

Top Ten Remedies to Never Travel Without

Argentum nitricum: Fear of flying for hot and talkative travelers.

Arnica Montana: Trauma of any kind; painful muscles from over exertion. Prevents bruising and reduces pain when taken every few hours after an injury. May use the 200c potency if the trauma is severe.

Arsenicum album: Food poisoning with nausea, vomiting, diarrhea; prefers to sip rather than gulp water. Often have chills alternating with hot sweats. Take 1 pellet every 15–30 minutes initially then taper down as the symptoms lessen.

Belladonna: Heat or sunstroke with headache and flushed face. Sudden onset of high fever. Also very helpful for ear infections (right more than left) that come on suddenly with high fever.

Cocculus indicus: Motion sickness made worse by cold air. Also a great remedy for fatigue that develops after worry and loss of sleep while caring for a sick loved one.

Ferrum phosphoricum: Gradual onset of a cold or other inflammation. Taking the 30c potency every 4 hours at the first sign of a cold will often prevent or shorten the duration of cold or flu.

Ledum palustre: Insect stings; punctures of any kind including from needles, nails, or knives.

Nux vomica: Heartburn; hangover. Especially well suited to Type A personalities who over-work and self-medicate with alcohol or rich, spicy food.

Staphysagria: Urinary tract infections, particularly after insertion of a bladder catheter or other instrumentation into the urethra and bladder.

Tabacum: Motion sickness, better from fresh air.

How To Take Them

Place 1 pellet of 30c potency under the tongue. It's best to avoid eating, drinking, or smoking for 20 minutes before or after taking a dose. You can repeat it every 15 minutes for severe symptoms and then taper it to every few hours as your symptoms abate. Continue the remedy at least once a day for a few days after your symptoms are gone to prevent relapse.

CAUTION: When traveling by plane, be sure to have the remedies hand-checked. X-rays render them useless.

Safe and healthy travels!