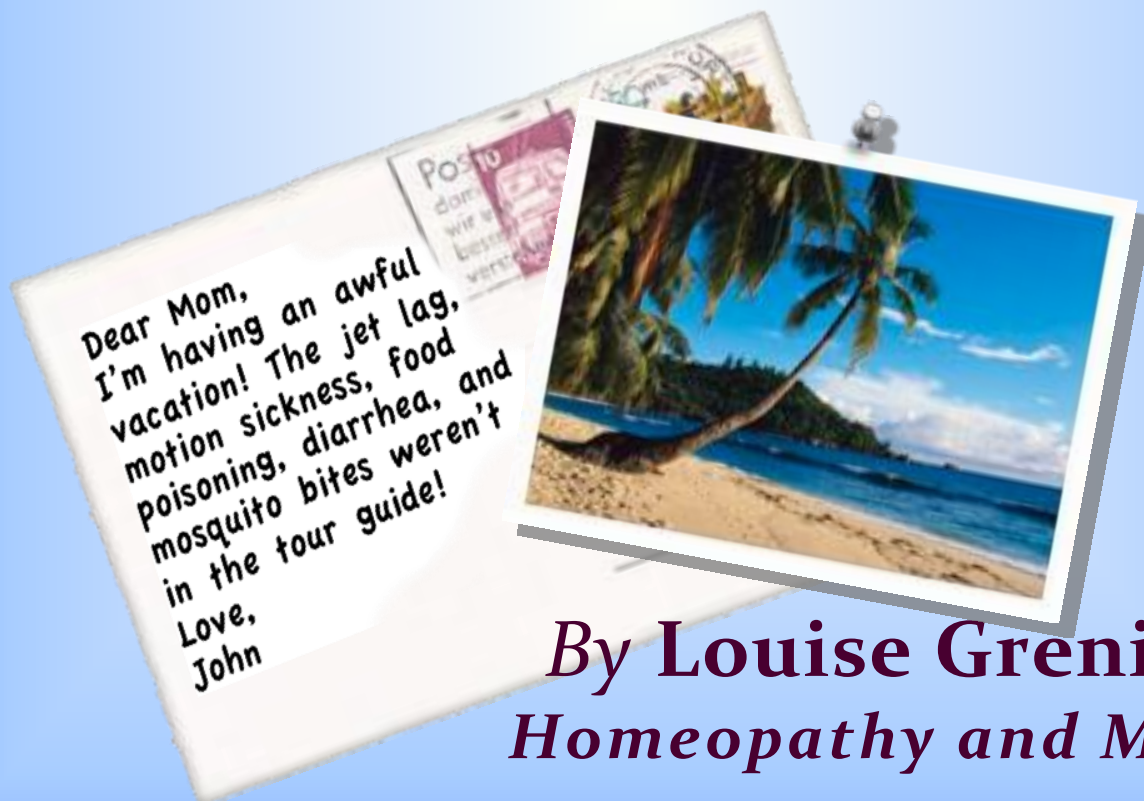




# ***Ticket to***

# ***Healthy Traveling***

**HOW TO PREVENT AND TREAT TRAVEL-RELATED  
ILLNESSES  
WITH NATURAL REMEDIES**



***By Louise Grenier  
Homeopathy and More***

## About the Author

My degree in nursing led me to teaching nursing in college and working in intensive care and public health. When a vaccine made my son ill, I became interested in alternative medicine, which led to a degree from the British Institute of Homeopathy and a postgraduate degree from the Hahnemann Center for Heilkunst.

I am now retired from nursing and am able to treat clients anywhere in the world by phone consultation. The many techniques I draw on in my practice include Reiki, Emotional Freedom Technique (EFT), Matrix Energetics, BodyTalk, herbology, drainage, detox, nutrition, and more.



**Louise Grenier**  
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### Disclaimer

The information provided in this book is intended for educational purposes only. You are encouraged to learn the potential as well as the limitations of homeopathic care. In the event that you choose to use the information in this book for your own health or the health care of someone you know, the author assumes no responsibility for those actions. The information provided here is not a substitute for medical treatment if and when that may become necessary. If needed, please consult a physician.

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# Ticket to Healthy Traveling

## Introduction

This book was written as a resource for those who are planning to travel abroad and want to learn how to protect themselves and their families from the whole range of health issues that can arise while traveling: food-related illnesses and infectious diseases, various types of injuries, climate-related issues such as heat exhaustion and sunburn, and insect and animal bites.

We'll look at both prevention and what to do if you do get sick. This book is meant to be a practical manual. However, remember that the book is an educational tool only and cannot substitute for medical treatment if and when that is needed.

We'll discuss how to treat yourself with homeopathic remedies and also how to know when you may need to get medical attention.

The book includes a discussion of medical treatments such as vaccinations against infectious diseases, and provides facts that will help you to make more educated choices for your health. I'm not a medical doctor, and I'm not advising anyone for or against any medical treatments or procedures. My goal for this book is to provide information, and it's up to you to decide what's right for you.



Traveling can be a rich and exciting adventure, even a life-changing experience for which you'll want to be at your best. Whatever you call travel sickness—tourista or Montezuma's revenge—the last thing you want is to be sick on a bus tour or be stuck in the hotel bathroom for the day while your friends are exploring ancient ruins or wining and dining out on the town!

Foodborne illnesses can be fairly mild and short-lived, or they can be seriously dehydrating. It's important to understand how to prevent them as well as how to help yourself recover and regain your strength as quickly as possible if you do get sick. So that's the area I emphasize most in this book.

If you have any questions about this material, please feel free to contact me using the contact page on my website. If, after using this book, you need some assistance with a particular acute condition, I'm available for consultations by phone.

*I also encourage you to check out the home study course I'm offering, **How to Use Homeopathy for Your Family**. That will teach you how to treat yourself, your family, and friends for a whole range of acute illnesses. Look for the course on my website.*

May your journeys be safe and richly rewarding!

**Louise Grenier**  
Homeopathy and More <http://homeo.ca>

# Ticket to Healthy Traveling

## Chapter 1: Know Your Risks

To know how to prepare adequately for your trip, it's important to think specifically about what your travel plans will involve. If you're going to a tropical island during the winter months, your needs will be different from those of your previous skiing trip in Colorado. You may have stayed at a resort during your last trip to Mexico but your needs will be different if you're at a bed and breakfast or hostel on this trip and striking out more on your own.

Are you going on safari in Africa, or to an upscale tropical resort for the winter?

Are you going to a very hot climate, or a very cold one?

Are you traveling in urban areas or rural areas?

Are you traveling in industrialized countries or developing countries?



Make sure you know what your accommodations will include, including what kinds of food you'll have access to, and have a good understanding about what types of activities you might be engaging in. Will you be doing a lot of walking or hiking, or need any particular protective clothing? Mostly, common sense will tell you how to prepare in terms of clothing and any special gear you might need, taking into account the climate and elevation of your destination.

Know whether any infectious diseases are prevalent in the area you'll be in, at the time of year you'll be traveling; the Centers for Disease Control (CDC) website (see Chapter 12) is a good reference for this. I'll talk about prevention and treatment later in the book.

In North America, Europe, and other regions that have a winter season, the cold temperatures kill most infectious parasites. Therefore, the risk of parasitic infection is generally higher in tropical areas. The risk of parasitic infection is much higher than the risk of contracting viral illnesses such as hepatitis while traveling. We will discuss this in more detail in the following pages.

We'll also talk about homeopathic remedies, how to obtain a kit that contains common remedies for travel-related issues, and how to use them when you need them!

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## Chapter 2: Infectious Diseases and Vaccines

### Parasitic infections

Parasitic infections are common among travelers who visit tropical regions, even with meticulous hygiene, and the travelers may carry the parasites home with them in their systems. People in these warm climates may harbor multiple parasites, and the parasites don't stop at the border!

There are many kinds of parasites including protozoa (single-celled parasites like the ones that cause amoebic dysentery), round worms (which include pin worms, hookworms, and whipworms), and flatworms or tapeworms (mainly from beef or pork). Homeopathic remedies can be very effective in helping your body get rid of parasites. Herbal remedies can often be useful too, and those include grapefruit seed extract, black walnut, and artemisia. Eating garlic and pumpkin seeds may also help.

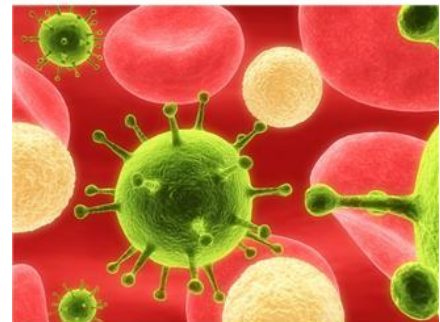
See Chapter 10 for specific homeopathic remedies for parasitic infections.

### Hepatitis A and B: What are they, and are they a concern?

**Hepatitis A** is really a very mild viral infection. It lasts a few days, produces fever and malaise, and that's about all. There's no risk of lasting effects, and some people even have hepatitis A without knowing it.

The most common way that this virus enters your body is via food and water from fecal matter from an infected individual. For example, if a cook in a restaurant prepares your food but didn't wash their hands well, the virus could still be lodged under their fingernails and can be transferred to the food being prepared.

