



Homeopathy Hits the Road

Great remedies for people on the move

by MARY ASPINWALL, Registered Homeopath, ISHom, PCH

As a semi-nomad, I am always happy to be on the road to a new adventure or unknown place. I'm also always deeply grateful to have my homeopathic medicines close at hand. Taking remedies along wherever I go is now as much of a no-brainer as wearing a seatbelt. Still, it took a few emergencies to bring home to me the wisdom of this approach!

As the vacation season is fast approaching, let's take a look at how homeopathy can keep you and yours in great shape, so you can enjoy your travels to the fullest.

Before you go

The mere thought of going on vacation can be unsettling. If you or anyone in your family tends to experience **anticipatory anxiety**, remember these remedies:

Argentum nitricum is great for those who feel rushed and out of control ahead of an event. As a result, they may make silly mistakes like forgetting to pack their toothbrush or, worse yet, their passport. They may get diarrhea, especially as the deadline to leave draws nearer. Often, they are prone to fear of flying.

Argentum nitricum may help for **fear of flying**, but if this is a major issue for you, make an appointment

with a homeopath *now*—because nothing beats individualized constitutional treatment for getting to the root of your fears and phobias.

Children can be prone to **sleeplessness from over excitement** the night before departure or on the journey itself. It is nice to see them so full of joy and beans, but once they're overtired, tears are sure to follow. A dose of **Coffea** will help them sleep and arrive rested and ready to go.

The journey

There is nothing more miserable than **motion sickness** on a long journey. If you are prone to this malady, make sure you find a good remedy and test it on a shorter trip ahead of your vacation. One of the following is likely to help:

Borax. You **fear downward motion**, and feel worse when the plane is landing or the boat lurches downward suddenly.

Cocculus. You have much **nausea and dizziness** and a strong desire to lie down. The symptoms are worse from watching moving objects or from seeing or smelling food.

Kali bichromicum. This can help **seasickness**; severe nausea and dizziness that are worse from standing up. You may feel weak and achy, espe-

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cially in the bony areas of the face or head; if you vomit, it may be bright yellow.

Nux vomica. You have severe nausea with **difficulty vomiting, and an intense headache** at the back of your head or over one eye. You are chilly and feel worse from the smell of food, tobacco, and coffee.

Petroleum. You have **persistent nausea with excessive salivation**, stomach pain, and stiffness at the back of the head or neck. You may feel worse from light, noise, or when trying to sit up.

Rhus Tox. This is helpful for **airsickness** with **nausea and vomiting**. Your mouth and throat are dry, and you have an unquenchable thirst.

Tabacum. You are nauseated; others say you appear almost green. You feel **better from cold, fresh air**.

Other useful remedies en route

For children who are tired and cross while traveling, but too worked up to rest or sleep, **Chamomilla** works wonders.

In the old days, people used to swear by **Bellis perennis** for **"railway spine."** Try it if your tailbone feels compressed, or if you suffer sciatica after sitting in one position too long.

A long-haul flight risk is **deep vein thrombosis**. To reduce your chances, keep your feet moving; stretch and flex them every 30 minutes or take a stroll up the aisle. Stay hydrated. Add an electrolyte supplement to your water. Have a glass of red wine or tomato juice—both make your blood less sticky. If you think you may be prone to this problem, take a dose of homeopathic **Hamamelis** before the flight.

Recovering quickly

Once you arrive, homeopathy can help you recover from the journey swiftly. **Arnica** is wonderful for relieving symptoms of **exhaustion** or **jet lag**. It can give you second wind, so you are able to stay up till the local bedtime; this will help you adjust to your new time zone swiftly and painlessly. If you feel like you are still in motion and find it difficult to sleep, try a dose of **Cocculus**.

Food and water

When you travel to more exotic places, you're likely to get a bout of diarrhea or vomiting. Here, an ounce of prevention is worth a ton of cure: *Avoid potentially contaminated water.* Don't drink it, don't chill your drinks with ice made of it, don't brush your teeth with it, and don't swim in it. Avoid fruit (unless it can be peeled) and raw food (unless you can wash it in pure water).

Every night and morning of your stay, take 2 teaspoons of cider vinegar or Honegar (a mix of honey and apple cider vinegar) in pure water. This simple solution offers good gastrointestinal protection and helps prevent diarrhea—it's not homeopathic, but I find that it works.

If you are unlucky enough to get **food poisoning**, with vomiting and diarrhea, these remedies can usually speed your recovery:

- **Arsenicum**—after **bad meat**; and it works for most food poisoning with vomiting and diarrhea.
- **Pulsatilla**—after **bad fish**.
- **Lycopodium**—after **bad shellfish**.
- **Veratrum album**—another great **diarrhea and vomiting** remedy to try in the unlikely event *Arsenicum* doesn't help.

An **allergic reaction to MSG** (either from artificial seasoning or Chinese food) can be eased by **Belladonna**.

If you end up with a **hangover** or feel nauseated after **overindulging** in rich, fatty foods then **Nux vomica** may help

Pack smart!

Remember to pack a homeopathic first-aid kit—and consider including these additional useful items:

• CREAMS OR OINTMENTS

Arnica—can be used externally on unbroken skin. Never use on broken skin as it can irritate. Reduces bruising and swelling.

Calendula—the "homeopath's antiseptic." Use on cut, broken, or sore skin. A wonderful healing balm.

Urtica urens—very soothing on hot, itchy skin caused by minor burns, sunburn, or allergic reactions to insect bites and stings.

