

## **TRAVELING WITH HOMEOPATHY**

### Mosquitoes and other pests

To help reduce the frequency of bites and severity of reactions, take one dose of Mozi-Q 15-30 minutes before going outside. D'apis gel can be used topically to help stop the itch if a bite should occur. Also consider taking precautions like wearing longer clothing and avoiding certain times of day when mosquitoes are prevalent.

### Traveller's Diarrhea

This common complaint is often best treated with Arsenicum album. It is also helpful to take a probiotic supplement every night while travelling, and to have grapefruit seed extract, oregano, or colloidal silver on hand to add to drinking water.

### Homoeoprophylaxis (HP)

See your homeopathic practitioners for Travel Homoeoprophylaxis before traveling. We recommend booking your appointment 2-4 weeks before your departure date, however HP schedules can be accommodated with less time.

### Other Remedies to Consider

**OSCILLOCOCINUM:** very useful for flu-like symptoms; can be used preventatively for influenza or when flu like symptoms appear. Follow the package directions. This is also a great product to take after any air travel and may prevent those common post travel colds.

**TABACUM COMPLEX:** for motion sickness, and nausea.

**COLUBRINA:** this is a brilliant hangover and over indulgence remedy.

**ARNICA MONTANA & COCCULUS INDICUS** are the jet lag remedies. Arnica is useful for preventing thrombosis and/or soreness during long trips. Cocculus helps you adjust to different time zones.

**BELLADONNA:** for sunstroke/heatstroke. Belladonna is also useful for high fevers with glassy eyed appearance.

**APIS MELLIFICA:** for bee stings and shell fish reactions involving swellings. Be sure to have an Epi-pen with you if you have history of anaphylaxis.

**CARBO VEGETABILIS:** a remedy with surprising uses while traveling. It can be used for painful trapped gas and bloating but is also used for altitude sickness, asthma and is known as “the corpse reviver” in dire situations like drowning.

**CHINA RUBRA:** a remedy for alternating fever and chills in simple influenza. It is also useful for weakness from loss of vital fluids and from prolonged diarrhoea/vomiting, or blood loss.

**ACONITUM NAPELLUS:** a remedy for any kind of illness following exposure to a cold wind, or for a restless, anxious feeling at the beginning of fever. It is also homeopathy's famous fear, shock, or trauma remedy with an anxious feeling of impending death. If you've been in an accident, reach for this first then follow with Arnica.

**GELSEMIUM:** can be used for that feeling of inner trembling as in stage fright, or in colds and 'flu'. If your eyes are droopy and you feel fatigued and unable to get up, this is the remedy. There's often a lot of urination with very little thirst in this remedy state.

**ARNICA GEL AND CALENDULA OINTMENT:** Arnica is used in trauma when the skin is not broken. Calendula is used for rashes, burns and wounds.