The good news is that if you are staying at a hotel, resort, or on a cruise ship, the sanitary conditions should be good, and the kitchen staff is usually instructed to wash their hands. Think of the effect on the hotel or resort if people were to get sick; it would be disastrous for their business.



**Hepatitis B** is also a viral infection but more serious than hepatitis A in that it can have a damaging effect on the liver. Hepatitis B is transmitted through body fluids, which generally means by sexual intercourse or through blood transfusions. But more

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important than focusing on the virulence of the disease, we really should focus on the risk factors... and the risks are very slim with this disease.

First of all, most people don't go on vacation to have unprotected sex. And as for blood transfusions, the risk is really quite low. The odds are pretty slim that you're going to have an accident with blood loss that's serious enough to require a transfusion... and then receive blood contaminated with hepatitis B. Blood is screened so heavily these days that getting Hep B from blood that way is really not a major concern.

So the bottom line is that hepatitis B is usually not a major concern when you travel. In many years of practice, I've never met someone who went on vacation, needed a blood transfusion, and ended up contracting hepatitis B from tainted blood.

It's important to have these facts so you can make a sound decision about whether to get pre-travel vaccinations. You should also know that the vaccines for these diseases, like most vaccines, are also available in homeopathic form, and that the homeopathic immunizations are safe and effective. Ask your natural health care practitioner about this.

## Other Infectious Diseases

You may hear of other infectious diseases and wonder about the risks, especially when traveling to developing countries. On the website for the Centers for Disease Control (CDC), you can look up your travel destination to find out about disease risks in that area—see Chapter 12. The diseases listed may include typhoid, malaria, and yellow fever, and there will be a list of the recommended or required vaccines. Vaccines are rarely actually required, although in some developing countries, yellow fever vaccine may be obligatory.

Again, if you want to have a vaccine, you have the choice of a conventional vaccine or a homeopathic immunization, and you can discuss this with your doctor or homeopath.

## Drug vaccines

Conventional vaccines are given by injection, and this delivery method plays a major part in the toxicity of these vaccines. Here's how that works. The drug vaccine is injected directly into the bloodstream, bypassing the digestive system. If a drug or chemical were to be taken by mouth, it would need to pass through the entire digestive system first before getting into the bloodstream, and in that process, the immune system would be activated to defend the body against toxicity. The chemicals would be processed by the liver, and the elimination function of the intestines or kidneys would have a chance to kick in to get rid of some of these chemicals.

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But when any drug is injected directly into the bloodstream without having a chance to be processed through the digestive system, it's being introduced into the body in an unnatural way, and the body has no line of defense against it.

Even though the drug vaccine is thought to be safe because it contains only very small amounts of the infectious microbe, it contains many chemicals that act as preservatives. Are drug vaccines safe? There are many good books and online articles that explore both sides of the vaccination issue.

## What is homeopathic immunization?

A drug vaccine is made with the actual disease agent, the hepatitis virus, for example. The virus is killed or attenuated (weakened) so that it loses its virulence. Various chemicals are then added to preserve the virus in the solution.

The preparation of a homeopathic immunization starts out with the same disease agent as the drug vaccine. However, when a homeopathic immunization is made, the virus is diluted many times until there is actually no chemical or physical presence of the virus left in the solution. Only the energetic imprint of the virus remains. That's why it doesn't require chemical preservatives. And although the homeopathic immunization is chemically inert, it has a powerful yet gentle effect, and strengthens the immune system just as we expect from a vaccine.

This homeopathic immunization can be produced in various forms including liquid (water), powder, or pellets made on a sugar base. The liquid form may contain a bit of alcohol to keep the water from becoming contaminated. A pharmacist friend, who used mainly homeopathy himself, explained that the amount of alcohol needed to keep the water in the remedy bottle fresh is so tiny, that the one drop that you take would contain about as much alcohol as you would get by eating one third of a ripe banana!

If for some reason, that small amount of alcohol is an issue, I suggest putting the drop of the liquid remedy into a cup with a bit of warm water, and let it sit for about ten minutes to allow the alcohol to evaporate.

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## Chapter 3: Food Poisoning and Prevention

### What causes food poisoning?

The most common food poisoning is due to the *staphylococcus* bacteria and *e-coli*. Many other kinds of bacteria, viruses, and other microorganisms can cause food poisoning too. These include *botulinum* toxin, which is responsible for botulism (associated with contaminated meats and air-tight food cans). A swollen can may indicate the presence of gases produced by botulism. There's also *shigella*, *salmonella*, and many more.

The symptoms of food poisoning are really your body trying to eliminate the foreign invader. Intestinal peristalsis (movement) increases to provoke vomiting and diarrhea to get rid of the offending microbe as fast as possible.

Many people think that because they received their hepatitis vaccines before traveling that they now have the safety issue covered... not true! The main risk when you travel is actually food poisoning. But because there are no drug vaccines for the microbes that cause food poisoning, they're not discussed as often as hepatitis is. Just remember that when you go traveling to warm climates, food poisoning is going to be the biggest risk.



Let's look at the reason why food poisoning is an issue when you travel south. Here in North America, and in other industrialized areas, we eat food that is essentially sterile. We don't get our food direct from the farm anymore, and the food industries make sure that all our food is clean and sanitized.

This means that our intestines have become accustomed to a rather limited number of microorganisms, and we're just not used to handling the wide variety that are prevalent all year round in more tropical climates.

When your digestive tract is not accustomed to diverse microorganisms and you go to an area where the local foods contain all sorts of new and interesting ones, your body will react, sometimes intensely!

Food poisoning may not always be the result of bad fish or spoiled food, as we usually think. Sometimes, it is the result of eating healthy food grown in an area that normally supports strains of microorganisms that your body just isn't used to.

When we're fed up with the snow and cold in our northern winters, many of us escape to warmer climates. Our risk of food poisoning there is greater than if we head for a cooler area. That's because most of the offending microorganisms are killed by freezing in cold climates. These microorganisms are active all year long in warmer areas where we go to enjoy the sun in winter.

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How do you know if you have food poisoning? It's simple: You'll know when the symptoms of diarrhea and/or vomiting hit suddenly, and you don't have any other illness that would likely produce those symptoms.

So to protect yourself from the onslaught of microorganisms, one thing I suggest is to take large doses of **probiotics** before you leave.

## What are probiotics?

Probiotics are strains of beneficial bacteria that belong naturally in your gastrointestinal tract and should be thriving there. These include *Lactobacillus acidophilus* and *Lactobacillus bulgaricus*, and there are many others.

These good bacteria will maintain a healthy balance of microorganisms in your gut by crowding out the ones that shouldn't be overpopulating. Just like any other ecosystem, the balance needs to be maintained so that all of the inhabitants can live harmoniously. If the balance is upset, certain inhabitants—especially the uninvited guests—will be able to reproduce and become too numerous, causing trouble.

Many people have experienced this upset balance when they've taken antibiotics and had intestinal upset as a result. Because the antibiotic is an equal opportunity destroyer of both good and bad bacteria, it's a good idea to replace the destroyed good bacteria with probiotics. *Antibiotic* means "against life," killing good and bad bacteria indiscriminately. *Probiotic* means "for life," replenishing the good bacteria in your gut.

I recommend that people take probiotics especially before and while traveling, but at other times as well. This keeps the intestinal ecosystem balanced and prevents many health issues that begin in the gut.

There are several ways to get probiotics into your intestines. One is to take probiotic supplements. The other way is to make your own naturally fermented foods like kefir or yogurt that contain large amounts of probiotics. Keep reading for more details!

## Using probiotic supplements

You may be overwhelmed by the vast array of probiotic products in health food stores. I suggest not bothering with the less-expensive products, because they're usually also less potent. Vitamin B or vitamin C supplements, or dried herbs, for example, are not very expensive to produce, so by all means buy those at bargain prices when you can. But probiotics need to be alive when you buy them, and it's really worth it to get the



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more expensive brands, which will be most likely to contain active cultures.

I often recommend that people double the dose suggested on the label, and take that at least three weeks before traveling to a warm climate. The idea here is that you want to implant these good bacteria in your intestines, and it takes large doses to do that. These strains of bacteria are perfectly safe to take in such large amounts. Then, whatever “bad” microorganisms you might be exposed to after that are going to have a tough time lodging and reproducing in your intestines.

So, the first strategy is to get probiotics into your system. In Chapter 5, you will learn how to make your own kefir and yogurt, foods that are teeming with probiotics!

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## Chapter 4: Intestinal Health and Your Immune System

Preventing food poisoning isn't the only reason that we need a healthy gut—the gut is actually an important part of the immune system! Let's take a little side trip here to talk about how the intestines actually work.

### Upper digestion

Think about your digestive tract as a long tube from your mouth to your anus. In a way, it's actually outside your body because whatever you swallow doesn't actually go directly inside your body and into your bloodstream; most ends up leaving the body by way of your anus.

Let's look more closely at how this works. When you eat some food, it is first broken down in the upper digestive tract, starting with enzymes in the mouth and the mechanical action of chewing. The food then goes down the esophagus into the stomach where more enzymes break down the food. There are three categories of foods, which are called macronutrients:



- carbohydrates, which are broken down into glucose;
- fats, which are broken down into fatty acids; and
- proteins, which are broken down into amino acids.

It's because of this natural food processing that you won't have a piece of chicken floating around in your blood! You chew your piece of chicken, which will be broken down further in your stomach, and then if your digestion is good, you'll end up with amino acids in your small intestine.

