



Promoting health confidence with homeopathic medicine

Homeopathy can provide you with health confidence, no matter how far you are traveling

Natasha Lewis is registered
with the college of homeopaths



IHH
Homeopathic Clinic

Vacationing with Homeopathy

Despite the excitement and enjoyment of traveling, not all people react well to going abroad or visiting new places and meeting new people. There are people whose constitutional remedies are such that the more they travel, the healthier they are; and these people do not need remedies while vacationing. Others often feel like they will enjoy it, but there is always something that comes up to destroy the enjoyment. This is where this booklet comes in handy, because preparation can make all the difference!

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- I drank too much
- I got too much sun
- I have a heat stroke
- I ate something rich
- I thought I was going to die
- I got a splinter or two
- I am so angry I could push you!
- It feels like I was raped, the injustice!
- Vomit and diarrhea, It's coming out of both sides!
- I'm homesick
- I am coming down with something
- I have a really high fever
- I got cut/stung, and it hurts!
- I got bruised
- I twisted my ankle, my back...
- I got a black eye!
- I have hives and a rash all over my body!
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Important note:

This booklet is made exclusively for the patients of Natasha Lewis, Hom as an addition to the professional information received while in her care. In addition, **Homeopathic Narratives: How Nature Heals** is a free podcast by Natasha Lewis that is highly recommended to supplement your understanding of the system of medicine called, Homeopathy. When used as a guideline to reinforcing your safety while vacationing, this booklet will help you with unwanted symptoms while traveling. To ensure any personal health concerns and your individual health needs are met, always supplement this with a discussion with your choice of health professional(s).

PART 1: LEAVING THE COUNTRY; HOW THE BODY REACTS

Means of Transport

Going on holiday is about traveling distances with planes, trains, automobiles and other vehicles. The body needs to adapt to these forms of transport. There are homeopathic remedies for travel sickness.

Remedies for travel sickness include...

- Fear of heights: **Cocoa**
- Fear of dying (flying, or any other activity): **Aconitum Nepallus (Aconite)**
- Car sickness: **Cocculus Indicus, Borax, Nux Vomica (Colubrina)**
- Feeling sick with a headache: **Argentum Nitricum**

Going to an alien environment

When in a new environment far from home, our bodies see themselves as 'I versus Alien'. When you arrive in an environment that is not what you are used to, you need to acclimatize to the new environment. Give yourself some time, don't be so afraid of the unknown and if necessary, take a remedy.

Remedies for the new environment/the unknown...

- Gallbladder or kidney pain: **Beberis**
- Luggage was too heavy, back strain: **Lycopodium**
- Angry with everyone, feeling like they are judging me: **Veratrum**



Remedies displayed throughout this booklet will be highlighted in **purple** (e.g. **Aconitum Nepallus**)

Our capacity for change

Each individual has their own capacity to experience change without the body becoming impacted by it. The best way to get better with change is to experience it, take it on, try it again, and if needed, take a remedy. The process of change can be so impactful at times that you may even feel like you have gallbladder stones, but in reality, you are being impacted by the change in scenery! **How do you know whether you are being impacted by certain perceptions? Part 3** has a list of experiences and you can recognize these experiences while on holiday, but also in your day-to-day life. In addition, taking your constitutional remedy with you is always a great remedy to try before trying an acute remedy from **Part 3**.

PART 2: GETTING SICK ABROAD

I came into contact with something

So, you came into contact with something abroad, or purposefully took a preventative action for your vacation and now you are displaying symptoms.

Treat the following scenarios with the corresponding remedies...

- I got an injection/shot in order to go on holiday: **Silicea**
- I have my usual symptoms: **Constitutional remedy**
- I have unusual symptoms: **See first-aid remedies in Part 3**
- I have a toothache...
 - Nerve pain: **Hypericum**
 - Abscess pain: **Hepar Sulfuris Calcaerum**
 - Yellow puss, snot and other stuff: **Hepar Sulfuris Calcaerum**
 - Canker sores: **Argentum Nitricum**
 - Gum pain: **Arnica**



When you go overseas you often get sick with some serious illnesses. The remedies **Antimonium Tartaricum (for symptoms similar to foot**

*hand, and mouth disease), **Chinchona Officinalis** (for symptoms similar to *malaria*), and **Drosera** (for finding it difficult to take a breath) are a few handy remedies. They will ward off some very nasty symptom combinations. When you get sick your best bet is to start with your constitutional and then finish with a first aid if needed. Remember to use all systems of medicine of your choice when on holiday. Some countries like England have excellent homeopaths, but many have their own systems as well as the conventional medical model great for diagnoses and first aid.*

PART 3: REMEDIES FOR COMMON EXPERIENCES/AILMENTS WHEN TRAVELING

Experiences and the remedies for them

Similar to facing new environments, new or concentrated experiences are often made when vacationing, and can make way for various ailments.

Not to worry, below are first aid remedies to use until symptoms subside. Repeat as needed every hour until symptoms stop. Once symptoms have stopped you can stop taking the remedy. Take the remedy again when and if the symptoms return at a later time.

