

## Homeopathic Remedies For Travel

by author Nicole Duelli, CCH, RSHom (NA)



A vacation getaway may be the fun-filled stress reliever you need this summer. But for those who don't travel well, anxiety may override the holiday excitement.

No matter how thrilling or exotic the destination, some travellers regularly experience motion sickness and jet lag. Others find themselves spending more time in the bathroom than out in the sun. Thankfully, with homeopathic remedies as the perfect travel companions, there's effective help at hand.

Natural and free of side effects, homeopathic remedies act quickly in mild emergencies—such as the pre-flight jitters, jet lag, or sunburn—and will not conflict with conventional treatments for more serious emergencies

such as sunstroke. These remedies are inexpensive and small enough to conveniently take anywhere.

Based on the principle that like remedies can cure like diseases, remedies are chosen according to their similarity to symptoms. The closer the remedy matches, the better the results achieved.

Here's a look at the best homeopathic travel remedies. Take these suggestions to your natural health retailer and then pack a homeopathic resource for your next relaxing trip.

### Travel anxiety and fear

Forty percent of travellers experience anxiety about flying. When you feel anxiety before travel, take the following remedies.

Symptoms	Remedy	Dosage
quiet anxiety before travel with weakness, trembling, and diarrhea possible	<i>Gelsemium</i> 30c	take at first signs of anxiety and every 4 hours if necessary during travel
fidgety apprehension before travel with restlessness, claustrophobia, or fear of heights	<i>Argentum nitricum</i> 30c	same as <i>Gelsemium</i> above
panic with fear of flying, death, and accidents	<i>Aconite</i> 30c	take 1 to 2 hours before flight; repeat before takeoff and if needed every 1 to 4 hours

### Jet lag

Travelling great distances in a short time causes jet lag; not entirely avoidable, it can be greatly reduced. Drink plenty of water, refrain from alcohol, eat lightly, and try these remedies.

Symptoms	Remedy	Dosage
insomnia despite fatigue, changes in sleep patterns, disorientation	<i>Cocculus</i> 30c	take twice daily 2 days before flight and up to 2 to 3 days after
feeling foggy, in shock, and/or muscles are achy	<i>Arnica</i> 30c	take every 4 to 6 hours for up to 3 days
flight hangover, tired and irritable, may feel chilly, queasy, headachy	<i>Nux vomica</i> 30c	same as <i>Arnica</i> above

### Motion sickness

Common and much dreaded, motion sickness can strike in a car, plane, boat, or other mode of transport. Children 3 to 12 years of age are often susceptible.

Symptoms	Remedy	Dosage
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nausea; vomiting; dizziness	<i>Cocculus</i> 30c	take 1 hour before departure, then every 6 hours; if nausea returns, take every 2 hours; assess after 3 to 4 doses: if no improvement, choose <i>Tabacum</i> or <i>Nux vomica</i> (below); with improvement, stop
severe nausea and vomiting with cold sweats and dizziness; desire for fresh air	<i>Tabacum</i> 30c	take every 1/2 to 2 hours for 3 doses; then only as needed or 3 times daily for up to 3 days
sickness that feels like a hangover; desire to vomit but can't; chills; headache	<i>Nux vomica</i> 30c	same as <i>Tabacum</i> above

**Traveller's diarrhea**

Traveller's diarrhea can strike at any time. When the water is not potable, drink only bottled water, eat only well cooked food and fruit you can peel, avoid ice in drinks. If you do get diarrhea, try the following.

Symptoms	Remedy	Dosage
diarrhea typically associated with exhaustion; restlessness; possible vomiting	<i>Arsenicum album</i> 30c	take every 2 to 4 hours, reassess after 3 doses; wait for symptoms to worsen before repeating
smelly, explosive stools with lots of gurgling	<i>Podophyllum</i> 30c	same as <i>Arsenicum</i> above
cravings for ice cold drinks; possible vomiting	<i>Veratrum album</i> 30c	same as <i>Arsenicum</i> above

**Sunburn**

Sunburn is possible anywhere the sun shines. Avoid the midday sun and always wear a natural sunscreen. If you do get burnt, try one of these.

Symptoms	Remedy	Dosage
mild sunburn	calendula spray, gel, or creme	apply externally as per directions on container
mild sunburn with itching	<i>Urtica urens</i> 30c	take 3 times daily for the first and soreness day, then as needed once or twice daily for up to 3 days
painful sunburn, possible blistering	<i>Cantharis</i> 30c	same as <i>Urtica urens</i> above

**Sunstroke**

True sunstroke is a medical emergency. Children and the elderly are most susceptible. Seek immediate medical attention and try the following.

Symptoms	Remedy	Dosage
bursting, throbbing headache; fever; hot, dry skin after direct sun exposure	<i>Belladonna</i> 30c	give every 15 minutes until medical help can be obtained

**Travel kits**

For convenience, homeopathic travel kits are available at most natural health retailers. These kits typically come complete with instructions and 20 or more remedies that can be used at home and abroad.

The kits not only contain remedies needed during travel, but also for other problems such as influenza, hangovers, and injuries.

*Nicole Duelli, CCH, RSHom (NA), became intrigued by homeopathy during her own travels in Europe. Still captivated, she continues to share her passion with her patients, students, and through articles.*