The lining of the small intestine is where nutrients pass through and are absorbed into the bloodstream. Whatever isn't useable will be part of your next bowel movement.

Now, the body actually has many safety mechanisms, lines of defense that work together to ensure that neither large molecules such as proteins from food, nor invading microbes are allowed into the interior of your body. Those safety mechanisms include the enzymes all along your digestive tract, as well as the acidity of your stomach.

The stomach should have sufficient acidity (low pH) to break down microorganisms with the food and destroy most of the invaders. Then, later when the food reaches the intestines, the good bacteria (probiotics) there prevent any foreign microorganisms that might have gotten through the other defenses from establishing themselves or multiplying.

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Unfortunately, most of us don't chew our food properly and don't have enough stomach acidity for the stomach to function at top performance. Most people also do not have enough probiotics in their intestines.

Now let's take a further look at why a healthy intestine is so important, and how it relates to your immune system.

## Leaky gut and the immune system

We know that good bacteria are critical for maintaining the integrity of the intestinal lining. The lining of the gut is supposed to be permeable to some extent, but selectively, to allow only broken-down nutrients to pass through. It shouldn't be so porous as to allow larger molecules like proteins to pass through.

Think of your intestinal lining as a gate, and probiotics as a security device to help stop proteins and toxic substances from passing from your intestines into your blood. If there is an imbalance in the ecology of these microorganisms, with not enough probiotics, then substances that you don't want to get into your bloodstream may be able to pass through the intestinal gate.

If the lining of the gut becomes compromised in this way—due to stress, environmental chemicals, and/or poor nutrition, which upsets the balance of good bacteria—that condition is called *leaky gut syndrome*.

The substances that pass through the gate when they weren't supposed to are identified by your immune system "police" as foreign invaders. The immune system then has to gear up to get rid of those invaders. It can go into overdrive as it tries to destroy these foreign substances, and this overstimulation of the immune system can at the same time weaken it. An immune response that becomes chronic can actually be a major factor in many health issues.

So, intestinal health is important for more than one reason, and probiotics are always good insurance.

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## Chapter 5: Making Your Own Kefir and Yogurt

Kefir and yogurt are both healthy foods that contain live probiotic cultures, if made properly and not heated to high temperatures. The difference between them is the different strains of probiotics that each contains, and all of them are beneficial.

So, eating kefir and yogurt at different times is a really great way of taking on a large variety of probiotic strains. And when you make them yourself, the cost is minimal! What's especially good about kefir is that you don't need a machine to make it. Here are the detailed instructions for making kefir, with a summary at the end of the chapter.

Buy some kefir starter culture from your health food store, or via mail order online. Kefir culture comes in the form of grains, which look a little like cauliflower. It is also available in powdered form, which is a bit easier to use. Either form is suitable.

Put a pot or saucepan on the stove with about one liter (quart) of milk in it, and bring it to a boil. The reason for boiling the milk is that you want to destroy any other microorganisms that may be in the milk so they don't compete with the kefir culture that you're trying to grow.

Remove the pot from the stove and wait until the milk comes to room temperature. Remember that the probiotics are alive and very fragile. If they become too hot, they'll die. So, when everything is at room temperature, add the kefir powder to the milk and stir it gently.

Take a clean glass jar such as a mason jar, and pour the contents of the pot into it. Put the lid on the jar, and leave it out on the countertop for about 16–24 hours. Now, what happens is an interesting biology lesson! The probiotics eat up the milk sugar, which is a source of energy for them and allows them to grow and multiply.

And multiply they do! This is the natural fermentation process that produces literally billions of beneficial microorganisms.

And this is why kefir, like yogurt, has a slightly sour taste—because there is no sugar left in the milk after the probiotics have eaten it. The probiotic content of the milk is also why it becomes thicker. Kefir naturally remains more liquid than yogurt.

Now, put your kefir in the refrigerator. The low temperature there will slow down the fermentation process so the probiotics don't continue to multiply at the same rate. They are still active, though. You can keep the kefir in the refrigerator for a few days as you consume it.



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Making yogurt is a similar process of introducing a starter culture to heated milk. For yogurt, it's best to use a yogurt-making machine that you can find in most stores that sell kitchen appliances. Really, the only reason for using a machine is that it keeps the milk at a constant temperature, and the probiotics that form yogurt seem to be a bit fussy about that!

But however you do it, making yogurt is very easy. The only cost will be the cost of the milk if you have a small amount of homemade yogurt left over to use as starter. A few tablespoons will do the trick.

I used to buy commercial yogurt to use as a starter for making my yogurt. It would have enough live cultures in it so that when I added it to milk, the cultures would be able to multiply and produce another batch of yogurt. So, I really never had to buy a starter culture.

This method no longer always works. Many commercial yogurts don't seem to have enough live cultures to be viable for use as a starter. If the product label says "active cultures," it should contain probiotics, and some of the more expensive brands do.

But to be sure you're getting the real deal, you can make your own, and use your own homemade yogurt or kefir as a starter. When the batch is almost used up, you just use a few tablespoons of that as a starter for the next batch.



If the taste of kefir or yogurt is too tart for you, you can add some fresh fruit to it, or a small amount of honey or maple syrup. Just don't put it into anything that was cooked or baked because that will kill the probiotics.

When I was a nurse, I worked with a young man who traveled abroad extensively. He would take a very large bowl and pour about five or six liters of milk into it. Then, he would put that bowl on top of his refrigerator, a place that is always a little warm and often a little dusty. He wouldn't put a lid on the bowl, so some dust got into it and the milk became warm, sour-smelling, thick, and sticky. Each day he would drink one cup from that bowl! No, it doesn't sound particularly appetizing. But he was filling his gut with loads of good bacteria so that when traveled, he would be able to eat pretty much everything without fear of sickness.

For the rest of us, we can use our good-tasting kefir or yogurt, and probiotic supplements in pill form from the health food store. That's a lot more pleasant!

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## A note about milk and allergies:

Some people are sensitive to dairy products and can't drink milk, but they often have no problem with yogurt or kefir. The culturing process "predigests" the milk and makes it more digestible so that immune reactions to it are less likely. If you know that you are intolerant of dairy products, try a small amount of kefir or yogurt to see if that makes a difference. If you still can't tolerate yogurt or kefir made with milk, you can use **water kefir**, which is made with the kefir starter added to a water-and-sugar solution. Recipes for water kefir are available on the Internet. See Chapter 12 (Resources) near the end of this book.

### Summary of kefir instructions:

- Buy kefir starter powder in a health food store or regular grocery store where you usually find milk, organic eggs, and butter.
- Bring one liter of milk to a boil.
- Remove pot from stove and let the contents come to room temperature.
- Add the kefir starter powder and stir gently.
- Pour the contents of the pot into a clean glass jar or Mason jar.
- Cover the jar and leave it on the countertop for 16–24 hours.
- Put the jar in the refrigerator. Now it can be eaten, and will keep for days in the refrigerator.

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## Chapter 6: Nutritional Supplements

### Superfoods

One way to be sure that your body has all the nutrients it needs to stay healthy is to use what is known as “superfood” supplements. These are actually minimally processed foods in a very condensed form, and they are very dense in nutrients.

One type of superfood product that I recommend is **concentrated greens powder**. You can get these from the health food store before your trip. There are many good brands and products, such as *Amazing Grass*, *Perfect Food*, and others. Choose one that contains a wide variety of greens, including land vegetables such as broccoli, cabbage, Swiss chard. Some products may also contain some sea vegetables.

Specially cultivated superfoods such as spirulina and chlorella are also excellent ingredients in these products. Avoid products that contain only one ingredient such as alfalfa so that you get a wide range of green foods to keep you healthy during your trip.

These powders, as well as most other supplements, can be added to your water bottle, or you can add a little juice to improve the taste. Some products include fruit concentrates or a natural sweetener like stevia, and taste quite good. *Amazing Grass* even has a chocolate formula, and children love it!

If your luggage space is limited, check to see how full the container of greens actually is. You may be able to combine the contents of two containers or use a smaller container. That is what I do for my children when they travel.

### Other supplements

Other key nutritional supplements you might consider to strengthen your immune system before and during your trip are:

- **Vitamin D:** The best form for the immune system is vitamin D3. You can find this in any health food store.
- **Vitamin C:** This is an important nutrient for the immune system. You can find this in any health food store.
- **Oregano oil:** This acts to prevent and fight infection. The taste is awful, but only a few drops are required. Make sure to get an oregano oil product that is diluted with other oils, NOT pure essential oil. I like to use oregano oil in tablet form, which is very mild tasting. This is great for children who refuse to take the liquid form (and I certainly understand why!). Or you can put a drop of the diluted oil on their feet and massage it in. If they wear socks overnight, the oil will be absorbed nicely during the night, and the awful taste can be avoided entirely.

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## Chapter 7: Food and Drink DOs and DON'Ts

If you go south to a resort, you need not worry too much about food safety; resorts are big business and they want to stay in business. They will make sure that all the food that you're eating there is safe. But if you go out of the resort area and you end up eating food in local restaurants that may not be accustomed to catering to tourists, then you'll need to pay close attention to what is being served.

Here are guidelines for safe foods and beverages outside of a resort.

### Water

Use bottled water! Don't drink the glass of water served to you at a restaurant because it may contain parasites. Don't use any ice either.

