

## **Air**

### **Air Travel**

Aconite 200-10M taken soon before and during travelling will calm the most panicky individual. Feelings of imminent death.

Arg-nit 30-200. taken as needed for feelings of claustrophobia & associated panic states.

Rescue Remedy drops, taken as often as needed for panic states.

Borax 200-10M for a specific fear of downward motion (landing). Nat-mur 6 for fluid retention, swollen ankles etc.

Bothrops 30 for tendency to D.V.T.

Kali-mur 6x for blocked eustachian tubes. Med 30 if chronic tendency.

### **Jet Lag**

A void alcohol. Move around regularly. Take light, vegetarian meals. Drink lots of water. Take naps where possible. On arrival, adjust your schedule to the local time i.e. stay awake daytime and sleep at night. Arnica 30-1M is the best a

ll round remedy to take immediately before, during and after a long flight.

Melatonin can be used to reset the body clock on arrival - take it just before retiring for one or more nights; 2-5mg seems to suit most people. Can also be used in homeopathic form.

### **No Jet-Lag Formula (Miers Labs, N.Z.)**

Arnica 30 Chamomilla 30 Lycopodium 30

Bellis Perennis 30 Ipecac 30

One before take-off, every 2-4 hours during flight and one on landing.

### **Ian's Jet-Lag Formula**

Arnica 30 Kali-phos 30 Nux-vomica 30

Cocculus 30 Nat-mur 30

Take as above

### **Australian Bush Flower Essences - Travel Essence Formula**

Seven drops under the tongue hourly during transit and mornmg & night for the next three days. Contains the following:

Fringed Violet Macrocarpa;

Mulla Mulla She Oak

Sundew Banksia Robur

Bush Iris Bottlebrush

Bush Fuschia Crowea

Paw Paw

**Air pollution** is a major problem in big cities, especially in developing countries where regulations are lax or non-existent. A face mask is not a bad idea in cities like Delhi, Mexico City, Cairo etc. Lobelia will help as a tonic for the respiratory tract (see below).

### **Altitude Sickness**

Symptoms are brought on in high altitudes, especially in those who are not acclimatised to the rarefied atmosphere. They include headache, weakness, breathlessness, nausea, vertigo, palpitation.

Coca 12-200 is a specific remedy for this condition.

### **Air Element Tonics**

Lobelia inflata 0 - take 5 drops in water 2-3 times daily to strengthen the lungs & promote elimination of particulates.

Cordyceps 0 - increases lung capacity, especially good for strenuous exercise at high altitude - climbing, trekking etc.

## **Earth**

### **Food Considerations**

Ensure meat or fish is fresh and very well cooked. Wash and sterilise fruit & vegetables. Peel fresh foods yourself where possible. Avoid or minimise alcohol intake.

### **Some Protective measures**

Ginger in any form is a tonic for the digestive tract and a curative remedy for many gastric ailments. Fresh root ginger, peeled and sliced into boiling water is the best. Otherwise use crystallised or dried ginger, or ginger teabags.

Acidophilus & bifidus are friendly bacteria essential to a healthy gut. Take capsules on a daily basis before & during your trip; and/or take fresh live yoghurt daily.

Black Peppercorns - a Tibetan remedy for the digestion is to swallow seven whole black peppercorns daily.

Lemon juice taken fresh with a little salt and olive oil before each meal will stimulate the gall-bladder and maintain a healthy flow of bile.

Cider vinegar & honey - mixed in equal parts, take a tablespoon in water once or twice a day. Helps maintain a healthy acid/alkaline balance.

Multivitamin & mineral supplement to be taken daily.

N.B. Paracetamol weakens the liver & is best avoided.

### **Travel Sickness**

Ginger will prevent and cure. Otherwise, take travel sickness combination (usually combines Ars, Cocculus, Ipecac, Petrol, Tabacum).

### **Stomach upset**

Arsenicum for classic food poisoning - nausea, vomiting & diarrhoea, usually worse during the night. Nux-vomica for liverish feeling, ailments from over-indulgence in alcohol or other stimulants. Pulsatilla, especially in children or from excess fats or rich food.

