

Homeopathy for Travel

The information below is taken from our **Travel Kit** flyer which contains 21 remedies. These remedies have been selected for their affinity for a variety of conditions that may afflict us when we travel to foreign climes. Read it and you'll see why!

Homeopathy is great for travel because a few remedies can treat a very wide variety of conditions which may arise and sometimes you just don't know what you are likely to experience. The kit covers everything from shock and fright to upset tummies, insect bites and even near drowning. If you're new to homeopathy then combination remedies can be a good way to go.

The **Travel Kit** aims at trips to India, Thailand, South America and similar. For trips around Australia or to Europe, we would suggest our 21 remedy **Home Kit** in a zip around pouch as more suitable.

- 1. Aconite 30c** This is the major shock remedy so if you've been involved in a car accident, had your bag stolen or similar. It is also a remedy to think of for anything with palpitations, racing pulse, severe anxiety. Would be a good remedy for someone who is terrified of flying or going to the doctor for instance. Symptoms come on suddenly and are acute, intense and can be painful, often with great fear (sometimes of dying) and restlessness. Also useful for the beginning of a cold which comes on suddenly, very high fever with dry burning heat or drenching sweat with thirst. **Cause:** after exposure to cold dry wind, heat of sun, injury, shock. **Better:** open air. **Worse** around midnight
- 2. Apis 30c** Best remedy for bites and stings and allergic reactions. Severe reaction to stings, certain foods or medicines. Tonsillitis, water retention, cystitis, nettle rash, shingles. Puffy swellings anywhere. Shiny, rosy red skin. Pains come on suddenly, patient may cry out in pain, is restless. **Worse** heat, touch. **Better** Cool drinks/packs.
- 3. Arnica 30c** First remedy after accident or injury, to reduce shock (physical & emotional), hemorrhage or bleeding of small wounds or after surgery, and bruising. Don't want to be touched or assisted. Sprains, strains, over-exertion. Sore, bruised, aching pain. Good for jetlag and prevention of DVT - put 1 or 2 pilules in a water bottle and sip throughout your flight or use our **Travel/Jetlag Combination**.
- 4. Arsenicum Album 30c** Best remedy food poisoning. Can be used prophylactically against "Bali Belly" – please ask. Extremely anxious and restless, fear when alone. Very thirsty for frequent sips. Burning pains and discharges with any illness - mucous, diarrhoea, throat, etc. Extreme prostration – often out of proportion to the condition. **Worse** midnight to 2am, cold food and drink. **Better** heat, hot drinks and food, company, fresh air (headaches).
- 5. Belladonna 30c** Throbbing pains, burning heat, rapid pulse, bright redness, restlessness, usually no thirst with fever. Eyes glassy, dilated pupils. Onset after being chilled or sunstroke, bites and stings, fevers. **Worse** touch, light, noise, being jarred.
- 6. Cantharis 30c** Best remedy for burns and cystitis. Cystitis, painful urination with cutting, burning and great urgency. Burns and sunburn with blistering, insect bites. Burning pains. Burning, intense thirst but worse for drinking. **Worse** Urination, movement, touch.

7. **Carbo Veg 30c** *Top resuscitation remedy!* Known as the “corpse reviver”. Symptoms at their most extreme include collapse due to oxygen starvation (eg drowning, suffocation, still birth), body is cold, lifeless, limp, blue. Useful in asthma with a sense of suffocation and good for digestive disorders especially wind and bloating. Diarrhea and wind after bad food, over indulgence. **Better** cool air, being fanned, belching. **Worse** Warmth, dehydration, tight clothing.
8. **China 30c** Complaints after loss of fluids, eg dehydration, fever, diarrhoea. Bloating abdomen, not better by belching. Painless diarrhoea. **Better** hard pressure, lying down, fasting, loose clothes. **Worse** light touch.
9. **Cocculus 30c** Travel sickness or morning sickness with nausea, weak, empty feeling with trembling. Lack of sleep causes everything to slow down, with vertigo, nausea, trembling. Good for jetlag with dizziness and nausea. **Worse** sight/smell of food, open air.
10. **Gelsemium 30c** Paralysis and heaviness are key words with Gelsemium. Flu or similar states with trembling, chills and heat up and down spine. Weak, drowsy with drooping eyelids, achy muscles. Also nervous excitement with frequent urination or diarrhoea. Symptoms after shock, fright, bad news, events such as public speaking, exams. **Worse** anticipation, humid weather, emotions. **Better** urination, sweating.
11. **Hepar Sulph 30c** Good for inflammation which is slow to resolve, where pus is present and condition is painful - ear infections, wounds, chest colds, abscesses. Sore throats with pain spreading to ear, splinter-like pain (anywhere). Over-sensitive is a keynote on all levels. Angry, irritable, very chilly. **Better** warmth of bed, heat, wrapping up. **Worse** getting cold, touch, pressure.
12. **Hypericum 30c** "Arnica for the Nerves". Shooting pain, nerve pain, numbness or tingling are key. Injuries to coccyx, surgical pain, forceps delivery, dental work. Cuts, injuries to fingers and toes (slammed in doors etc). Bites or stings with shooting pain.
13. **Ipecac 30c** Persistent nausea and/or vomiting alone or with other conditions. Vomiting does not relieve. Morning or travel sickness, asthma or coughs (rattly or dry, hoarse with choking/gagging) tummy upsets, bright red haemorrhage. Thirstless. Constant salivation, clean tongue. **Worse** Food. **Better** Warmth, lying with eyes closed.
14. **Ledum 30c** (anti-tetanus remedy). Puncture wounds, eg rusty nails, insect stings, animal bites, bruises, eye injuries. May reduce local reaction to insect bites. May feel cold, as may injured part, *but* better by cold applications. Affinity for capillaries (bloodshot, bruised or black eyes). Parts become blue, purple and puffy. Weakness, numbness or twitching of part. **Worse** warmth **Better** cold applications-.
15. **Merc Sol 30c** Offensiveness and ulceration are keynotes of Merc. Offensiveness of breath, sweat, discharge, which may burn, yellowish-green. Metallic taste, profuse saliva, bleeding gums. Easily overheated/chilled. Drenching night sweats. Earache with discharge, mumps, sore throat, sinus, tonsillitis. Important for dysentery; slimy diarrhoea, may be bloody. Like a barometer, changeable on all levels. **Worse** night, temperature changes, sweating. **Better** rest.