If you are in an area where good-quality water is not readily available, you can use food-grade iodine in pill or liquid form that you can find in a health food or sporting goods store. Don't use the type of iodine found in drug stores. Adding iodine to your water will make it safe to drink, because iodine is a powerful antibacterial agent. This is why surgeons use an iodine product to sterilize an area before cutting the skin for surgery.

In sporting goods stores, you can also find water filters of various types, which you can adapt to your water bottle. But that's for the more unusual travel destinations. Most of us can find and use bottled water.



### Beverages

You can enjoy bottled fruit juice, or hot beverages like tea or coffee. Soda pop is a good choice too, even though it's not the healthiest choice; it will be safe from parasites because it comes in a sealed bottle or can. Just be careful if soda pop is served to you in a glass with ice, because the ice is made from water that can contain parasites.

# Ticket to Healthy Traveling

## Fruit and vegetables

Avoid freshly cut fruit and raw vegetables. These are generally rinsed in water that may contain many parasites. Any fruit that you peel yourself is safe to eat, e.g., bananas, oranges, or grapefruit. But a nice looking salad with fresh tomato and cucumber, for example, would not be not a wise choice. Resist the temptation and go for something cooked. Be aware that cooked dishes are often served with garnishes of fresh vegetables, which you can leave aside. You can get the green foods you need from your greens supplements or from green vegetables served at a resort.

## Main courses

Choose foods that have been well cooked. For example, instead of a sandwich on fresh bread, choose a toasted sandwich, and avoid lettuce or other raw foods that might be in it. Soup is a good choice, because it has been boiled. Pasta dishes, meat, or poultry are good choices. It's often easy to find restaurants that serve baked chicken or fish.

If the higher quality foods aren't available, you can order pizza, hamburgers, or hot dogs! Even though those aren't healthy choices in the long term, the main concern in the short term is food safety, and those will be safe. Just make sure that everything has been well cooked—no rare steaks or runny eggs.



## Desserts

Baked desserts such as pies and pastries are safe, including those that contain cooked fruits. Avoid those that contain fresh fruit, or ice treats like Italian ice from street vendors.

## Avoid these common mistakes!

Most people are careful to avoid drinking contaminated water, but a common mistake is to brush your teeth with it! Again, if you are in a resort, you should be safe. But outside of the resort, don't even rinse your mouth with the tap water. Use your bottled water to rinse your toothbrush and to rinse your mouth.

I had an unfortunate experience when I was in Spain. This was many years ago before bottled water was widely available. I avoided tap water while brushing my teeth, but I opened my mouth to take a gulp of water when I was in the shower. I thought I was healthy enough to resist getting sick from that single mouthful of water. I ended up sick for ten days with cramping, diarrhea, and dehydration. I

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sprawled in the back of the car and saw nothing of the country while my friends, who were driving, had a wonderful time. That was an awful experience, and all for just one little bit of water!

## Oral hygiene

For brushing your teeth, you can use oregano oil, which will act as an antimicrobial to kill microorganisms between your teeth or in your mouth. Always use an oregano oil product that is already diluted with other oils, not the pure essential oil.

Here are several ways to use oregano oil:

- A drop or two can be used on your toothbrush instead of toothpaste.
- A drop or two can be added to a little mouthwash.
- Oregano oil can be swallowed and it will kill microbes in your digestive tract.

## Summary of DOs and DON'Ts

DOs
Bottled water for drinking and brushing teeth
Well cooked foods: soups, pasta, pizza, burgers, meat, poultry or fish dishes, potatoes, cooked veggies, baked desserts

DON'Ts
Tap water or ice
Raw foods: fresh fruits and veggies, except those you can peel yourself like bananas or oranges

# Ticket to Healthy Traveling

## Chapter 8: What to Do if You Get Sick

### More on food poisoning and how to treat it

We all know the symptoms of traveler's diarrhea—upset stomach and escaping body fluids—no fun at all! Let's look at why that happens and how to treat it.

Every time you eat, signals are sent to produce peristalsis, the wave-like motion that sends food through your gastrointestinal tract. These waves push the contents of your intestines toward your anus where you will have a bowel movement to eliminate waste.

This usually goes without a hitch. As you learned earlier, your food normally goes into the stomach and empties into the small intestine where the nutrients are absorbed through the intestinal lining and enter the bloodstream. Then, what is left goes into your large intestine (colon) where the excess liquid is absorbed so that when you have a bowel movement, the stool is fairly solid, not liquid.

However, when certain microorganisms appear in your gut, your intestinal ecosystem identifies them as troublemakers, and your body will speed up the peristaltic waves to get rid of the intruders quickly. Normal intestinal activity greatly accelerates and you may have pain or cramps as a result.

Because material is being forced through your digestive system faster than normal, it doesn't remain in the large intestines long enough for the water to be absorbed back into the body. That's when you have diarrhea that's watery or more runny than usual, and not a normal solidly formed stool.

This is really a good thing because your body is doing what needs to be done to eliminate the offending microorganisms efficiently.

When people get diarrhea, they usually run for the anti-diarrhea drugs. However, this is really not the best idea. I recommend avoiding them. Yes, they slow down the peristalsis, which stops the diarrhea. But this also means that the offending microorganisms remain in your intestines longer. That gives them a chance to be absorbed into your bloodstream, from where they could go anywhere in your body, because your blood goes everywhere. Those bugs could potentially go into your kidneys, your liver, your heart, or lungs. You really don't want that.

Let's face it: diarrhea is not pleasant. But it's better to go through it when necessary and get the nasty microorganisms out of your system rather than suppressing it and putting your health at risk.

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If you do get diarrhea or any symptoms of food poisoning, the main risk is dehydration from loss of fluids. There are a few things you can do to help:

1. **Prevent dehydration.** The best thing to do to support the body and avoid dehydration from diarrhea or vomiting is to try to drink good-quality water whenever you can. If you're sick, you may have trouble keeping anything down, so take small sips. Remember to drink a lot of water even when you're not thirsty, to keep yourself hydrated.
2. **Take electrolytes.** With diarrhea or vomiting, you will lose essential electrolytes (minerals) which must be replenished. Otherwise, you will be very weak and tired and it will be difficult for your immune system to do its job to bring you back to good health. It's a good idea to add electrolytes to your drinking water, and you can find them in several forms:
  - *Pedialyte* can be found in drugstores.
  - Electrolyte drinks, dropper bottles, or drink mixes can be found in health food stores or sports stores.
  - *Gatorade* or similar sports drinks are available in many grocery stores or supermarkets.
3. **Get calories.** You will probably not be able to eat, especially if you have vomiting or diarrhea, so you will need to get calories from types of food that don't require much digestion. Some good examples are:
  - honey: small amounts will make a big difference. Honey is high in minerals and sugar as well.
  - molasses: There is enough sugar in half a teaspoon of molasses to keep you going for a while. Molasses is also very high in electrolytes.
  - maple syrup: also very high in minerals and sugar.

If you don't have access to these best sources, you can even take something like candy that is high in sugar although low in nutrients. Or try some orange juice and put a tablespoon of sugar in it. The idea is that you want to prevent weakness from low blood sugar so you can recuperate faster.

4. **Use a homeopathic remedy for loss of fluid.** If you have a kit with homeopathic remedies, *China* would be the right remedy to treat the weakness from loss of fluid. Take *China* a few times during the day by placing the tiny granules under your tongue. This is not inconvenient for people with diarrhea and won't cause vomiting. The little granules will melt in your mouth and will help your regain stamina. See Chapter 10 for more detailed information on remedies.

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## When to seek medical attention

For food poisoning/diarrhea, seek medical attention if:

- the symptoms last longer than five days,
- you develop high fever or severe abdominal pain that does not resolve with bowel movement, or
- you produce bloody stools.



## If you need to take antibiotics

If you are taking antibiotics, be sure to take plenty of probiotics as well during and well after you're finished with your course of antibiotics. The probiotics will not interfere with the therapeutic action of the antibiotics, but will work to repopulate your intestines with the good bacteria that have been killed off as "collateral damage."

## In summary

Overall, the idea is to replace the water you've lost, to provide calories, and to replace electrolytes.

Now you know:

- how to prevent diarrhea by providing your gut with lots of probiotics,
- to avoid drugs that suppress diarrhea, and
- how to replenish your body and prevent dehydration if you do have diarrhea.

# Ticket to Healthy Traveling

## Chapter 9: Homeopathy

### What is homeopathy?

Homeopathy is a system of medicine discovered by Dr. Samuel Hahnemann over 200 years ago. The remedies have undergone extensive clinical testing, and homeopathy has a long history of safe and effective use. When chosen properly, homeopathics can reach to the roots of health problems, which diet or lifestyle changes alone can't remedy.

Dr. Hahnemann discovered that we heal only according to certain laws of nature. When the proper remedy is given to clear a particular disturbance, according to natural law, then your own inner healing power can complete the rest of the process to get you fully back on your feet.

The remedy will help to speed up the recovery process and often dramatically reduce the time spent in discomfort. Very intense symptoms often resolve quickly with the right remedy.



### How are homeopathic remedies made?

Homeopathic remedies are made from many different types of natural substances, one substance per remedy. These include minerals such as salt and calcium, plant parts such as flowers and leaves, and animal substances such as milk and bee venom. The substances are highly diluted, then shaken in a way that greatly increases their therapeutic value while eliminating any possible toxic effect.

