

**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.** (Our own version of Rescue Remedy created for the 21st century) 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.

**Travel Prep - Immune Support for Travel** 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 for travel

If you have made an informed decision not to immunise conventionally for your trip, homeoprophylaxis (educating the immune system with homeopathics) for travel is easy to administer and there is some good evidence for its action. However, be aware that some countries require proof of conventional vaccination against certain diseases. Using both forms of immunisation in these cases gives good cover.

There is a standard program for travel prophylaxis and it is possible to provide support against any other diseases required. Dispensing of Homeoprophylaxis for travel requires a short consultation and completion of an HP Consent Form. Please enquire for your particular destination.

## 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 infrequent x-ray will not usually harm the remedies.

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

## Dose

- The dose for remedies is 1 or 2 pilules or 4 drops.
- If the situation is intense give a dose every 5-10 minutes for up to 5 doses, then spread out to hourly, 2 hourly and 4 hourly as improvement is seen over a few days.
- For less intense situations, we suggest taking the remedies 3 times a day for 3 days, then continuing to reduce as improvement is seen. Doses can be increased to more frequently if required.
- If there is no improvement after 5 doses, change your remedy or seek advice from your homeopath or health care provider.

## 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 10 or 15 minutes before or after food, drink, smoking, and brushing teeth. This promotes the best remedy action, but in a really acute situation (eg during labour) *just take 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.

*Use only as directed. Always read the label or information supplied.*

*If symptoms persist see your health care practitioner.*

*Our kits and remedies contain homeopathic medicines selected for use in minor ailments and injuries only. They are not suitable for home treatment of chronic, ongoing or serious conditions or diseases.*

*Homeopathy is deemed to be low risk by the Therapeutic Goods Administration. The remedies are effective when used in accordance with the homeopathic indications. The indications given in this flyer are as per the approved homeopathic texts.*

*If in doubt as to their appropriateness to a particular situation, consult your health care practitioner or go to the Emergency Department.*

## Melanie Creedy

BHSc (Hom), Lic Hom BSH (UK), MAHA, AROH

Registered Homeopath



# Homeopathy for Travel

Homeopathy is a system of natural medicine which is gentle and low risk, but dynamic in its action. It is useful for treating minor accidents, injuries and acute illness and a few remedies can serve a wide range of situations. If applied according to homeopathic principles it will generally work quickly and well.

Whether you're heading for the beaches of Bali, India or South America, this kit contains a selection of remedies most indicated for the situations you are likely to experience.

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, 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 in-depth information on traveller's diseases, *The World Traveller's Manual of Homeopathy* by Colin Lessell is invaluable.

I can also help you with homeoprophylaxis for travel (see over). Please enquire with your specific requirements.

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elements**ofhealth**.com.au

Phone: 0409 089965

www.elements**ofhealth**.com.au

**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, 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** Main 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** Good remedy for 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" this remedy may be useful while waiting for emergency assistance. Symptoms at their

most extreme include collapse due to oxygen starvation (eg drowning, suffocation), 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-sensitivity 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** 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 other types of infections, for beginning of colds, coughs, fever. Perspire easily. **Better** heat. **Worse** cold, damp, wet weather.