

The Traveller Remedy Kit contains the same as the Basic 18 Kit with a further 18 remedies and so makes a more complete home kit – and represents fantastic value at only £10.00 more. The remedies are designed to cover the typical first aid and health problems encountered on your travels.

Aconite: a plant – Aconitum Napellus (monks hood)

This remedy should be given if the patient's symptoms have arisen after exposure to a cold, dry wind. It can be very helpful when asthma attacks are aggravated by this type of weather.

It is also a great remedy for shock – the patient may have witnessed a shocking event such as a car crash, heard some bad news or been involved in a frightening event.

It is the Number One remedy for the fear created by anticipating something like an examination or driving test, and people who suffer anxiety attacks or claustrophobia should carry Aconite about their person so they can take some to prevent panic.

It is useful for people who sleepwalk and have anxious dreams, and for pregnant women who are anxious about giving birth.

Its keynote is 'intensity' and it may be helpful for attacks of croup which fit the following description:

Violent onset with anxious appearance and fear in the patient. Attacks often begin at midnight and the patient sits up to obtain relief. There may be a watery discharge.

Aloe: a plant

An important remedy for digestive complaints especially diarrhoea and dysentery. Burning pains in lower abdomen and rectum with gurgling, bloating and flatulence. Can be worse for eating oysters or drinking beer.

Apis: honey bee – Apis Mellifera

Apis is of service when tissue is swollen with fluid – for example when the patient is taking steroids. It can also help with the symptoms of shingles.

It is most commonly used for insect bites and stings such as from a wasp or horsefly (bee stings are more responsive to Aconite and Arnica)

Arnica: a plant – Arnica Montana

Arnica was introduced into European folk-medicine by shepherds who pastured their sheep in the mountains. They noticed that when sheep fell and bruised themselves, they nibbled on the leaves of this plant, hence it is called "Fallkraut" (fall herb) in German. Arnica grows in just the places - rocky slopes and mountains - where people (and animals) are most likely to fall and bruise themselves.

Arnica is an excellent first aid remedy, for physical and emotional shock and injuries. It is also wonderful for joint and muscle problems from either injuries or excessive exercise – highly recommended for backache or stiffness caused by a hard day's gardening or Yoga practice!

For Athletes: Arnica is helpful for bruising, tissue-damage, shock, and soreness. If taken shortly after an injury occurs, both pain and swelling may be reduced, and healing can take place more quickly and efficiently. For sprains or deeper injuries that require days or weeks to heal, another remedy may follow *Arnica*. Some athletes take Arnica “preventively” before a workout, to reduce the tendency toward soreness. Gels and ointments containing the herbal form or very low dilutions may be soothing to sore muscles.

Broken Bones: Alongside the correct conventional treatment, this remedy is useful for reducing the pain and swelling that accompany any new injury, and should be taken as soon as possible after a break occurs. It may also be helpful in calming the person, since breaking a bone is traumatic as well as painful. Doses may be taken frequently, according to how the person feels. Arnica may be used for several days while pain and soreness are prominent. Another remedy may be indicated later, to encourage proper healing of the bones and surrounding tissues.

Bruising: This is the primary remedy for new, traumatic injuries - including bruises caused by impact with blunt objects, early stages of sprains and strains, and bruise-like soreness after muscular exertion (such as physically-taxing work, athletics, or childbirth). The symptoms typically feel worse from touch and motion. *Arnica* is also helpful for controlling soreness, bleeding, and tissue-bruising related to surgery and dental work.

Dental Support: This is a useful first-aid remedy for any situation involving bruising and tissue damage. Some dentists recommend that patients take it both before and after stressful dental work, including dental surgery. Arnica may be used as long as soreness lasts, or followed by another remedy aimed at more specific symptoms.

Eye Strain: This remedy can bring relief to a person with a bruised, sore feeling in the eyes after closely-focused work or from looking into the distance (sightseeing, watching movies, etc). The person may feel a need to keep the eyes open, getting dizzy when closing them.

Pregnancy and Delivery Support: This remedy is often indicated for relief of soreness that comes from physical exertion and muscle strain, so it is also useful for soreness after labor and delivery, and for haemorrhoids that follow childbirth.

Surgery and Recovery Support: Because this remedy is useful for all new injuries, it can help reduce soreness, bruising, tissue damage, and bleeding related to surgical procedures. Arnica can be taken the night before an operation, and is also helpful for bruising, swelling, and soreness during recovery.

Varicose Veins: When this remedy is indicated, the legs look bruised, or black and blue, and the swollen veins are very sore to touch. The legs feel deeply sore all over and are also worse from motion. Lying down may bring relief.