There are standard rules that all homeopathic pharmacies follow for preparing the substances. These are contained in published documents called *pharmacopeias*.

### How to choose the right remedy

When you have an injury or acute illness, you can use a homeopathic remedy that is appropriate for the acute symptoms that you are experiencing.

For example, if you have a fever and are also agitated and thirsty, you will require one particular remedy. Another time, if you have a fever, but also happen to be lethargic and

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not thirsty, you would require a different remedy. We match the whole *symptom picture* of the person to that of the remedy.

Some situations always call for the same remedy. For example, if you fall and bang your knee, you will need *Arnica*, just as everyone who bangs their knee can use *Arnica*.

Remember that the illnesses you may be treating when you travel will be acute, self-limiting illnesses. Chronic illnesses require the skill of a professional homeopath to treat properly.

The list of remedies for specific conditions in the next chapter will show you how to choose the correct remedy for your particular situation. You'll also learn how to purchase remedies and how to take them. After you have used the remedies a few times, you will become more familiar and comfortable with using them.

If you need more information on how to choose remedies, you might want to refer to a homeopathy self-help book that deals with common remedies for many different situations. You can find such a book on the Products page on my website, <http://homeo.ca>.

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## Chapter 10: Remedies for Specific Conditions

This chapter contains an alphabetical list of travel-related symptoms and conditions, with the most commonly used homeopathic remedies for each. You can refer to this chapter as needed to look up the particular symptom or condition that applies, and see which description fits best.

The properly chosen remedy may not describe all of your symptoms, and by the same token, you may not be having all of the symptoms that are described under that remedy. Your symptoms might not be as intense as described either. Just get a general sense of the *picture* that each remedy portrays, and see which one fits your symptoms best.

If, after reading the remedy descriptions, you are sure of the remedy you need, use only that one remedy. If you aren't sure which one to use, you can use two or three that seem a close match, and take them together. Chapter 11 will teach you how to take the remedies and how often.

If you don't happen to have the remedy that's your first choice, you may try another one that fits reasonably well.

Note that remedy names are often abbreviated. For example, "*Nat-phos*" is short for *Natrum phosphoricum*. Some remedies like *Arsenicum album* and *Veratrum album* are commonly referred to by their "first names" only (*Arsenicum*, *Veratrum*, etc.). You will see the full remedy names on the product labels.

Always remember that basic first aid measures should be taken, such as cleaning a wound with soap and water, applying bandages, etc. Homeopathic remedies never take the place of those basics. Seek medical attention when necessary.

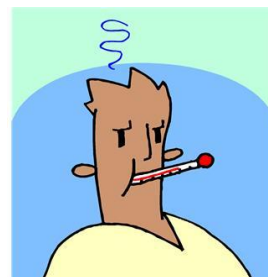
### Fever

For high fevers and when septic infection is suspected, medical attention may be necessary, but you can use homeopathic remedies to reduce the severity of the problem while arranging for that. *Aconite* and *Belladonna* are the two most common remedies for fever.

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The remedy descriptions are given below. Also refer to the Appendix at the end of this book for more information about fever.

**Aconite** is a good choice when the person is **anxious** and **restless** with the fever. They may be so restless that they have trouble sleeping, and their symptoms are worse in the evening until around midnight. A fever that calls for *Aconite* may occur after some kind of frightening experience, so it's always a good idea to ask the person whether something like that happened just before they became ill. The person who needs *Aconite* usually prefers to be uncovered when they have fever, and their face may be flushed while lying in bed, but they become pale when they get up.



**Belladonna** is the remedy for fever that comes on **suddenly** and **rises quickly**. The person is burning up with heat, and their face is continually **very flushed and red**. You can literally feel the heat coming off of them. They may have pain that feels throbbing or shooting, and they generally feel worse between 3 PM and 3 AM. You may be surprised that they prefer to have a blanket on them, even if they are sweating under the blanket!

**Lachesis** is a good remedy for septic infections, especially when a **wound has become infected** and a lot of pus is being discharged. The person feels **worse in a heated room**, but better in cool air or when being fanned. Their skin can be **cold and clammy**, and they won't be averse to being touched. With *Lachesis*, the person feels better once some kind of discharge begins, as with an oozing wound.

## Food poisoning (vomiting and/or diarrhea)

**Nux vomica** is for simple reactions to bad food. It's also good for indigestion that often accompanies change in routine with overindulgence in rich food and alcohol. The typical symptoms include: **cramps, sore abdomen and intestines, and gas** with pressure upwards.

**Carbo veg** is made from vegetable charcoal. You'll want to take *Carbo veg* when you have that uncomfortable **bloated** feeling from gas. You might feel **exhausted** and **chilly**, and might feel **faint**. Other symptoms include feeling sleepy, belching, and a feeling of heaviness in the stomach, a full feeling. There can also be intestinal cramps with foul flatus (farts) where the person feels like bending double. The person feels better when they burp and when they get some cool, fresh air.

**Arsenicum** is excellent for severe diarrhea. There can be rather **violent, burning pains in the stomach**. The person might be very **thirsty** for sips of cold water. Other symptoms include **diarrhea** of foul, dark stools, which exhaust the person. They feel weak but restless. Symptoms may diminish with hot food and drink, and hot compresses.

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**China** is the main remedy for weakness due to loss of vital fluids as with prolonged vomiting or diarrhea. The person who needs *China* feels distended with **gas**, but passing it gives no relief. Symptoms generally diminish with hard pressure, bending double, loosening clothes, and warmth. *China* is also the main remedy to use in case of malaria.

**Ipecac** is mainly used for **nausea**, and is good for **indigestion with diarrhea**. The person has constant nausea with vomiting of food and sometimes bile. The stomach can feel as if it's hanging down, and there may be a cutting pain in the center of the abdomen. There may be a great accumulation of saliva in the mouth. The person feels worse in hot and damp conditions, and feels better in open air or near an open window.

**Veratrum album** is well known as a remedy for great weakness. It's also the best remedy for botulism. There would be **violent retching or vomiting** of yellow, green, or black vomit, and shuddering. The person feels severe cramping over the whole body. They may crave acidic fruits, and ice water, even though they feel worse drinking. They feel icy cold, with cold sweat, and there may be extreme weakness, even collapse. The least movement makes them feel worse, and they feel better lying down and drinking something hot.

## Heat exhaustion (see also Sunburn)

Heatstroke is a medical emergency and requires immediate medical attention. If fainting, loss of consciousness, or high fever occur, give the homeopathic remedy while getting the person to the nearest medical facility.

For simple heat exhaustion, take the usual first-aid measures: get the person to lie down in a cool, dark area and wipe the skin with a cool cloth. Have them drink water with salt or an electrolyte supplement such as *Pedialyte* or *Gatorade* as discussed in Chapter 8.

**Belladonna** is the remedy for heat exhaustion when the person is **feverish**, has a **throbbing headache**, a **red face** and is in a **drowsy** stupor. The headache may feel better when bending the head backward and the person feels better in general by sitting quietly with their head covered.

**Cuprum** is a good remedy for heat exhaustion, particularly when the person has **cramping**. The person may be in a kind of stupor with **jerking of muscles**, and even convulsions may occur. They will be **sweating** profusely, and be **extremely weak** to the point of collapse. So if you see the person has cramping, is faint, pale, feels cold, and has nausea and a rapid pulse—or if most of those symptoms are there—use *Cuprum*.

**Glonoin** is made from nitroglycerine, the explosive. (GL = glycerin; O = oxygen; N = nitrogen). So think about *Glonoin* as a throbbing headache from blood congestion to the

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head. Now, remember that the remedy is produced in a homeopathic form, so there is no actual nitroglycerine in the remedy! But the remedy has a similar energy.

*Glonoïn* is a great remedy for sunstroke or heatstroke, with **fever, throbbing headache**, a **red face** and **stupor**. The skin may not be as burning hot as with the person who needs *Belladonna*, and this person feels worse bending their head backward. They may feel worse if you put something cold like a cold towel on them, but they feel better if you apply pressure on their head. They generally feel better out in the open air or near an open window.

## Injuries

### Bruises

***Arnica*** is the “aspirin of homeopathy.” For any kind of accident or injury, this is the first remedy that should come to mind. Use *Arnica* for anything that’s sore, bruised, or aching due to an injury.

***Bellis perennis*** is for deeper injuries that have gone down to the muscles and joints. *Bellis* is good to use along with *Arnica*.

***Hypericum*** is the Latin name for St. John’s Wort, a herb that has become well known as a remedy to treat mental depression when used in herbal form. Here, in homeopathic potency, *Hypericum* is specific to nerve damage. Any severe injury, especially where a limb or other part has been crushed, accompanied by excruciating, shooting pain and great sensitivity to touch, calls for *Hypericum*.

I use *Hypericum* for any injury that involves the head or spine. That would include a concussion or bump on the head, or a fall on the tail bone or spinal concussion.

***Lachesis*** is good for the severe bruising of a black eye. It will help the blood be reabsorbed into the tissues. *Ledum* does the same thing to speed up blood resorption. The pain that calls for *Lachesis* is worse with heat and worse with pressure on it, but better with cold.

