartburn at least one time per week. The lost productivity from those who suffer each year amounts to approximately \$2.1 billion.¹

Homeopathic remedies have been relieving people's digestive disturbances for over two hundred years.² Homeopathic remedies offer a financially efficient way of addressing some digestive symptoms, as well as, stimulating the natural systems of tissue repair in the body. The law of similars is used in remedy selection by trained practitioners, and in part helps define homeopathy. Homeopathic medicines are chosen by a skilled practitioner to

address health conditions based on a grouping of expressed symptoms. The homeopathic remedy is selected based on the symptoms that a crude dosage of the same product would cause similar symptoms in the patient. The homeopathic remedy is then selected introducing a vital force higher than the expressed symptom picture. This process allows the body's innate systems to regulate, reach a homeostasis and return to health.

Homeopathic medicines are available at your local health food stores, pharmacies and through your homeopath or naturopath. Homeopathic remedies are available in different potencies.

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Contact your natural health care provider for additional information or instructions.

The following is a list of homeopathic remedies that address specific digestive disturbances by boosting the body's immune properties, targeting those symptoms and restoring balance to the body.

Arsenicum Album: This is a great remedy for symptoms related to food poisoning and/or overeating that may cause burning in the esophagus/stomach and profuse diarrhea with vomiting.

Bryonia: This remedy often helps with that heavy feeling in the stomach, accompanied by heartburn and a bitter/sour taste.

Carbo Vegetabilis: Useful for palliating symptoms in any sort of food poisoning brought on by meat or fish. Typical symptoms include bloating, sour belching/fainting, burning pains in the stomach and abdomen accompanied by intense bloating and abdominal cramping.

Colocynthis: Often resolves symptoms of cutting/cramping pain in the stomach and abdomen. This remedy is known for frequently quenching the pains which are described as stones grinding the intestines or a sensation that they will burst from the outward pressure of the bloating, especially if the symptom of spasms are relieved by hard pressure to the abdomen or bending over double.

Lycopodium: Indicated for people who are always hungry, however even when eating small amounts of food, it causes gas and bloating. The identifying or 'key' symptom is typically the rumbling gas in the mid to lower abdomen that presses upward. As well, labored breathing may be seen in these patients. This remedy is also most helpful for constipation.

Nux Vomica: A remedy typically prescribed for the over indulgers. It aids in helping with indigestion of stimulants (coffee, alcohol, narcotics) and foods (sweets, rich foods, and fatty foods). The identifying symptom of pain felt in the stomach is a constricting sensation. This remedy is also commonly prescribed and has proved its effectiveness for the symptoms associated with hangovers.

1. Statistics - Canadian Digestive Health Foundation www.cdhf.ca/en/statistics
2. 150 facts about homeopathy! - Nelsons UK www.nelsonsnaturalworld.com
3. Materia Medica, Samuel Hahnemann, 1880
4. HOMEOPATHIC MATERIA MEDICA, by William BOERICKE, M.D. Boencke. 1928
5. Kent's Comparative Repertory of the Homeopathic Materia Medica. Dr. Dockx, Dr. Kokelenberg, 2004

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