Take the corresponding remedies for the following experiences...

- I got food poisoning, I've been poisoned: **Arsenicum**
- I feel sick, the food was too rich: **Nux Vomica**
- I drank too much: **Nux Vomica**
- I got too much sun: **Arsenicum, R30**
- I have heat stroke: **Arsenicum**
- I ate too much sugar: **Nux Vomica**
- I thought I was going to die: **Aconite (Aconitum Nepallus)**
- I got a splinter or two: **Silicea**

- I am so angry I could push you: **Staphysagria**
- It feels like I was raped; the injustice!: **Staphysagria**
- Vomit and diarrhea, It's coming out of both sides!: **Arsenicum, Podophyllum**
- I'm homesick: **Ignatia Imara**
- I am coming down with something: **Aconite**
- I have a really high fever, face is flushed with dilated pupils: **Belladonna**
- I have a really high fever because of the wind and cold: **Aconite, Belladonna**
(if Aconite isn't working)
- I got cut/stung, and it hurts!: **Apis Malifica, Staphysagria** (when angry about the cut), **R30** (cream)
- I got bruised: **Arnica, Bellis Perennis** (when deep bruising, not superficial)
- I twisted my ankle/my back: **Ruta Graveoleons, Arnica**
- I got a black eye: **Ledum, Hypericum** (when pain is shooting/nerve feeling)
- I have hives and a rash all over my body: **Apis Malifica, Sulphur**
- I broke something: **Symphytum, Hypericum** or **Arnica**
- Just got back from the ocean, I don't feel so good: **Natrum Muriaticum**
- I think my gallbladder is acting up again: **Berberis**
- I got a boil or scratched something and yellow puss is coming out: **Hepar Sulfuris Calcaerum**
- I am burning all over my body with a red rash: **Sulphur, Arsencium** or **Apis**
- A bee stung me: **Apis Malifica** or **Aconite** (when getting stung by a bee feels like you're going to die)

PART 4: WHAT DO I TAKE WITH ME?

Doing my own investigation

Do some research within your family. Find out if any member has had dreams or fears about anything related to the experiences in **Part 3**, then take that remedy with you.

For example, if your partner dreams they get food poisoning or bitten by a snake, take the remedy **Arsenicum Album** with you!

Local information about ailments/diseases

Find out about where you are going. What are common ailments there? What are the animals or insects you may encounter. It helps to be prepared as it may further help mitigate your fears of the unknown.

Getting tips from your homeopath

Discussing your fears with your homeopath is always recommended. You can write them down as a reminder and address them the next time you visit your homeopath. You can even go a step further and make an appointment specifically for the vacation if needed.

Learning from your last traveling experience

If you have been on holiday before and you got sick, chances are you will get the same symptoms next time you go on vacation even if it is a different place. So be prepared!



The body has distinct sensitivities that are individual to a person. Chances are you will get the same symptoms you did the next time you go on vacation, so be prepared!

PART 5: I FEEL A LITTLE BETTER, NOW WHAT DO I DO?

Still here for a while

Now that you're feeling a little better and still have a chunk of your vacation left, it's important to still take remedies as suggested/prescribed. If symptoms do persist, you should see a professional health practitioner. If you're seeking homeopathic treatment either look for a homeopath at your destination or book an appointment virtually with our clinic.

Remember to have an internet connection ready for the appointment.

Seeking medical attention

It's important to remember that remedies will always help you improve but not always as fast or in the way you think need. We recommend using all systems of medicine available to you in emergencies.



Finding a homeopath abroad:

There are countries in South America, Europe, as well as India with good homeopaths you can approach. However, it may be imperative to have fast acting intervention that overcomes your natural inclinations. In this case, see a medical physician when emergencies cannot be overcome by the body.

Accessing my homeopath

Our clinic is happy to help you remotely, but you are limited to the remedies around you or that you brought with you. These may not be well indicated in serious situations.

Homeopathy is growing but is not always easily accessible around the world. If you do have an internet connection then you can definitely book a virtual acute/first-aid appointment with our clinic through our client portal, and we will help as soon as appointment slots are available.



PART 6: YOUR VACATION REMEDY BOX

Vacation remedy box

The following is a compilation of remedies fit for broad vacation scenarios. This compilation does not supersede the previous points made in this booklet.

- **Hepar Sulfuris Calcaerum**
- **Aconite**
- **Belladonna**
- **Arnica**
- **Arsencium**
- **Drosera**
- **Nux Vomica**
- **Staphysagria**
- **Hypericum**
- **Ruta**
- **Lycopodium**
- **Your constitutional remedy**

Potency

As first aids, remedies can be taken in potencies of 3X, 6x, 6C, 12C, 30C or 200C. Higher potencies are usually prescribed by homeopaths. If you have a remedy that you are taking at a higher potency, use the potency prescribed by your homeopath.

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Book a first-aid appointment for your
travel preparation needs

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