

Travel Tips For March Break

By Heather Osler, DHMHS, HD, Doctor of Homeopathic Medicine

Travelling can be great fun, but sometimes the unexpected will hit, putting a damper on a beautiful vacation. Whether it is anxiety about flying, a really bad sunburn, or bacterial infection, homeopathic remedies can turn that vacation around and you'll be happy you didn't leave home without them!

The following are some remedies which may come in handy. One dose= 3 pellets.

Anxiety about flying

Depending on the individual symptoms, choose one of the following and give 2 doses before flying and doses as needed during flight until improvement, then stop (up to 6 doses in total)

Gelsemium 30C- severe collapsed state and weakness with shaking due to anticipation and anxiety about flying

Aconite 30C- restlessness with panic about flying and a feeling as if one will die

Argentum nitricum 30C- panic about being in an enclosed space with no exit

Motion sickness

Repeat every 15 minutes for intense symptoms and every 30 minutes for more moderate symptoms until improvement, then stop.

Cocculus 30C

Sunburn

To help protect your skin from tropical sun, take

Vitamin C 2-4000mg/day

Flax seed oil 2-4 capsules per day

Vitamin E 400-800iu per day

And of course an ***all-natural sunscreen*** (available at most health food stores)

To speed recovery and ease discomfort of a painful sunburn:

Cantharis 30C- take every 1-2 hours per day until healed

Apply homeopathic calendula gel alternating with aloe vera gel, two times each per day until healed.

Gastrointestinal Illness

To Prevent:

Genestre HMF Duo. Use as directed on label.

Grapefruit Seed Extract: Add 3 drops to glass/bottle of water
Vitamin C (1000-3000 mg/day for adults, 250-500mg/day for children aged 3-12 yrs)

To Treat:
Basic traveller's diarrhea

Metallicum album 6C
3 pellets every 2 hours until bowels return to normal.

Should your symptoms not respond to the above, come in for more individualized, professional homeopathic treatment.

Mosquitos

Use a natural spray or citronella essential oil. They are just as effective as a Deet spray minus the toxic chemicals

You can purchase remedies at Supplement's Plus in Bloor West Village, or pick up your own Homeopathic Travel Kit and Guide at Bloor West Homeopathic and Wellness Clinic. Have a happy, healthy March break!

Heather Osler, HD is a classical homeopath and director of the Bloor West Homeopathic and Wellness Clinic.

To book an appointment for homeopathic or nutritional services, please call 416-588-0400 or email info@bloorwestwellness.com