***Ledum*** is for black eyes and bruises, especially when the bruised part feels cold and numb. Any time an injured part feels cold, use *Ledum*. It’s great for sports injuries. The person may feel cold generally, but interestingly, they don’t crave warmth but feel better with their head out in the cold air, or with the injured part in cold water! *Ledum* is also good for gout when the toes feel cold, but the person still feels better by soaking their feet in cold water.

***Ruta graveolens*** is for bruising of the bone or tissue surrounding the bone (the periosteum). The person who needs *Ruta* has a sore, bruised, lame feeling in the

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injured part. *Ruta* is my choice of remedy for any injury to tendons and ligaments, like a sprained ankle or twisted wrist. I often use it along with *Rhus-tox* and *Arnica*.

## Cuts and scrapes

***Calendula*** is the main remedy for shallow cuts and scrapes. It can be taken by mouth in homeopathic form, but I use it more in tincture (liquid) form. It is easy to dilute the *Calendula* tincture in water, at 1 part tincture to about 20 parts water, and apply that on the open sore. It will act as an antiseptic to clean the wound.



*Calendula* is also available in a gel or ointment form, but those should only be used on shallow cuts, not deep wounds. The tincture is the best because it can be used on any type of cut or wound.

### Using *Calendula* for Deep Wounds

If the wound is deep, it's best to use *Calendula* **tincture**, which is a liquid, rather than a gel or ointment. This is because the liquid will be able to seep down into the wound to allow the deeper layers to heal.

If you put the gel or ointment on the surface of a deep wound, the surface layers of tissue will heal over, leaving the deeper layers unhealed. Then, any pus being formed underneath won't have a way to be expelled. So always use *Calendula* tincture (liquid) rather than the gel or ointment when you have a deep wound.

*Calendula* tincture is also good to use as a mouthwash for an infected or abscessed tooth or gums.

***Hypericum*** is used for deep cuts with much pain and hypersensitivity to any touch. The pain is a characteristic shooting pain from the site of the injury, which is often quite excruciating and intolerable. *Hypericum* has an affinity for nerves, so think of *Hypericum* any time you injure a part that is rich in nerves, such as fingertips, toes, spine, or teeth.

***Staphysagria*** is used for clean cuts and lacerations from sharp instruments such as knives and scissors. The pain is stinging and smarting. The person needing *Staphysagria* feels worse from motion or moving the injured part, and better with heat and pressure on the injured part.

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## Dislocated joints

A dislocated joint may require medical help to reset it into place supplemented by homeopathic remedies. **Arnica** is the number one remedy for this and all traumatic injuries.

**Rhus-tox** is excellent for muscles, tendons, and ligaments. In the case of a dislocated joint, all of those are involved, so the extent of damage may be greater than with a simple injury to one of those parts. I often make up a combination of *Arnica*, *Rhus-tox*, and *Ruta*, and label it “Physical pain.”

## Eye injury

**Aconite** is often known as “*Arnica* for the eye!” I give *Arnica* first for any injury, but when it’s an eye injury, I use *Aconite* right away. *Aconite* relieves the pain and inflammation of an eye injury, or any injury involving a possible scratched cornea. It’s also good to use after removing a foreign object from the eye.

**Euphrasia** is the best remedy for conjunctivitis or eye inflammation after an injury to the eye. The eye will be hot, burning, watery, and sore. The person needing *Euphrasia* will generally feel better on getting out into the open air, except for the problem eye, which may tear up. An eye bath will feel very soothing.

I would use *Arnica* or *Aconite* along with *Euphrasia* if the eye problem is due to an injury. The eye is a delicate part of the body, and if you are not sure of the severity of the injury or the extent of damage to the eye, seek medical advice to be safe.

**Lachesis** is great for black eyes or significant bruising around the eyes. It helps the body reabsorb blood from the broken blood vessels. The person who needs *Lachesis* for their eye usually finds that the pain feels worse if they put a hot compress on the eye, and it feels better with a cold compress.

**Symphytum** is used for blunt trauma to the eye, such as when a tennis racquet or tennis ball hits the eye.

## Fractures

An X-ray is usually needed to determine if you have a fracture. If you have a great deal of pain from an injury, with swelling and difficulty moving the injured part, you may have a fracture and should have an X-ray.

For a fracture, I recommend taking a herbal infusion made with horsetail and/or nettles. These two herbs contain the minerals required to repair the bone. To prepare the

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infusion, find some horsetail or nettle (growing wild or in dried form from a health food store). Place the herbs in a glass jar and fill the jar with boiling water to the very top because you don't want too much air in the jar. Place the lid on the jar and let it stand for 24 hours. Strain and drink. That infusion, which is easy to prepare and costs next to nothing, is the best for repairing a broken bone and/or keeping your body strong in general. It's even better than taking calcium supplements!

Here are the homeopathic remedies commonly used for fractures.

**Arnica** is always the first remedy to choose for the trauma of the fracture.

**Bryonia** is a good remedy for someone who particularly wants to stay still when injured. Any movement can make the pain worse, which is often the case with fractures, especially rib fractures. *Bryonia* is specific for the bursa of the joints, which is like a pouch or a fluid-filled sac of liquid between two bones that provides a cushioning effect. If a bursa is punctured, the joint will be very swollen with the liquid spread through the joint. Any movement will become painful. The description "worse with any movement" is specific to *Bryonia*.

**Calc phos** is not a specific for the fracture itself but will help the healing process by promoting the recalcification of the bone. *Calc phos*, a calcium salt, is actually used in homeopathic form for other situations when you want to strengthen bones or teeth. It's good to take calcium supplements, but the *Calc phos* in homeopathic form will help the body use the calcium better.

**Silica** can be used if you know that the bone has been slightly chipped. It will help with that repair.

**Symphytum** is the number one remedy for the fracture itself. If the bone needs to be set, be sure that is done before you take the *Symphytum* remedy! *Symphytum* works to heal the bone so well that if you take it while your bone is out of place, the bone may begin to heal in a crooked position. However, once the bone is set where it's supposed to be, or if your fracture is minor and doesn't require setting, then *Symphytum* will be your best remedy.

## Head injury

For any significant head injury, I recommend always seeking medical advice. Here are the signs that the person with a head injury needs medical attention:

- If there is impairment of consciousness to any degree, from feeling lethargic and drowsy to total loss of consciousness.
- If the mental state of the person changes rapidly and unexpectedly.

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- If there are any signs of neurological disturbance, such as slurred speech, visual abnormality, weakness or difficulty moving a limb, pupils of the eye are different sizes, numbness, fits, or convulsions.
- If vomiting occurs; this may be a sign of concussion.
- If there is clear or blood-stained watery fluid coming from the ear or nose.

If you see any of these signs, give the homeopathic remedies as you're getting the person to the closest medical facility.

**Arnica** is for the shock and the bruising.

**Kali phos** is for weakness and exhaustion after a head injury.

**Nat sulph** is for the person who has headache with a crushing, gnawing pain at the base of the skull. They might be drowsy, be sensitive to light, and feel a buzzing or pain in the top of their head. The person feels better in cold air. *Nat sulph* can also be used a long time after the head injury, when the family notices that the person has “never been well since” the head injury.

I have seen many clients who were suffering from long term effects of a past head injury. Now, as a routine, I give *Nat sulph* to any client who has had a head injury.

## Strains and sprains

**Arnica** is always the number one remedy in case of accident, injury, or shock. It works on muscles, ligament, or joints, and is great for those aches and pains of overexertion from a long day of tourist activities. You might feel pain and stiffness, and may have swelling, bruising, and inflammation around a knee or other joint.

For sprains and strains, I mix *Arnica*, *Rhus-tox*, and *Ruta* together. (See Chapter 11 for instructions on dosing.)

**Bellis perennis** is more for deep injuries to muscles and joints.

**Bryonia** is also for ligaments and joints, but the characteristic of *Bryonia* is that the slightest movement or motion makes the symptom worse. The person just wants to lie very still or keep the injured part very still.



**Ledum** is for muscle tissues and joints, especially when the injured area feels cold or numb and feels better when you apply something cold to it. *Ledum* can also be used for bruises because it helps reabsorb the blood from the broken blood vessels.

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***Rhus-tox*** does wonders after a day of gardening, hiking, or snow shoveling! It's good for ligament, tendon, and muscle strain due to overexertion. *Rhus-tox* is a good choice when your muscles feel stiff, when it's hard to get the initial motion going, and when you can move more easily once you have kept the affected part moving for a while.

*Rhus-tox* is often called the “rusty gate” remedy because of that. You feel as though the continual movement is “oiling” the rusty part and that loosens things up so you can move more easily and with less pain or stiffness. Think about people who sit for a long time and find it hard to stand up and start moving. However, after less than a minute, they feel fine and the stiffness is gone. This is a sure sign for *Rhus-tox*.

## Puncture wounds

***Apis*** is a good remedy for a puncture wound that feels warm with a stinging type of pain. Think of what a bee sting feels like: swollen, hot, and red, and feels better with something cold on it. *Apis* can be used for any type of puncture wound that feels like that. There is usually some swelling at the site of the injury.

***Hypericum*** is used when the pain is a sharp, shooting type of nerve pain. This type of pain can sometimes be excruciating because the nerve is being affected at the site of the injury.

***Ledum*** is used when there is redness, swelling, and throbbing pain with a puncture wound. The wound feels cold to touch, and even so, it feels better putting something cold on it.