### **Hepatitis**

Takes various forms, commonest is Hep A which is fairly mild but can be debilitating. Avoid alcohol, fats & rich food totally. Take Chelidonium o or low potency daily for a few weeks. Nux-vom in alternation with Sulphur for a week will often clear it up. Phosphorus in more acute cases.

# Water

## **Water Purification**

Use bottled water or boiled water where possible. Otherwise use purification tablets and/or water filters. Avoid ice in drinks & juices from roadside stalls.

## **Dehydration**

Maintain regular fluid intake and salt intake to prevent. Avoid alcohol, especially when overheated. Nat-mur 6x (tissue salts) will help assimilation of salt. Use oral rehydration salts after dehydration.

Take China 30 or Phos-ac 30 following heavy loss of fluids through sweating, diarrhoea etc.

## **Fluid retention**

Nat-mur 6x or 6c as needed. Apis 200 in acute oedema.

## **Watery diarrhoea**

Podophyllum: green, watery, gushing, offensive stools.

Aloes: rectal insecurity, mucus & jelly-like stools, pain in rectum after.

Sulphur: early morning diarrhoea; chronic cases

(NBWS: Morgan, Sulphur or Nat-sulph)

## **Jellyfish stings**

Apis or Medusa. If mild, Urticaria urens. If blistering, Cantharis.

Apply fresh urine externally.

## **Watery Colds**

Aconite at first sign of cold. Gelsemium for slow onset, esp in warm weather.

Arsenicum if much shivering & acrid discharge. Nat-mur much sneezing, tears & dripping nose. Nux-vom with irritability.

## **Fire**

### **Sun**

Avoid sunscreen containing PABA. Avoid mid-day sun. Take regular short sun-baths without sunscreen (10-30 minutes) to get your skin used to the sun & allow gradual tanning.

Sol 200 before trip will reduce over-sensitivity to sunlight.

Mulla Mulla (Solaris) flower essence internally & externally for all sunrelated problems.

### **Sunburn**

Urtica urens internally & externally for mild sunburn. Cantharis for severe or blistering sunburn. Mulla mulla in addition.

### **Sunstroke**

Belladonna at first signs of headache, throbbing, photophobia, sickness. Glonoine for severe cases. Nat-carb in never well since, or Sol.

### **Bites & Stings**

To protect against, use: Citronella oil externally & burn in the room. Eat lots of garlic daily. Take vitamin B 1 (best to take whole B complex). Try Caladium 6 daily or Staphysagria 6 daily.

### **To treat bites:**

Pyrethrum ø externally. Or combine Pyrethrum with Calendula & Urtica. Ledum for all bites & stings. Sulphur for bites that itch furiously. Apis for allergic reaction; puffy red, oedematous swelling with much heat and itching. Staphysagria for bites plus irritability.

### **Inflammations & Infections**

Echinacea ø internally for short-term immune system boost. Helps protect against all kinds of infections. Ferrum-phos take as needed at first sign of fever, cold, pain or any inflammatory process.

### **Poison Oak**

Rhus-tox 10M single dose before exposure to lessen susceptibility. Anac 10M to treat.

### **After vaccinations**

Ledum 30-200 immediately after. Carcinosis 200 after multiple jabs. If you have surgery, injections or blood transfusion overseas - take Carcin 200 twice a day for 3 days.

## **Recommendations for a Natural Travel Kit**

### **Homeopathic Remedies (30c-200c)**

Aconite  
Apis-mel  
Arnica  
Arsenicum  
Belladonna  
Cantharis  
Ferrum-phos  
Gelsemium  
Hypericum  
Ledum  
Natrum-mur  
Nux-vomica  
Pulsatilla  
Rhus-tox  
Staphysagria  
Sulphur

(Additional Remedies to be added as required)

### **Flower Essences**

Rescue Remedy  
Travel Essence (Bush)  
Mulla Mulla (Bush)

### **Herbal Tinctures**

Calendula or Hypercal  
Echinacea

### **Essential Oils**

Lavender  
Tea Tree  
Citronella

### **Ointments/Externals**

Mosiguard  
Hypercal  
Burn cream

Sterile dressings

Ian Watson 1999