

**1. Aconite 30c** Symptoms are sudden, acute, intense & painful, often with great fear (sometimes of dying) & restlessness. Beginning of a cold, 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 & stings. Puffy swellings anywhere, esp under eyes. Shiny, rosy red skin. Pains come on suddenly, cry out in pain, restless. Severe reaction to stings, certain foods or medicines. Tonsillitis, water retention, cystitis, nettle rash, shingles. *Worse* heat, touch. *Better* Cool drinks/packs.

**3. Arnica 30c** First remedy after accident or injury, to reduce shock, hemorrhage and bruising & for exhaustion. Don't want to be touched or assisted For shock, trauma, violence to mind or body, bleeding of small wounds. Sprains, strains, over-exertion. Sore, bruised, aching pain. Useful in typhoid/paratyphoid if symptoms fit and good for jetlag and prevention of DVT. In these cases put 1 or 2 pilules in a water bottle and sip throughout your flight. *Worse* Touch. *Better* Lying down.

**4. Arsenicum Album 30c** Best remedy for ptomaine/food poisoning. May be prophylactic against yellow fever and "bali belly". Extremely anxious and restless, fear when alone. Very thirsty for frequent sips. Burning pains & discharges - catarrh, diarrhoea, throat, etc. *Worse* midnight to 2am, cold food & drink, bad meat. *Better* heat, hot drinks & food, company, fresh air (headaches).

**5. Belladonna 30c** May be prophylactic against meningitis/

rabies. Throbbing pains, burning heat, rapid pulse, bright redness, restlessness, usually no thirst with fever. Eyes glass, dilated pupils. Onset after being chilled or sunstroke. *Worse* touch, light, noise, being jarred, draughts to head, night.

**6. Cantharis 30c** Best remedy for intense pain of burns. Cystitis, painful urination with cutting, burning & 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" it saves lives. Symptoms at their most extreme include collapse due to oxygen starvation (eg drowning, suffocation, still birth), body is cold, lifeless, limp, blue. Good for digestive disorders especially wind and bloating. Diarrhea & wind after bad food, over indulgence. *Better* cool air, being fanned, belching. *Worse* Warmth, dehydration, before sleep, tight clothing.

**8. China 30c** Complaints after loss of fluids, eg dehydration, fever, diarrhea. Bloated abdomen, not better by belching. Painless diarrhea. *Better* hard pressure, lying down, fasting, loose clothes. *Worse* light touch.

**9. Cocculus 30c** Travel sickness with nausea, weak, empty feeling with trembling. Lack of sleep causes everything to slow down, with vertigo, nausea, trembling. *Worse* sight/smell of food, open air.

**10. Gelsemium 30c** Flu with trembling, chills and heat up & down spine. Heaviness, weakness,

drowsy with drooping eyelids, achy muscles. Nervous excitement with frequent urination or diarrhoea. Symptoms after shock, fright, bad news. Flu, measles, events such as public speaking, exams. *Worse* anticipation, humid weather, surprises, *Better* urination, sweating.

**11. Hepar Sulph 30c** Good for inflammation which is slow to resolve, where pus is present - 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, speedy - very difficult when sick. Very chilly. *Better* warmth of bed, heat, wrapping up. *Worse* getting cold, cold dry weather, fresh air, at night, touch, pressure.

**12. Hypericum 30c** "Arnica for the Nerves" Prophylactic against Tetanus (see Ledum). Shooting pain, nerve pain, numbness or tingling. Injury to coccyx, surgical pain, forceps delivery, dental work. Cuts, injury to fingers & 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 hemorrhage. 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 & puffy. Weakness, numbness or twitching of part. *Worse* warmth *Better* cold applications.

**15. Merc Sol 30c** Ulcers in mouth, throat, genitals, etc. Offensiveness of breath, sweat, discharges 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, rheumatism. Important for dysentery; slimy diarrhea, may be bloody. Like a barometer, changeable. *Worse* Night, temperature changes, sweating. *Better* Rest

**16. Nux Vomica 30c** Big hangover remedy. Excitable, impatient, angry, fault finding. Worn out from overwork, travel or ill from excess coffee, alcohol, rich food, drugs. Constant urge to vomit or empty bowels, but can't. Sleep problems. Wake thinking 3am, can't get back to sleep. Asthma, constipation, palpitations, insomnia. Over-sensitive to external stimuli. *Worse* morning, loss of sleep, noise, light. *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, early morning, difficult teething in children.