• INSECT REPELLANTS

Pyrethrum spray—made from certain types of Chrysanthemum flowers.

Lemongrass oil—burn it in your room, or dilute it with a neutral oil and rub it into skin.

• BACH FLOWER REMEDIES

Rescue Remedy®—is a combination of five flower remedies used to reassure and calm those who have had bad experiences or accidents. In many situations, you can give this immediately while you consider which homeopathic remedy is most appropriate.

Honeysuckle—is another Bach Flower remedy that's great for homesickness.



you, especially if you feel bad tempered and liverish.

The environment

Another basic vacation error is to fail to notice and adjust to your new environment. For instance, if you are “pale and interesting” then you need to pay attention to the sun. Sunburn can make a miserable start to your trip, and sunstroke can be fatal.

- **Cantharis** and **Belladonna** are good **sunburn** remedies for most people. **Belladonna** is an especially good choice if the skin is throbbing.
- **Belladonna** is also good for **sunstroke**. If there is no improvement, **Glonoine** may be needed in more severe cases. This is a serious condition, so give the remedies on the way to the emergency room.

- **Natrum muriaticum** helps get rid of **cold sores** that come on after over exposure to sun.

In hot climates, drink plenty of pure water and reduce alcohol consumption to avoid **dehydration**. In extremely hot weather, if you can tolerate it, add a half-teaspoon of salt (or commercial dehydration salts) to each liter of liquid consumed. Dark urine is a warning sign. Increase to one teaspoon per half-liter. Drink every hour for at least six hours and keep checking your urine—it should be pale yellow. Seek medical assistance immediately if you are at all concerned.

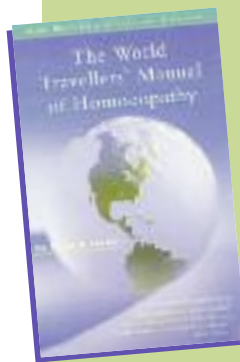
- **China** is a great remedy to help you recover quickly from **dehydration**.
- **Coca** is a must to have on hand if you are going to be at high elevations as it is helpful for **altitude sickness**.
- **Rhus tox** can ease the discomfort of **poison oak/ivy** (although there are many possibilities including **Anacardium** and **Ledum**).

Insects, jellyfish, and sharks

Here is my number one tip—don’t get bitten! Wear long sleeves and trousers; use a repellent; use a net; don’t walk barefoot in high-risk areas; and take particular care at dusk, especially where there is risk of serious insect-borne disease.

Dusk is when you are at your most attractive to small, flying, blood-thirsty beings. If you are hiking, it’s important to watch where you step. If you are swimming, then watch where you flail. If you are bitten by a shark, go to the ER—homeopathy is great, but there are some things that do need more attention than the do-it-yourself prescriber can provide!

- **Apis** is the #1 remedy for bites and stings (including jellyfish) that are very hot and swollen.
- **Belladonna** is good for hot throbbing bites or stings with dizziness and headache.
- **Cantharis** is useful for red, hot, extremely itchy bites.
- **Hypericum** may be needed if the bite or sting leads to shooting nerve pain.
- **Hepar sulph** will help to clear up a painful infected bite or sting.



Adventure travel?

If you are traveling in areas of the world where more serious illnesses

are common, I highly recommend you invest in this detailed and very useful guide: *The World Travellers' Manual of Homoeopathy* by Dr. Colin B. Lessell.

- **Ledum** taken just before you go away will make you less attractive to insects. It is also good for stings that go deep into your palm, sole, or breast; the area feels cold to touch and better from cold.

- **Silica** will force out stingers and help clear up painless infections.

- **Urtica urens** is a good choice if the bite is very itchy. It’s also good for hives and nettle rash.

Sex and sports

After you begin to relax and feel well

rested, you may find your libido picks up, which may lead to increased sexual activity, which in turn, if you are a little rusty in that department, may lead to what is delicately termed “honeymoon cystitis.” **Staphisagria** can help with this, or if there is constant burning before, during, and after urination, try **Cantharis**.

Sporting activity may also be heightened, and for those who are out of practice the potential for inadvertent injury is high.

- **Rhus tox** is great for muscle **strains and sprains**.
- **Ruta** is good for **injuries to ligaments and tendons**, such as tennis elbow and “black eyes.”
- **Arnica** is numero uno for **bruising and physical shock**.

Crime

If you are unfortunate enough to be a victim of crime the following remedies can be of great help:

- **Aconite** for **extreme fear**.
- **Arnica** for **physical shock**.
- **Staphisagria** for sexual assault, or any incident that leaves you with **unexpressed rage**.
- **Ignatia** for **emotional shock, loss or bereavement**.

Homesickness

Bryonia is a good remedy for people who talk constantly of home or, even worse, of work and business—as if they were missing out by being on vacation! This is not at all a good holiday look... worse still, they can also be very grumpy.

Are you still going?!

If, after reading all of this, you have decided to opt for the increasingly fashionable stay-cation, who can blame you?! If you are still feeling intrepid and full of dashing, derring-do, then I wish you and yours “Happy Trails!”



ABOUT THE AUTHOR

Mary Aspinwall is founder of www.homeopathyworld.com and designer of the world’s leading range of homeopathic kits. The *Basic 36* kit is best suited for home use and local vacations, *Specifics 36 for the Traveler* is designed for those going off the beaten track in exotic climes. She also offers a free online training course to help you get the most from your kit. After working as a homeopath for 13 years in Europe, Mary moved to the US in 2008. Find out more at www.ojaihaven.com