This remedy is an important polycryst, meaning that its indications can be for every organ and system in the body. Arsenicum is a common remedy for both acute and chronic problems. Arsenicum is found in homeopathic kits for good reason.

It is highly effective in cases of food poisoning from bad food, especially meat, where there is diarrhoea and chilliness with physical prostration and mental restlessness.

It will also dry up the type of cold where the nose runs like a tap, with constant dripping of clear fluid.

As a constitutional remedy, Arsenicum Album can be suited to fastidious and tidy persons, meticulous at work and home, who feel extremely depleted and can't lift a finger when they are ill.

Animal lovers, make note of Arsenicum as a wonderful remedy for calming nervous, restless animals and for horses suffering from over-exhaustion.

Belladonna: a plant – Atropa Belladonna

Belladonna is a very useful remedy for fever where the patient is bright red in the face, over-heated, but not sweating. They may have a throbbing headache, with a 'strawberry tongue' (where the tongue is red and spotted). Belladonna patients may seem to be in a very bad, angry mood. The remedy is also very effective for bright red haemorrhage, such as a nosebleed.

Bellis Perennis: a plant (daisy)

Bellis is said to "refresh the parts Arnica cannot reach". This is an excellent remedy for healing injury to deep tissue when it is sore or bruised, which makes it ideal after childbirth, for example, or surgery. It is also important for long-haul travellers as it reduces the after-effect of lengthy sitting. It is also for ailments from getting chilled when over-heated, for example a stomach ache from eating ice cream on a hot day.

Bryonia: a climbing plant – Bryonia Alba or white bryony (wild hop)

Bryonia patients have a very dry mouth and feel much worse if they move – they need to stay very still or all their symptoms get worse. They may be so sensitive to movement that they wince even if someone sits down on the bed they are lying in. As well as sunstroke with a headache over the eyes, this remedy is helpful for headaches, pneumonia, flu and in convalescence. It is a good sciatica remedy and surprisingly good pain killer.

Camphor: exudant of a tree (Camphor Laurel)

Useful for cholera-type symptoms where the diarrhoea is like rice water and the patient is suddenly and completely prostrate, with a very pale or even blue tint to the face. The body is cold to the touch, but the patient hates to be covered, and is sensitive to the slightest touch.

Cantharis: dried beetle remains - Spanish Fly

Remedy for the intense pain of burns or sunburn. This remedy treats inflammation and burning sensations in the genito-urinary tract and is therefore an excellent cystitis remedy, which is also good for burns and scalds.

Carbo Veg: charcoal – Carbo Vegetalis

This remedy is at its most extreme a life saver where there is a state of collapse due to oxygen starvation. In less extreme states, the patient will be gasping for air, hanging out of windows and fanning himself. There is extreme sluggishness with digestive disorders, especially wind. The stomach may be very bloated with diarrhoea caused by bad food or overindulgence.

Chamomilla: a plant – Chamomile

This is the Number One remedy for teething infants, especially if the child has one red cheek, and can also be very helpful with the pain of earache. The child is demanding, needy, clingy, irritable and whines a lot. You can lose sympathy for the child because it doesn't seem to know what it wants, asking for things and then rejecting them in a bad temper, and wanting to be carried the whole time. The type of ugly mood in a child that exhausts your patience.

Chelidonium: a plant – Celandine

This is the Number One remedy for liver conditions and is reputed to be helpful in jaundice. There is yellowness to the complexion, and pains are often right-sided with nausea and perspiration. The fingertips may be cold. Symptoms tend to worsen between 2.00 am and 4.00 am, and between 2.00 pm and 4.00 pm.

China: a plant – Chinona Officianilis (Peruvian bark)

The Number One remedy for dehydration or debilitation after loss of fluids from sweating, diarrhoea, vomiting or loss of blood. An important remedy for sepsis, tropical fevers and malaria. In fevers the stages of chill, then heat, then sweat are clearly delineated. A useful remedy for wind not relieved by burping. The diarrhoea is painless with lots of flatulence and undigested food.

Cocculus: a plant – Cocculus Indicus

The remedy par excellence for travel sickness and nausea. Lack of sleep has caused mind and reaction times to slow down, creating the illusion that time is moving too fast. There is a weak, numb, empty feeling with trembling. The sickness is much aggravated by the sight or smell of food.

Cuprum: a mineral – Copper

This is an important remedy for diarrhoea with cramps and spasms and convulsions which start in the fingers/toes. The diarrhoea is violent with cramps and retching.

Eupatorium: a plant – Eupatorium Perforatum (boneset)

With its affinity for the bones, this is a marvellous remedy for the deep aching in the bones experienced during fever, 'flu and malaria. There is little perspiration, but chills in the small of the back which can feel as if it is broken. The patient is very restless and better for cold drinks and ice-cream.

