

# HOMEOPATHY FOR TRAVEL

ALTITUDE SICKNESS - BITES AND STINGS - JET LAG - MOTION SICKNESS

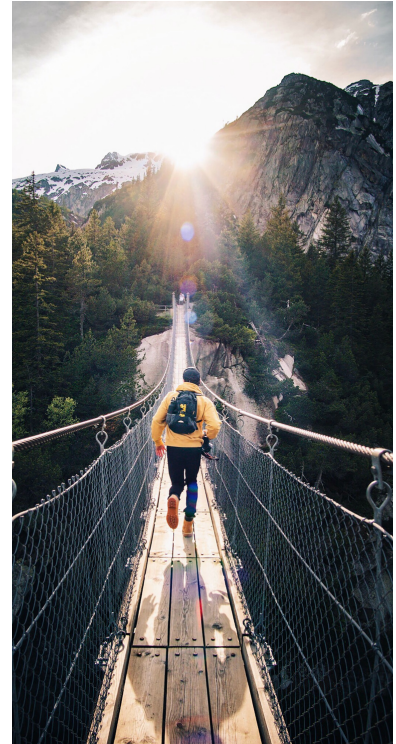
## ACUTE POTENCIES

Both 30C and 200C potencies are ideal for the majority of acute prescriptions however if there is a choice my preference are 200C. Speak to your Homeopath as they may advise you to take certain remedies away with you in higher potencies such as 1M and 10M's. Your Homeopath will not only have an understanding of your constitution but your tendencies such as a susceptibility to weather change or severe responses to bee stings and will be able to help you prepare.

## MORE ABOUT POTENCY

Click on this link to find out what potencies are and how to best determine them.

[DEPTH OVER STRENGTH - SELECTING HOMEOPATHIC POTENCIES](#)



## ACUTE PRESCRIBING

1. CHOOSE THE REMEDY WITH THE MOST CLOSELY MATCHING PICTURE.
2. GIVE ONE DOSE AND WAIT.
3. IF SYMPTOMS ARE INTENSE YOU CAN REPEAT UP TO EVERY 15 MINUTES (IN EMERGENCY SITUATIONS EVEN EVERY 5 MINUTES). IF SYMPTOMS ARE MILD TO MODERATE THEN REPEAT EVERY 30 MINUTES TO 2 HOURS. REMEMBER IN HOMEOPATHY LESS IS MORE.
4. IF YOU OBSERVE A CHANGE, A SHIFT OR IMPROVEMENT THEN PAUSE.
5. IF THE SAME SYMPTOMS RETURN THEN REPEAT.
6. IF THERE IS NO CHANGE THEN REPEAT.
7. IF THERE IS NO CHANGE AFTER 6 DOSES THEN STOP AND RETAKE THE CASE IT AS IT IS LIKELY THAT A DIFFERENT REMEDY MAY BE REQUIRED.

## ALTITUDE SICKNESS

---

### HIGH-ALTITUDE PRESCRIBING

As a general recommendation it is ideal to start taking COCA prior to you reaching your high-altitude destination. You can start with a low dose such as 6X, 12X, 12C or 18C three times a day and continue this throughout your time away.

If you start experiencing altitude sickness symptoms stop the lower potency COCA and assess which remedy picture most closely matches your presenting state. Three main remedies are listed below however please note that these are other remedy-pictures that may arise including ACONITE, CALC CARB, PULSATILLA, LACHESIS, OPIUM and VERATRUM.



### COCCA

---

- shortness-of-breath
- legs sensation of weakness
- faintness and fatigue
- vertigo
- confusion
- headache with sensation of tightness
- continual headache
- headache over brow &/or behind eye
- pain of the joints and connective tissues
- abdominal pain
- throbbing heart
- nosebleed

### CARBO VEG

---

- faintness
- air hunger, difficulty breathing
- vertigo worse slightest movement of the head or after sleep
- tense, cramp-like in the brain
- sensation of weight in the head, eyes, eyelids or anywhere throughout the body
- gassy, distended, bloated abdomen
- pale face,, bluish lips
- nosebleed

### GELSEMIUM

---

- loss of coordination
- light-headed and dizzy
- head feels heavy, dull headache
- heaviness of the eyes and eyelids
- difficulty breathing
- heaviness in the middle of the chest
- trembling of the limbs
- sudden loss of hearing, rushing, roaring
- nosebleed
- dullness, besotted look, heavy droopy eyelids.

