

Re: Back from Italy

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- *From:* haggis <haggis58@xxxxxxxxxxxx>
 - *Date:* Wed, 31 May 2006 20:29:27 -0400
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Umcka is a homeopathic thing (made by Nature's Way, I think) which, if you take it at the first signs of a cold, will knock it back where it came from. For flu, I take Oscillococcinum, which works equally well. I don't do OTC stuff well, so was really glad to find something that doesn't make me comatose/buzzy/sleepless/stupid. My kids never did meds well, either, and both are painless to ingest (the former is a decent-tasting syrup or drops, the latter comes in little vials of candy-like crumbles).

I'm jealous of the chiropractor, I think (I have relegated them to the place with pedicures and other frivolities I really probably deserve to indulge in). I always have to hit the heating pad, Momentum, and naproxen like they're going out of style.

jeanne

Margie wrote:

OK, what is umcka?

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