Gelsemium: a plant – Gelsemium Sempervirens (jasmine)

This is primarily a fantastic remedy for 'flu. The patient is so weak that they seem as still as death. The skin is cold and clammy, the pulse rapid and feeble. The eyes will seem droopy. It can help with anxiety before flying.

Hepar Sulph: a mineral – calcium sulphide

This remedy is for painful, pus-filled wounds, and has a marvellous action in draining abscesses of the gum and elsewhere. There is hyper-sensitivity to pain, touch, cold, noise and/or exertion. One of the chilliest known remedies. The pains can be splinter-like.

Hypericum: a plant – Hypericum Perfolatum (St Johns Wort)

This remedy has a particular affinity for the nerves so it can be very helpful after dentistry that affected the nerve. It is also unbeatable for falls on the coccyx (tailbone).

It is especially indicated for pain that radiates or shoots from the injury. It should be used for crushed fingers from slammed doors, puncture wounds (including bites and from medical procedures), 1st and 2nd degree burns and tailbone injuries.

Hypericum is indicated in spinal irritation, sticking pains, tearing pain, hypersensitivity to pain.

This remedy is also a top mental nerve remedy for depression and irritability following injury, stress, shock.

Ignatia: the bean from a tree - St Ignatius Bean

The remedy is our most important for grief. Hysteria, feeling choked with a lump in the throat or with a very tight jaw – trying to hold back tears. It is important to give Ignatia when someone is very sad or upset following a loss of any kind. Ignatia patients can verge on the hysterical, alternately laughing and crying. They may not be able to accept what has happened and react with a sense of disbelief. It can be used to treat fainting and hysteria.

Ipecac: a plant – Ipecacuanha

This remedy is superlative wherever there is constant nausea which is not relieved by vomiting (morning sickness). It is also effective for sudden bright red haemorrhages such as nosebleeds, piles and periods. The patient may be thirstless with constant salivation.

Ledum: a plant - Ledum Palustre (Marsh Rosemary)

This remedy has a huge sphere of use for injuries, bites from animals and puncture wounds. Very well indicated for black eyes. It is also helpful for swollen, painful joints that feel cold to the touch but are relieved by cold applications such as ice packs.

Manganum: a metal – Manganese

Reputed to have prophylactic properties against typhoid, the patient may be deeply sad and anxious and always feels much better lying down. Useful if bruises remain sore even after taking Arnica. There can be problems in the ears and Eustachian tubes after flying.

Mercurius Viv: a metal – Mercury (quicksilver)

Used in thermometers because of its acute sensitivity to temperature, people who need this remedy are the same – constantly adjusting the heating and cooling systems because they only feel comfortable in a very narrow temperature range. Its principal first-aid use is for mouth ulcers, tooth abscesses, gingivitis and throat infections. Mercury is very good for the type of throat infection that causes the breath to stink. Prone to swollen glands and colds with very smelly discharges which are sometimes blood-streaked, and profuse salivation and sweating. It is an important dysentery remedy where the diarrhoea is slimy, perhaps bloody, and the patient is chilly afterwards.

Natrum-mur: common salt – Sodium Chloride

This is the Number One remedy for cold sores on the lips and around the mouth. The pearl like blisters may weep before becoming crusty, and as they dry up may develop into painful, deep cracks.

It's also an important remedy for silent grief and repressed emotions, which can lead to depression. Very sensitive people often protect themselves by shutting themselves off and tend to cry in private, feeling worse for consolation except from a chosen trusted few.

Nat-mur can help sinusitis and colds with discharges like the raw white of an egg.

Nat-mur's symptoms usually become worse in sunshine.

Nux Vomica: the seeds of a tree - Strychnos nux-vomica

This is the King of the Hangover Remedies! It is the major digestive remedy used by many homoeopaths because it helps with nausea, sour burping, bloating a few hours

after eating, indigestion, heartburn, the after effects of overeating, especially rich or spicy foods. It is enormously helpful for the nausea of pregnancy.

The Nux person is sometimes called the Type A personality. This makes Nux an important remedy to consider with symptoms resulting from our hectic pace of life. The Nux person lives life in the fast lane, eating junk foods, drinking endless cups of coffee to keep him going and eating/drinking too much at business lunches.

He demands perfection from those around him, and is certainly not the easiest boss to get along with! Tense, irritable and over-sensitive.

Podophyllum: a plant

Important acute remedy most often used to treat diarrhoea, especially where it alternates with constipation. There can be liver complaints and/or headaches. Useful in gastro-enteritis (protozoa, giardia, spigelia). The stool is profuse, gushing and highly offensive. The patient may feel better lying on the abdomen.