**18. Rhus Tox 30c** Best remedy for sprains & strains. Stiffens up with rest, worse for first movement, better once gets going. Tongue may have

triangular red tip. Abscesses, boils, nettle rash, hot painful swelling of joints, shingles, sprains & strains to fibrous tissue, ligaments & joints. Dysentery symptoms of diarrhea with tearing pain down back of legs. Colds, flu & coughs with bright red tip to tongue. *Worse* Cold, wet weather, before storm, getting chilled or wet after being hot, over exertion. *Better* Heat, hot baths, movement. alcohol.

**19. Silica 30c** A good remedy for people who catch cold easily and then having 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 diarrhea. 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.

**Rescue Remedy** is a valuable addition to any kit for times of stress or after a shock or fright. Available from the clinic, this can be tucked into a handbag, wash bag, etc.

**Jet Lag Combination** contains remedies (including Rescue Remedy) to combat stress, jet lag and change in environment.

**Kalm Kids Combination** is great for travel with small children!

## TRAVEL IMMUNISATION

Homeopathic immunisation for travel is effective and easy to administer. However, be aware that some countries require proof of conventional vaccination. Using both forms of immunisation in these cases gives good cover, particularly for conditions where we know conventional protection is not greatly effective, such as malaria.

Diseases usually covered are Malaria, Typhoid, Hep A and Cholera, however, it is possible to take precautions against any other diseases required. Please enquire.

## NOTES

Should you be concerned about carrying homeopathic remedies through customs/quarantine, we can provide a letter confirming the contents.

While it is recommended to avoid x-raying your kit, there are some countries where you may not feel comfortable in doing this, and x-ray will not usually harm the remedies. We suggest you carry your kit in your hand luggage.

Homeopathic remedies are safe to give to baby, no matter what age & can be used in pregnancy.

If you are anxious about giving pilules whole, crush between two clean teaspoons and tap a little into baby's mouth.

Remedies can also be made up in liquid. Please ask when remedies are dispensed, but be aware that remedies will not last as long when made up in liquid and there may be restrictions on liquids by airlines.

## DOSE

The dose for remedies in the kit is one dose (1 or 2 pilules) as required until improvement is felt.

If the situation is severe take one dose every 10-15 minutes for up to 5 doses, then spread out to hourly, 2 hourly and 4 hourly as improvement is seen.

If there is no improvement after 5 doses, the remedy is probably incorrect. Select another remedy, or consult your homoeopath.

## CARE OF YOUR REMEDIES

1. Do not touch the remedies with your hands. Roll into lid of container and drop under tongue. Remedies are absorbed in the mouth, so allow to dissolve there.
2. Try to take remedies half an hour before or after food, drink, smoking, and brushing teeth. This promotes the best remedy action, but in a really acute situation *just give the remedy!*
3. Discard any pilules which are dropped as they may be contaminated.
4. Store remedies away from direct light & heat, strong smells (such as essential oils) and electrical appliances.



Whether you're heading for the beaches of Bali or outback Australia, you should find something in this kit to treat most traveler's ailments.

Remember to match the characteristic picture of the remedy to the patient, before you try to look for the illness you are treating. Only a few conditions are listed under each remedy - if your particular complaint is not listed but the picture looks right, don't worry - try the remedy anyway.

I recommend carrying Jan Owen's Homeopathy for Home Prescribers in addition to this flyer. It is lightweight and small enough to slip into a bag or backpack. If you want more indepth information on traveler's diseases, The World Traveller's Manual of Homeopathy by Colin Lessell is invaluable.

I can also help you with immunisation for travel (see over), please enquire as to your specific requirements.

**REMEMBER** should your self prescribing prove ineffective, call your homeopath for advice or visit

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## HOMEOPATHY

Medicine for the 21st Century

Safe, Effective Health Care for  
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