## Insect and animal bites

Seek medical attention in any of these cases:

- The bites or stings are from an animal or insect that is known to be poisonous.
- The person is known to react badly to that bite or sting.
- The person's level of consciousness is impaired after a bite or sting.
- There is severe swelling that develops rapidly, especially if the swelling is around the mouth and throat.
- The person is having any difficulty breathing.



***Apis*** is a remedy made from the venom of a bee. It's used for bee stings, by the homeopathic principle of “like cures like.” *Apis* is also a great remedy for other types of stings that produce the same type of symptoms that you get with a bee sting. The affected area is very red, with swelling, and it feels hot with a stinging pain. The pain will feel worse when heat is applied to the area, and better with cold.

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**Ledum** is the number one remedy for bee stings when there is swelling, redness, stinging, and pricking pain. However, unlike *Apis* where the affected area feels hot, with *Ledum*, the affected area is cold. The affected area also feels better when cold is applied to it.

**Natrum muriaticum** is another commonly used remedy for bites and stings. The person is bothered by heat, is sensitive to sun, and feels better with a cool bath or with the application of something cool.

**Staphysagria** is especially good for children with mosquito bites that become large and irritated.

**Urtica Urens** is for hives (nettle rash or urticaria).

## Jet lag

**JetZone** (<http://www.antijetlag.com/jetzone/>) is a great homeopathic product sold in health food stores and many pharmacies. This is a formula containing a combination of remedies that are the most common ones for jet lag. JetZone is used by many seasoned travelers, and airline personnel can use it as well because, just like all homeopathic remedies, it has no side effects!

Actually, there are many homeopathic products for jet lag, so if you can't easily find JetZone, you may be able to find others locally or by mail order online.

The main single remedies for jet lag are:

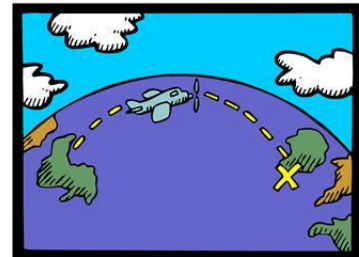
**Cocculus**: for drowsiness, fatigue, constant drowsiness after loss of sleep, headache from traveling

**Nux vomica**: for a feeling of disorientation

You can also prepare your own jet lag remedy formula by adding a few granules of *Cocculus* and a few granules of *Nux vomica* to your water bottle. Let the granules dissolve and then shake your water bottle by bumping it in the palm of your hand 100 times or more. (See Chapter 11 for more details on how to take remedies.)

## Motion sickness

We think of motion sickness as being a disturbance of the stomach, but actually the problem originates in the inner ear. Motion sickness can be caused by air travel, riding in a car or boat, unusual postures, or visual cues that are confusing, all of which can disrupt the body's balance mechanism. Motion sickness is often worse with lack of



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ventilation, like in a closed space with cigarette smoke or when breathing exhaust fumes.



**Cocculus indicus** is the most common remedy for motion sickness and is also effective when taken before a trip as a preventive measure. It's for motion sickness brought on by watching moving objects go by. There is nausea that gets worse from seeing or smelling food. The person may feel very weak and dizzy and need to lie down.

**Tabacum** is particularly helpful for sea-sickness with nausea, and a sinking feeling in the stomach. I've never heard of a case of motion sickness that was not helped by *Tabacum*! The person who needs *Tabacum* may have the kind of gray-green complexion that is often humorously associated with motion sickness. The person may feel icy cold or have a cold sweat.

**China** is very effective for the after-effects of motion sickness. The person is fatigued from loss of fluids, in this case from vomiting. (Make sure you don't confuse *China* with another remedy called *Cina*.)

## Parasitic infections

**Cina** is mainly for pinworm and threadworm. The person may have an itchy anus, the urge to pick their nose, and intense hunger accompanied by pale complexion, dark circles under the eyes, grinding of teeth at night, spasms, twitches, seizures, and intense irritability. (Be sure not to confuse this remedy with another remedy named *China*.)

**Cuprum oxydatum nigrum** is for roundworm, tapeworm, and trichinosis. Symptoms may include nail biting, seizures, spasms, and nervous tics.

**Filix mas** is for tapeworm. Symptoms include itching nose, restless sleep, and dark circles around the eyes.

**Natrum phosphoricum** is for worms related to excess sugar. Symptoms include sour belching and sweating, with gas and colic. The person may crave fried food like eggs and spices, and may have an itchy nose.

**Sabadilla** is for pinworms and tapeworms. Symptoms include an itchy anus alternating with itching of nose and ears. There may be twitching, convulsions, and trembling.

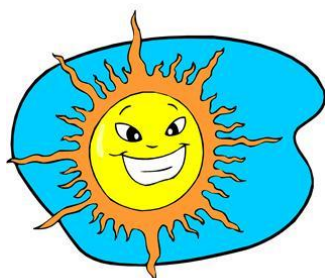
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**Spigelia** is for worms. Symptoms include an itchy anus and bad breath. The person may be sensitive to tobacco. Other symptoms include facial neuralgia (pain), sensitivity to touch, and stuttering.

## Sunburn

Homeopathy can be used in so many ways. Here's an example of applying the principle of homeopathy using heat!

A mild sunburn, with redness and intense heat, pain, and swelling is typically a first-degree burn. A homeopath friend of mine once suggested applying gentle heat on a burn, instead of yielding to the usual inclination to apply something cold. Using gentle heat is actually an application of the homeopathic law of similars: *like cures like*.



After a bad sunburn, I tried this method by applying a towel soaked in warm water to the burned area. I can tell you that it wasn't very comfortable at all! However, the sunburn healed very quickly after that. This method can speed up the healing time and prevent blistering and scarring.

I've heard that many people whose line of work puts them at risk for burns intuitively know to apply heat to a burn. If you burn yourself on a hot stove, for example, you wouldn't put your hand right back on the hot stove, but you'd use some heat source such as warm water, which is not quite as hot as the heat that burned you. You could even use the same heat source that burned you, such as the fire in your fireplace, but just make sure you're not as close to it so the heat is less.

I suggest not to apply any oily substance to the burn, and avoid sunscreen cream, oil, or gels, because these will keep the heat in the tissues and prevent it from escaping. When you have a sunburn, stay away from the sun, wear light clothing over the burn, and keep the burned area in the shade.

*Calendula* tincture can be applied to the skin and is quite soothing. In most tourist spots where sunburn is a common problem, you'll have a good chance of finding *Calendula* tincture if you don't have it in your remedy kit. It often comes in a spray bottle, making it very easy to apply. You might find it in a drugstore or in the resort store.

**Cantharis** is the most common homeopathic remedy for sunburn, usually used for second- and third-degree burns. If used early, it can prevent blistering. Burns that call for *Cantharis* will feel better with cold water, and lying down and resting.

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***Urtica urens*** is the second choice, and is also one of the best remedies for scalds with hot water. Sunburns result in intense burning, itching, crawling, and stinging. Use *Urtica* with first-degree burns when the skin is not broken. There may be prickly heat, swelling, and reddening of the skin. There may be small, clear, fluid filled blisters, with peeling skin afterwards, as is often the case with sunburn. The burning sensation is aggravated with cold water, at night, and with heat. The person will just want to lie still.

***Apis*** is for the sunburn where cold bathing offers great relief. *Apis* is from the honeybee, so think about the similarity with a bee sting. The sunburn will be a rosy red color, and there will be a lot of swelling and sensitivity, with intense stinging, burning, prickling. The skin feels burning, hot, and dry. The person feels better with cold bathing and cool air.

***Arsenicum album*** is for burns that feel like fire. The person may also have other symptoms of *Arsenicum* including feeling anxious, restless, and weak. The burn actually feels better when applying something warm to it.

***Rhus tox*** is made from poison ivy, and is good for any symptoms from any cause that feels like poison ivy. The skin is red, swollen, and itchy, with burning blisters like hot needles. As with *Arsenicum*, the burn actually feels better with hot water.

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## Chapter 11: Where to Buy and How to Take Remedies

### Homeopathic remedy kits

A remedy kit is a small, light box containing a selection of the most commonly used remedies. It's a wise investment for you and your family for years to come! Because these dry remedies have no expiration date, a remedy kit can be passed on to your children when they become parents, and they can pass it on to their own children. Homeopathic practitioners dream about coming across old remedy kits from past generations!

When an acute problem or first-aid situation strikes, it's great to have a remedy kit on hand. You can buy such kits on the Products page of my website <http://homeo.ca/>. The kit containing 200 remedies is great for at home, and the kit with 50 remedies is very convenient and easy to carry around when traveling.

Another option is to purchase commonly used remedies individually from a health food store. The availability of remedies may vary. Many stores will order a particular remedy that you need if they don't have it in stock. The 30C potency is best for most people.

If you already have a general purpose remedy kit, you could take that along or select just the remedy vials listed in Chapter 10 to take with you.

### Dosing

Homeopathic remedies are energy medicine, and only a very small amount is needed for one dose. Remedies may come in various forms—pellets, tiny granules, or liquid—and you can use any of those. One pellet, granule, or drop equals one dose.

The tiny granules are sometimes difficult to dispense. If you try to pour out one and get two or three instead, you can take them all as one dose; it will have the same effect. It may seem counterintuitive, but the number of pellets you take at one time doesn't matter; whether it's one or three pellets, the effect is the same. That's because we're working with the energy of the remedy, not a chemical reaction as with a drug.