Pulsatilla: a plant – Pulsatilla Nigricans (Wind Flower)

So called because it trembles in the wind: the patient requiring Pulsatilla is nervous, weepy and clingy patient who feels worse for damp and wind, though she cannot bear a stuffy room and feels much better in the fresh air.

The complaints may begin after getting wet, cold feet.

This remedy is often called for at times of hormonal imbalance such as the onset of puberty and during the menopause. Indeed it covers many female complaints such as varicose veins, cystitis, menstrual difficulties and 'the blues' (the Pulsatilla patient feels better when she receives sympathy and attention).

Pulsatilla is extremely helpful for chronic ear infections and bland yellow discharges. It is also good for food poisoning caused by bad fish and rotten meat.

A Pulsatilla child is timid at first and seems happiest hanging onto mother's skirts. Pulsatilla types are basically gentle and can be persuaded to cooperate and change viewpoints easily. Pulsatilla covers many childhood complaints and should be in every family home. Indications include earache (stopped feeling), cough (gagging, bringing up yellow mucous), colds with heavy yellow discharge.

Rhus Tox: a plant - Rhus Toxicodendron (Poison Ivy)

Rhus Tox is used homeopathically for rashes, chickenpox, measles and the like. Skin ailments like hives, chickenpox, fever blisters and poison ivy rash. There will tend to be red spots which are very itchy with heat and swelling.

The dysentery symptoms are diarrhoea with tearing pains down the back of the leg.

In fevers, colds and 'flu, a triangular red tip at the end of the tongue confirms Rhus Tox as the remedy.

It is also invaluable for arthritis/rheumatism/joint pains, especially of the type which gets worse in damp cold weather. Rhus Tox is called for when the patient stiffens up during a period of immobility such as sitting in a chair or after a night's sleep. Progress is slow and painful after rising, but the body warms up and seems to improve with moderate movement.

Rhus Tox is often the remedy in backache, body aches during 'flu, lumbago, rheumatism and sprains. It can also treat bruised and sprained pains after lifting heavy loads, or over-lifting with the sudden "crick" in the back, with pain worse with raising arms above the head.

Rhus Tox patients feel better with movement, warm, dry weather, rubbing the painful areas, and changes of position. Rhus tox people are restless since change of position improves their pain. The nickname is "Rusty Hinge" and Rhus tox is often referred to as the "Rusty Gate Remedy". The back stiffens up after sitting still for awhile. This is also why mornings and initial motion are so painful.

Remember Rhus Tox for the 'flu season! The keynotes are 'flu symptoms with general aches in the muscles, joints, and bones.

Ruta: a plant - Ruta Graveolens (garden rue)

This remedy is a wonderful First Aid treatment for sprains, injuries, strains, bruised bones and pulled ligaments and tendons. In a very high potency it can also disperse ganglia.

The keynotes are soreness in the bones, joints, tendons, and cartilage.

Sprains or fractures that aren't healing well indicate a need for Ruta Grav. Ankle sprains, soreness in the feet, ankles, achilles tendon and lower back respond well to Ruta Grav.

This keynote of soreness around bones includes eyestrain from reading for too long or computer work. The eyes feel hot with difficulty focusing, and may have a bruised sensation.

Silica: a mineral – Silicea Terra

Silica will tend to expel splinters if there is pus underneath them. It is also useful where a wound seems to take far too long to heal up. The Silica patient suffers from lack of "grit", physical and mental, and seems to have poor assimilation leading to defective nutrition. It can be helpful for people who seem to have constant pus-sy, swollen fingertips whenever there is damage to a cuticle or fingernail. Because of its ability to expel pus, it is obviously a key remedy in the treatment of abscesses and boils. It can also be helpful for constipation in the type of person described.

Silica will force out foreign bodies or hard plugs of ear wax (particularly after swimming).

Urtica: a plant – Urtica Urens (stinging nettle)

The main condition to treat with this remedy is urticaria (nettle rash or hives). It is given for red, burning, stinging skin eruptions which may be swollen or itchy – perhaps an allergic reaction. It is also useful in the treatment of minor burns or scalds and for blistering, burning, stinging, red, allergic rashes such as those caused by insect bites, stings, shellfish, plants and the sun.

It may also reduce the swelling of feet/ankles on long haul flights.

Veratrum: a plant – Veratrum Album (false or white hellebore)

The patient is both mentally and physically restless and very chilly. Profuse cold sweat and watery diarrhoea, with possibly simultaneous vomiting. The sufferer desires cold drinks which just make him worse, and fancies sour fruit and sour things.

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