## BITES AND STINGS

---

### PRESCRIBING FOR BITES AND STINGS

We have homeopathics for all manner of BITES and STINGS from snake to cat bites, jellyfish stings and unpleasant encounters with horseflies. This is by no means an exhaustive list however below you will find keynotes to some of the main remedies to consider.



### ACONITE

---

- if there is shock, fright, panic after having being bitten.
- red, hot, swollen, burning
- intense thirst however worse from cold drinks

### APIS

---

- extreme reactions especially to stings
- restlessness and anxiety
- heat, puffiness, swelling, suffocative breathing
- Number one remedy for anaphylaxis.  
APIS 10M is appropriate in such situations however do so on your way to hospital

### ARSENICUM ALBUM

---

- burning sensation
- better warm applications
- restlessness and anxiety
- thirst for water in sips

### BELLADONNA

---

- redness, swelling, radiating heat
- worse touch, pressure and heat
- red streaks running from bite
- Animal and Spider bites in particular

### CALADIUM

---

- intense burning itch
- burning in spots with the desire to touch
- skin feels rough and dry
- sweet perspiration that may attract insects
- worse warmth but an aversion to cold water however cold bathing improves the itching

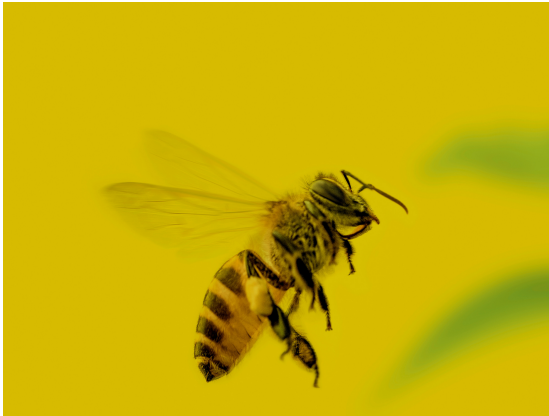
### CANTHARIS

---

- bites that burn and blister
- better rubbing the area and warm applications
- great restlessness and anxiety
- Horsefly bites in particular

## BITES AND STINGS

---



### CANTHARIS

---

- bites that burn and blister
- better rubbing the area and warm applications
- great restlessness and anxiety
- Horsefly bites in particular

### HYPERICUM

---

- Bleeding at the bite site
- nerve-like pains
- very thirsty
- Any puncture-like wound, sting or bite can be used in conjunction with LEDUM

### LACHESIS

---

- painful, blue or purple, tight
- bleeding bites
- may be talkative and “on edge”
- Snake and Cat bites in particular

### LEDUM

---

- redness, swelling, radiating heat
- pain moves upwards from bite site
- Tic, Snake, Flea and Mosquito Bites alongside any deep puncture-like bites where there is little blood

### PYROGEN

---

- this is an infective and toxic picture
- swelling and soreness
- foul pustular discharges with offensive odour
- there is a whole body lethargy and dullness

### STAPHYSAGRIA

---

- particularly indicated where there are a series of bites
- a travelling itch that changes locations
- distress and anger a feeling of having been violated by the animal or insect that has given the bites

### URTICA URENS

---

- burning, red, raise, hive-like
- intense itching
- worse water and touch
- Jellyfish and Bee stings in particular