What's more important than how many pellets per dose is how frequently you repeat a dose. Of course the remedy vial will last longer if you use only one pellet per dose, and at that rate, vials often last a lifetime!

After you have identified the remedy needed from Chapter 10, take one dose, and then repeat the dose if necessary according to this guideline:

**The more intense the symptoms, the more often you take a dose of the remedy.**

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For example, if you are having very intense symptoms such as vomiting and frequent diarrhea, you can take a dose of the remedy every few minutes for an hour or so, or until the symptoms begin to subside.

Then continue dosing less frequently until the symptoms have disappeared. The usual frequency for milder acute symptoms is one dose three times per day.

If you have repeated the dose several times and your symptoms don't seem to be clearing up, look again at Chapter 10 and see if a different remedy might fit the symptoms better. You can switch to a different remedy at any time if you think it fits better. There will be no adverse interactions between remedies.

## Sipping method of dosing

A convenient way of dosing when you need to take a remedy frequently is to put one dose of the remedy into a small glass of water (from your bottled water) or directly into your water bottle. Shake the bottle many times by banging it against the palm of your hand; about 100 times is good. Then, one sip equals one dose. In that way you can have access to the remedy as often as needed in a very convenient form.

If you're not sure which one remedy to choose, and there are two or three that are a close match, you can put a few granules of each of those remedies into your water bottle and take them all at the same time.

Many situations call for repeating doses often if the symptoms continue, and the sipping method works well for that. For example, if you're hurting from too much hiking, you can sip from your remedy bottle many times throughout the day. As the symptoms begin to subside, then you can stop the remedy.

Sometimes multiple remedies are called for at the same time. A common example of that is using *Arnica*, *Rhus-tox*, and *Ruta* together for sprains and strains as we described in the previous chapter. In that case, you would take a few granules or pellets of each remedy and put them together into your water. Then, one sip of that equals one dose, the same as with a single remedy.

If a person is so ill that they can't take anything by mouth, a drop of the remedy can be put on their lips and it will be effective that way. Or, if you have remedies in small granules the size of poppy seeds, just one of those popped into the mouth will not be a problem for anyone.

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## Traveling with your remedies

People are often concerned about taking their remedy kits through airports where they may be X-rayed. Being energetic, homeopathic remedies can't actually be destroyed by any physical force including radiation. (This also means that homeopathics can't be destroyed by strong substances such as coffee or mint, as is often believed.) Remedy kits can last indefinitely, and because you use such a small amount per dose, you rarely have to worry about running out!

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## Chapter 12: Resources

### Essentials to pack



- A bottle of food-grade iodine pills for making your drinking water safe, if necessary.
- Your homeopathic remedy kit as described in Chapter 11
- Probiotic supplements
- Other key nutritional supplements such as green food powder, vit C and D
- A mineral or electrolyte powder like Pedialyte or even Gatorade powder
- Oregano oil to brush your teeth with and take a drop several times a day. See important notes on oregano oil in Chapter 6.

### Websites for further reference

Centers for Disease Control and Prevention (CDC) page on Travelers' Health:

<http://wwwnc.cdc.gov/travel/>

Everything you ever wanted to know about kefir:

<http://users.sa.chariot.net.au/~dna/kefirpage.html>

# Ticket to Healthy Traveling

## Appendix A: Fever and How to Treat it Naturally

Many of my clients and others I meet often express anxiety about high fevers, especially with their children: they're just not sure what to do. I thought I'd provide some very practical information that will help understand that fever is friend rather than foe, and how to help that friend do its job quickly and provide relief!

Chapter 10 provided a detailed description of the most common remedies used for fever, and you can refer back to that chapter when you need to.

### What is fever, anyway?

Fever is inflammation, a generalized inflammation that affects the whole body. We know that when we have fever, we feel awful all over, not just in one particular spot. We also know the key signs of fever: a higher-than-normal temperature, often with characteristic body aches. The body is working hard to attack and destroy bacteria and viruses. In its wisdom, the body knows that the way to burn them up is by turning up the heat!

It's the immune system that is responsible for this important function of self-defense, where heat is produced to destroy microorganisms. We know that reduced immunity is associated with many chronic illnesses. Think about all the conditions out there that are related to a deficient immune system that isn't doing its job effectively—conditions like asthma, allergies, Crohn's disease, type 1 diabetes, Graves' disease, ulcerative colitis, multiple sclerosis, rheumatoid arthritis, lupus, and more!

When we think of it this way, a fever is actually a good thing. It's an important weapon that the immune system uses in its fight to protect us. In most cases, we really don't want to use drugs to bring the fever down because we don't want to interfere with what the body is trying to accomplish naturally. Fevers may bring aches and discomfort, and no one really likes that, of course! But by the same token, we must understand that fever brings with it a real benefit.

### What about the risks of high fever?

The main risk associated with fever is febrile seizure. This can happen when the body temperature rises to a high level too quickly. Many people are afraid of letting a fever remain high, but even if a febrile seizure occurs, it really never causes any permanent damage. If you're concerned that your child's temperature is rising too quickly, be sure to uncover them and wipe their skin with a cool cloth.

I personally don't give fever-reducing drugs to my children, but I do give them homeopathic remedies and take some simple steps to help them feel better. I'll tell you

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exactly what I do for my children when they have a fever, which is exactly what I recommend to my clients.

## What should you do for fever?

When you or your child has a fever, remember these basic supportive measures, which will go a long way toward helping the fever resolve itself as quickly as possible:

- **Allow the body to get the rest it needs.** The job that the immune system is doing consumes a lot of energy, and chances are that the person will feel fatigued or exhausted. If you have a fever, take a nap. With children, don't hesitate to keep them home from school so they can get the sleep they need, and so all of their energy will be channeled to the immune system that is fighting the infection.
- **Avoid sweets and sugar.** Studies show that even just a teaspoon of sugar will impair the immune system by about 50% for as long as 4–6 hours! When you're sick, you really want to have your immune system working in top form, so avoid all forms of sugar as much as possible.
- **Keep the person well hydrated.** This is especially important for children, who have a smaller body mass than adults. When you have fever, you perspire more than usual, which means you lose water. You're also losing electrolytes, the important minerals that are needed to allow the water actually to get into the tissues where it's needed. Therefore, it's very important to make sure that a feverish person drinks plenty of fluids.
- There are a few **specific supplements** that you can take to help the immune system fight infection. I usually suggest colloidal silver. Vitamin D is also important for immune health, and D3 is the best form. In addition, oregano oil is a wonderful supplement to boost immunity. All of these supplements can be easily found in health food stores.

Yes, oregano oil does taste awful but you can buy it in pill form, or you can just use it topically so you don't need to ingest it. Take a drop of the oil and massage it into the soles of your feet at bedtime. Wearing socks in bed works well to keep your feet warm and allow the oil to penetrate the skin and into the body.

## Homeopathy for fevers

Homeopathy has very effective fever remedies, which help to support what the immune system is trying to accomplish without suppressing it the way that drugs do.

Fever-reducing drugs stop or slow down the immune system as it works to produce the fever, but homeopathics don't work this way. A homeopathic remedy for a fever is a bit

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like having an assistant help you build your backyard fence. If you did it yourself, it would take longer and might be quite a bit more difficult, but the assistant helps you get the job done a lot faster. The homeopathic remedy helps the immune system do its job more quickly and efficiently.

Even very high fevers can often sort themselves out quickly after taking a homeopathic remedy. Parents are often so surprised to see that a few minutes after giving their child the proper remedy, the lethargic and complaining child who was burning up with fever quickly makes the transition to happily playing with toys!

## **Belladonna: the most common homeopathic remedy for fever**

If you know a bit of botany, you'll recognize *Atropa belladonna* as a type of plant; the name Belladonna literally means "beautiful lady." During the Renaissance, women didn't have cosmetics as we have today, so they would put a drop of the juice from the berries of the belladonna plant in each eye. That would dilate their pupils and make their eyes look more beautiful, or so they thought. It would also give a bit of reddish blush to their cheeks. Well, I must warn you: Do not try this at home! The plant is actually quite toxic unless prepared properly. It is used to produce atropine (*Atropa*), which eye doctors use to dilate their patients' pupils.

However, in diluted homeopathic form, *Belladonna* is quite non-toxic. It's so diluted that no chemical substance from the plant remains in the remedy. Because homeopathy works on an energy level and not a chemical level, there can be no side effects from any homeopathic remedies.

Now, that picture of the flushed cheeks and dilated pupils is exactly what children look like when they have a fever that calls for homeopathic *Belladonna*! That means that we can use the belladonna plant in homeopathic form, according to the homeopathic principle of like cures like. When someone exhibits the symptom picture of Belladonna, giving them the *Belladonna* homeopathic remedy will help them to fight their illness.

*Aconite* is another common remedy for fever, which we described in Chapter 10.

## **Where to find homeopathic remedies**

Many homeopathic remedies are easy to find in health food stores. One small bottle or vial of homeopathic *Belladonna*, for example, should not cost more than about \$10.

An even better option would be to purchase a home remedy kit, which contains all of the most commonly used remedies for home use, including *Belladonna*. It's great to have the remedy kit on hand when fever or other acute illness strikes and you want a remedy

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right away. If you don't already own a kit, you can purchase one through the Products page on my website <http://homeo.ca/>.