16. Nux Vomica 30c Big hangover and indigestion remedy. Constant urge to vomit or empty bowels, but can't. Sleep problems. Wake thinking at 3am, can't get back to sleep. Excitable, impatient, angry, critical. Worn out from overwork, travel or ill from excess stimulation (eg coffee, alcohol, rich food, drugs, emotions). Travel constipation, insomnia. **Worse** morning, loss of sleep, noise, stimulants. **Better** Resting, hot drinks, milk

17. Podophyllum Important for diarrhea, which may alternate with constipation, liver complaints or headaches. Useful in gastro (protozoa, giardia, spigelia). Stool profuse, gushing and highly offensive. Sensation of everything being too relaxed; abdomen, pelvis rectum. **Better** lying on abdomen. **Worse** summer/hot weather, early morning, difficult teething in children.

18. Rhus Tox 30c Best remedy for sprains and strains. Stiffens up with rest, worse for first movement, better once gets going. Boils, nettlerash allergic reactions, hot painful swelling of joints, shingles, sprains and strains to fibrous tissue, ligaments and joints. Dysentery-like symptoms of diarrhea with tearing pain down back of legs. Colds, flu and coughs with bright red tip to tongue. **Worse** Cold, wet weather, getting chilled or wet after being hot, over exertion. **Better** Heat, movement, alcohol.

19. Silica 30c A good remedy for people who catch cold easily and then have trouble recovering, ending up with thick mucous in the sinuses. Energy is often low, as is stamina and there may be problems with hair, nails, teeth and bones. Good for encouraging splinters or other foreign bodies to discharge, including hard plugs of wax (esp after swimming). Use for blocked tear ducts, and other types of infections, for beginning of colds, coughs, fever. Perspire easily. **Better** heat. **Worse** cold, damp, wet weather.

20. Veratrum A 30c Profuse cold sweat and watery diarrhoea. May also have simultaneous vomiting and diarrhea. Wants sour fruit and salty things. Very thirsty for cold drinks but they aggravate the condition. An important cholera remedy. **Worse** exertion, drinking. **Better** hot drinks or food, covering up, walking.

21. S.O.S. (similar to Rescue Remedy) is a valuable addition to any kit for times of stress or after a shock or fright. This can be tucked into a handbag, wash bag, etc.

Travel/Jet Lag combination contains remedies (including S.O.S.) to combat stress, jet lag and change in environment.

Anas Barb 200c can be helpful during travel to unfamiliar environments to promote a stronger immune system. It can be taken once a week, starting 2 weeks before travel and if symptoms of cold, flu or similar appear, can be increased and used alongside the indicated remedies for the situation.

Kalm Kids is great for travel with small children! It contains those remedies known to calm and soothe and we get great feedback on this combination. I've also recommended it for dogs and cats, as well as anxious adults.

Gastro Combination is a must-have remedy for any trip to Bali, Thailand, India and the like. While some people have cast iron stomachs, any new environment can be a challenge even

for these digestive systems and you don't want to be far away from home when Bali Belly or similar strikes. If you take nothing else on holiday, take this!!

Homeoprophylaxis (HP or Immunisation) for Travel

For those of you who have chosen not to vaccinate you are usually not going to want to go through this process for travel either. While there may be vaccinations that are compulsory for certain countries, generally vaccines are only a recommendation. There are some diseases/situations that you would like protection against and I've noticed that a particular area of concern recently is the mosquito born diseases. Homeopathy has had a long history (around 200 years) of using remedies to help protect against disease and a program can be easily prepared for a trip overseas.

Source;

Helios Homeopathic Pharmacy Travel Kit Flyer

Lotus Materia Medica; Robin Murphy

Homeopathy for Travellers; Colin Lessell