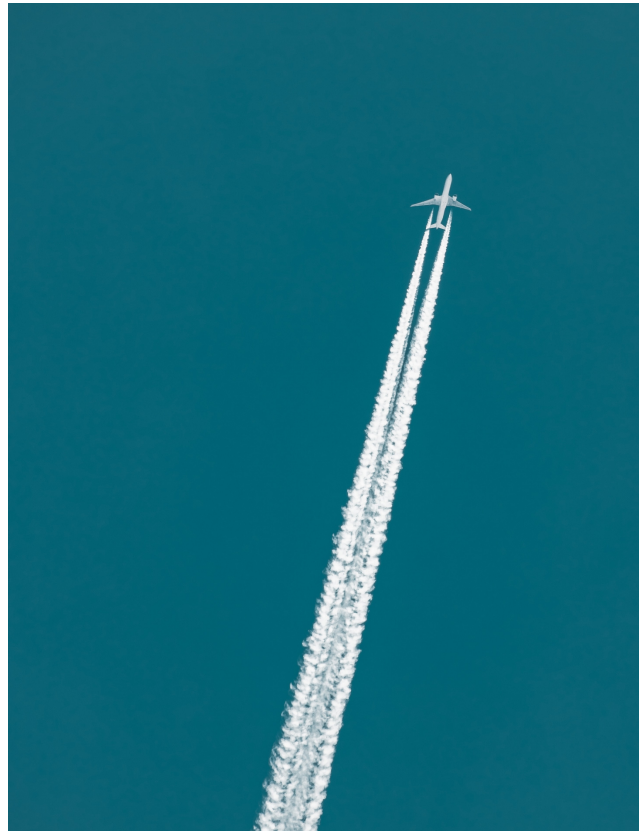


## JET LAG

---

### PRESCRIBING FOR JET LAG

Jet Lag is an umbrella term for a condition that can involve many factors, the changing of time zones, the aggravation travelling from East to West or alternatively West to East, change of climate, altitude and importantly the radiation that one is exposed to not only going through airport security but from the flying itself. Following are three main remedies to consider however also consider remedies such as COCCULUS, GELSEMIUM and the various homeopathic Jet Lag Combinations available.



## ARNICA

---

- shortness-of-breath
- concerns of blood clotting (arnica is a blood thinner)
- tiredness and soreness
- sore feet aggravated by walking around
- the sensation of being bruised
- a desire to be alone
- a sense of a disturbed and traumatised body

## ELECTRICITAS

---

- headache, dizziness, faintness
- bruise-like pain the back of the head
- nausea
- loss of concentration
- disrupted temperature regulation
- insomnia
- anxiety and restlessness

## RADIUM BROMIDE

---

- dry, sore or raw sensation in the throat
- tight sensation in the chest
- severe aching pains anywhere in the body
- nausea better from eating
- sinking feeling in the stomach
- apathetic, tired and irritable

## MOTION SICKNESS

---

### PRESCRIBING FOR MOTION SICKNESS

It is recommended to make up a WATER DOSING BOTTLE if there is a specific remedy that you know is likely to arise as it is easier to administer while in transit.

**WATER DOSING BOTTLE:** Use a clean standard size bottle and fill it with clean fresh water. Pop 2 pillules of your chosen remedy in to the bottle. Shake once and take one good sip. One sip = one dose. This can be repeated as per the frequency mentioned above, remembering to shake once before each dose.



### ARGENTUM NITRICUM

---

- belching and bloating
- diarrhoea, nausea and vomiting
- worse flying
- worse both eating and drinking
- nervous and anticipatory anxiety

### ARSENICUM ALBUM

---

- nausea and vomiting
- abdominal cramping
- pinched facial expression
- desire to drink but only in sips
- anxious and restless

### BRYONIA

---

- worse for movement
- nausea sometimes with faintness
- headache
- usually very thirsty
- grumpy, wanted to be left alone

### COCCULUS

---

- nausea, tendency to retch, dizziness
- better from keeping their head low
- mouth feels dry, burning, salivation, metallic
- worse noise, eating, drinking
- anxious, fearful, sensitivity

### KALI CARBONICUM

---

- sensation of a lump in stomach
- weakness felt in the back, leg shaky
- hypersensitivity to noise
- tense and anxious
- worse from cold air, change of weather

### NUX VOMICA

---

- nauseous and vomiting
- dizziness and faintness
- headache commonly occipital and behind eyes, head as though bruised
- worse from getting cold, open air

## MOTION SICKNESS

---



## PETROLEUM

---

- nausea from every small movement
- nausea with increased salivation
- weakness, fainting, bruised sensations
- worse from the smell of fuel whether aircraft, car, boat or bus
- worse eating

## SEPIA

---

- faintness and sickness
- heartburn, stomach pain, vomiting
- sensation of lump, twisting in the stomach
- better from cold drinks
- worse from cold air, sitting, standing, touch

## TABACUM

---

- miserable nausea
- worse from smells especially tobacco smoke
- sinking sensation in the pit of the stomach
- off colour with a tendency to even turn green

## ABOUT PAILIN BRZESKI BSC(HONS) LCHE R.HOM HINT

---

Pailin has a Bachelor of Science Honours Degree through Middlesex University and Licentiate to practice from the College of Homeopathic Education in London, United Kingdom and is a Human Chemistry Integrated Healing Method Practitioner. Working with all ages, Pailin runs her clinic via ZOOM worldwide, with a special focus on complex conditions as a result of TOXICITY and TRAUMA Pailin works with those experiencing musculoskeletal and digestive disorders, hormonal imbalance and neuralgias. Pailin is a classically trained Homeopath and an Integrated Human Chemistry Practitioner.

visit [FORMANDHEAL.COM](https://formandheal.com) and book in a [15 MINUTE INTRODUCTORY CONSULT \(NO CHARGE\)](#)