

MINI FIRST AID KIT

Aconite 30c - Useful in the first stages of colds and chills, stomach upsets, diarrhoea or any acute inflammatory process.

Arnica 30c - Bruising, trauma and shock. Use immediately there is an accident or injury and repeat four hourly. Initially the dose may need to be much more often until the situation is under control.

Arsenicum 6c - Food poisoning, stomach upsets, colds that come on from changes in weather. This remedy helps the body to adjust to change, physical, emotional and psychic. Take one dose per day, in the 6th potency, starting a few days before travel and continuing for the course of the trip. In the event of stomach symptoms. increase to 4 hourly.

Gelsemium 30c - Anticipatory anxiety, may need repeating 4 hourly. Also for summer colds and slow onset flu. Listless, heavy, drowsy. Classic "aches and pains flu".

Hyperica 6c - Nerve damage, jammed fingers or toes, spinal injuries, splinters, puncture wounds, bites and stings. Take regularly if there are wounds which threaten infection.

Nux Vomica 6c - Can be useful when we are suffering from excesses - ie. too much food, coffee or alcohol. Not enough sleep and so on. When alterations to our usual routines can result in headaches, stomach upsets, constipation, sleep problems and irritability.

Ledum 6c - Mosquito bites, puncture wounds which have a white centre. Take as a preventative each day when in insect infested areas. Can be useful for cramps.

KIT INFORMATION

Owen Homoeopathics remedies can be purchased from your local stockist or from us direct. Check the website for a full list of stockists

www.h-e-c.com.au

BOOKS TO READ

Homoeopathy for the Home Prescriber – Jan Owen
World Travellers Manual of Homoeopathy
Australian Family Homoeopathy – Paul Callinan
Handbook of Alternatives to Immunisation
Travellers Guide to Homoeopathy – Speight

IMPORTANT

Taking of Homoeopathic Remedies:

1. The remedies are absorbed in the mouth, so are best held in the mouth for several minutes before swallowing. In the case of pilules, allow them to dissolve under the tongue.
2. Unless the dose is very frequent, half an hour before meals, or between meals, is the best time to take your dose. However, 10 minutes before or after a meal or taking a drink, is acceptable.
3. Do not use peppermint toothpaste, or drink strong peppermint tea, or ordinary coffee as these may antidote your remedies.
4. Do not smoke, brush your teeth or gargle, or drink alcohol, within half an hour of taking remedies.
5. Do not touch the remedies with your hands. Liquids may be administered on a teaspoon, diluted with water. Likewise, when administering pilules to infants or small children, a teaspoon is helpful. Pilules can be rolled into the lid of the vial, and then dropped under the tongue.
6. If any pilules are dropped, they should be discarded and not returned to the bottle.
7. Store your remedies away from direct light, heat and all strong smelling substances, particularly camphor, as the potency of the medicine will be weakened.
8. When using Homoeopathic remedies, do not use products such as "Vicks" or "Deep Heat", as these will antidote the remedy. There are very effective Homoeopathic creams which you can use instead.
9. When taking more than one medicine, separate the doses by at least 10 minutes, preferably longer.
10. Store your medicines away from electrical appliances such as fridge, TV, microwave, clock radio and stereo.

© Copyright

TRAVEL

It is stressed that these suggestions are intended as a guideline. A trained Homoeopathic practitioner must be consulted if there is any doubt or query.

Overseas Travel while very exciting and necessary can play havoc with our bodies and minds in the adjustment process. Homoeopathic remedies can be extremely useful in allowing the smooth adaptation to change and helping to cope with jet lag symptoms and excitement and anxiety.

Homoeopathy is a medical system developed by Samuel Hahnemann 200 years ago. It is well known in the United Kingdom, America, Europe and Asia and to a lesser extent Australia. Homoeopathy follows definite scientific laws of preparation, prescription and cure which are as true today as they were in Dr Hahnemann's time.

Homoeopathic medicines are provided in either pilules or drops and the dose varies depending upon the patient's individual need. These medicines have been prepared in a specific way by a process called potentisation. This is an activating process involving dilution and succussion (shaking hard) which makes the remedies non-toxic and free from side effects. This means that the Homoeopathic medicine will not affect or influence any other medicines prescribed for you by your doctor.

