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Newsletter issue number: 3

Date: December 2007

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As we come to Christmas and the end of the year the season evokes many mixed feelings. There are so many expectations which certainly sets one up for disappointment! At best it is a magical time, for many it is a time of happy family gatherings. For some it is not such a happy time as it reminds them of the losses and lacks in their lives. We plan to keep Christmas a quiet celebration with family. I hope that for you it is a happy and safe time.

Of course this is a time of indulging, often to excess. Prevention is better than cure, but in the case that self control may fail, I include for you this month some information on the remedy Nux vomica which can be a good remedy for overindulgence.

I wish each of you a peaceful Christmas and happiness and good health in 2008,

Raewyn

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***Homoeopathic remedies and Bach flower essences can make thoughtful and caring presents.***

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## ***Remedy: Nux vomica***

Nux vomica is made from *Strychnos nux-vomica* also known as “Poison nut”, “Quaker’s buttons” or “Bachelor’s buttons”, a tree native to South Asia and a member of the Loganiaceae. It was used from the 19<sup>th</sup> Century as a rat poison in Europe. The “Poison nut” contains the poison Strychnine along with other substances. We still know Strychnine as a poison for rodents. It will of course poison humans too.



In very small doses, the extract from its seeds will improve appetite, help the digestive process, and improve the secretion of urine. But in larger doses it will upset the stomach, cause trembling, stiffness and feeling of weight in the limbs, touch, etc. It may cause full convulsions, and very irritable muscles. In high doses it will cause irritation of the spinal cord, tetanus and death through asphyxia.

The person who needs Nux vomica in the extremely dilute and no longer poisonous doses that are given homoeopathically is likely to be oversensitive emotionally, just as the person poisoned with it is sensitive to touch. They tend to work and play very hard. They can be irritable, tense, quarrelsome and even violent. Physically there is a craving for alcohol, coffee, tobacco and spices. They may have pulsing headaches, indigestion, cramps in the digestive system (e.g. gall colic, other colics), nausea and vomiting, though it may be difficult to vomit. They are chilly and feel better for warmth. They feel worse in the mornings than later in the day. This remedy helps the liver to detoxify.

Nux vomica has, in chronic conditions, a wider application than I have detailed above, but as an acute remedy it is obvious that it is likely to be helpful for the ill effects of overindulgence in food and alcohol. It is the leading remedy for hangovers (headache, nausea, vomiting, irritable, wanting to be left alone, not being able to bear noise or light, feeling chilly) and digestive upsets from eating too much rich food.

Nux vomica 30c is best taken in the evening before bed, but if the person wakes with the “morning after” syndrome it can be given then to help the body detoxify and to calm. However, as I said, prevention is definitely better than cure!

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### ***For Sale:***

Bach Rescue Remedy	\$5.00 for 15 ml or \$10.00 for 30 ml
Bach Sleep Remedy	\$5.00 for 15 ml or \$10.00 for 30 ml
Arnica 30c	\$5.00 or \$10
Ledum 30c	\$5.00 or \$10
Nux vomica 30c	\$5.00 or \$10
Homoeopathic First Aid Kit (24 remedies in leather zip up folder with pocket guide)	\$105.00

Orders taken for other remedies and for tinctures. Contact me by phone or email (details at the top of this newsletter)

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## ***Practice Times***

Over the Christmas and into the New Year, my practice remains open except for some days in the week of the 6<sup>th</sup> to 12<sup>th</sup> of January and again later in January for a few days. My answering service will have details at the time. If you need to reach me urgently please call or text my cell phone number: 021 1317950. Otherwise I am available as usual and you can make appointments by calling (03) 472 8999