

## Homeopathic and natural travel tips

Homeopathic travel kits (36 remedies and instruction leaflet) are available from Helios ([www.helios.co.uk](http://www.helios.co.uk)) priced £38.95 at time of writing. There are additional remedies mentioned below that may also be useful.

### Flying, jet-lag and motion sickness

I can personally recommend Australian Bush Flower remedy 'Travel Essence' which is excellent for jet-lag.

Alternatively Cocculus 30c can be taken on the morning of journey, then one three times a day, continuing through day of travel and continue for one to three more days till the jet lag goes. Same again on the way home.

Belladonna 30c is good for dehydration but it is much better to just drink plenty water and avoid alcohol while flying.



### Sunshine and sun protection

Sol 200c can be taken once a week to help the body deal with strong sunshine, however some people do better with Sol 30c once a day. If you do get burnt, or for sunstroke, alternate Sol 200c with Belladonna (either 200c or 30c); if acute, alternate the remedies every hour for 6 hours.

The EU Commission on Standards has issued a recommendation which all sun protection products are supposed to meet by the summer of 2009. This requires that sun protection products in the EU must offer uniform minimum protection against UVA radiation and have a ratio of at least 1:3 UVA to UVB protection.

Previously many of the more natural/mineral based sun care ranges used the so-called Australian Standard to measure their UVA protection performance. This guaranteed that a minimum of 90 percent of all UVA rays striking the skin were filtered. Until the new EU recommendation this was the most common method of measuring the UVA protection offered by sun care products world wide.

When chemical sun protection factors are used it is not difficult to achieve the required 1:3 ratio. For many natural manufacturers such as Dr.Hauschka, however, using chemical sun protection factors was out of the question so for this reason Dr.Hauschka sunscreen products have been discontinued rather than compromise on their principles. In light of these new regulations, some sun care ranges that you may like to consider are:

[www.lavera.co.uk](http://www.lavera.co.uk)

[www.greenpeople.co.uk](http://www.greenpeople.co.uk)

Badger suncreams available at [www.naturesense.co.uk](http://www.naturesense.co.uk)

Dr. Hauschka still has after sun lotion available.

Of course, the best sun protection is to stay out of the sun (especially between 11 am – 4pm) or keep well covered!

### Tummy troubles

Biocare Travelguard is a mixture of probiotics to support the immune system and herbal extracts with antibacterial/antifungal properties to keep the gut balanced. It can be taken as a preventative measure and/or one a day with food if you have any problems. Available from [www.nutricentre.com](http://www.nutricentre.com) or other health food shops (Not to be used during pregnancy, or in cases of gastritis or colitis.)



Arsenicum 30c (in Helios kit) can be taken as a preventative if you think you've eaten something dodgy. If you do get diarrhoea then take it every hour until things improve. In all cases of diarrhoea make sure you drink plenty of water. If it's very bad then add a pinch of sea salt and a teaspoon of honey/sugar to the water to keep up the nutrients in your body. Try not to take any medications to stop the diarrhoea unless absolutely necessary (eg. long bus journey) as they only keep in what the body is trying to get rid of.

### **Dehydration**

The best remedy is not to get it, so make sure you drink plenty of water. Otherwise Belladonna 30c.

### **Cuts and infections**

For all cuts use Hypericum tincture (you only need a tiny bottle). Dilute at one drop per teaspoon of clean water and bathe the cut which should heal in no time. If there's dirt inside the cut take Calendula 30c once a day orally as well. If there are big bits of dirt or splinters in the cut then take Silica 30c which will bring them out (Don't use Silica if you have a contraceptive coil or a pacemaker).

For infected cuts with pus inside that isn't coming out then alternate Calendula 30c and Pyrogen 30c every hour.

***NB*** – if you can get hold of a cabbage leaf (yes, just a normal, everyday uncooked bit of cabbage) then bind this over the infected area and watch the miracle. It will bring out the pus when strong antibiotics have failed. I have heard reports of cabbage leaves turning a wound from 'extremely serious and in need of urgent hospital treatment' to 'fine, healing nicely' in a matter of hours!

### **Mosquitoes and malaria**

If you're in a potentially malarial area, take Malaria 30c twice a day, one day each week. If there are known malaria cases where you are, or you are particularly worried, you can also take China 30c twice a day on the days when you aren't taking the Malaria 30c.

The majority of mosquito repellents contain potentially harmful DDT (deet). Some natural repellents are available, such as 'Incognito' (available from [www.lessmosquito.com](http://www.lessmosquito.com) and endorsed by Charley Boorman during the 'Long Way Down' trip.)

### **Insect bites and stings**

Ledum 30c or Apis 30c is great for calming bites.



### **Travel vaccinations**

Some countries will only allow you to enter if you have received certain vaccinations. If you have concerns about possible side effects from vaccinations then homeopathy can help alleviate any negative effects.

### **Extras**

Citricidal grapefruit extract ([www.highernature.co.uk](http://www.highernature.co.uk)) can be added to drinks to ward off tummy bugs, use diluted as a wash for fruit and vegetables or to wipe surfaces clean.

Aloe vera gel is helpful for scratches, scrapes, spots, rashes and sunburn.

Rescue Remedy provides support for nerves, stress, emergencies, anxieties and shock.

**IMPORTANT:** The information provided above is not being advocated instead of conventional solutions. I am happy to discuss options regarding anti-malarial prophylactics, vaccinations, etc., but the final choice is yours. Remedies can be taken in addition to allopathic drugs.

When flying with homeopathic remedies it is advisable to wrap the bottles or kits in aluminium foil to protect them from radiation in x-ray machines and in flight.

**To find out more visit my website or to discuss how homeopathy can help you please email/phone me for an informal chat.**