OWEN HOMOEOPATHICS

443 Great Eastern Highway Redcliffe WA 6104

Phone: 08 9277 9565 Fax: 08 9277 9192

E-Mail: Jan@h-e-c.com.au Web: www.h-e-c.com.au

ADJUSTMENT TO CHANGE

Kali Phos 6c is an excellent remedy for those of us who can become overstimulated with time changes, long flights and so on. It has a wonderful calming effect. **Arsenicum 6c** helps the body to adjust to change, physical, emotional and psychic. This includes adjusting to food, water and climate. **Nux Vom** is useful when there are alterations to our usual routines – particularly affecting sleep and digestive function.

ANXIETY & FEAR

Use the chosen remedy in the 30th potency. Repeat morning and night for one or two days prior to and during the journey.

Anxiety and fear can be common reactions before the onset of a journey.

Aconite – anticipatory anxiety and excitement. **Argent Nit** – fear and apprehension is common before any ordeal. Fears of heights, crowds, closed spaces etc. May have diarrhoea. **Gelsemium** – emotional excitement and apprehension – quiet, subdued and trembling. Fear of flying. Fear as the plane descends (also **Borax**). Our **Anticipatory Anxiety Leaflet** is helpful here.

COLDS & FLU

Anas Barbariae 200c - can be taken preventatively particularly if you are susceptible to colds and flu.

Aconite is useful in the first stages of colds and chills. **Arsenicum 6c** – colds that come on from changes in weather. **Gelsemium 30c** – summer colds and slow onset flu. Listless, heavy, drowsy. Classic “aches and pains flu”.

EAR PAIN

Some people suffer from earache associated with air travel. It is very important to seek professional attention on arrival if the symptoms resolve only partially or recur. Initially the indicated remedy may need to be repeated every 10 minutes until some relief is experienced.

Pulsatilla – for acute pain in the ears as the plane loses height. Ask for our **Ear Pain Kit**.

ESSENTIAL OILS

Rosemary and **Geranium** are wonderful in a bath after a long journey and have a revitalising effect. **Marjoram** is great on a tissue, to ensure a deep restful sleep after a long trip. **Juniper** for swollen ankles.

INJURIES

Arnica 30c - for bruising, trauma and shock is great to carry with you in case of accident. Use immediately there is an accident or injury and repeat four hourly. Initially the dose may need to be much more often until the situation is under control. **Hypericum 6c** - nerve damage, jammed fingers or toes, spinal injuries, splinters, puncture wounds, bites and stings. Take regularly if there are wounds which threaten infection. A daily dose of **Ledum** – a useful preventative in mosquito infested areas and to prevent sepsis of scratches in tropical climates.

JET LAG

Start these remedies the day before the flight, take during the flight and continue until there are no more symptoms. **Arnica 30c** – Physical tiredness with aching muscles and limbs. Repeat every 4 hours during the flight. **Kali Phos** – has a calming effect on the nervous system. Alternate with **Arnica**. **Cocculus** – dizzy and stressed from loss of sleep. **Radiation Remedy** is a specific Bach Flower combination for jet lag and to minimise radiation effects. Use regularly during the flight and until the symptoms disappear. Add 10 drops to a bottle of spring water and sip it often during the flight, when finished top it up from the drink fountain and add more Bach Flower Remedy. As well as giving you the flower remedy, this will help keep you hydrated – dehydration being a major component of jet lag. Also recommend **Echinacea** and extra **Vitamin C**. **Jet Lag Kit** available.

STOMACH UPSETS

Aconite is very useful in the first stages of stomach upsets and diarrhoea. **Arsenicum** – food poisoning and stomach upsets that come on from changes in weather. One dose per day of 6c starting a few days before travel and continuing for the course of the trip. In the event of stomach symptoms, increase to 4 hourly. **Nux Vom 6c** - excellent when we are suffering from excesses – ie. too much food, coffee or alcohol. It is also useful when alteration in our routine causes stomach upset and constipation.

TRAVEL SICKNESS

Travel sickness, whether from car, boat or air travel, is a most unpleasant experience, especially for small children. Give ¼ hourly to hourly, starting 1-2 hours before travel, depending on severity. If the usual reaction is very severe give 2-3 doses the day before travel. **Nux Vomica** – gagging and retching. Headache with queasiness. **Cocculus** – giddy, nauseous and wants to lie down. Contact the centre for details of our **Travel Sickness Kit**.

VACCINATIONS

It is recommended when travelling to certain countries that we protect ourselves against diseases such as Malaria, Cholera etc. However, according to medical literature the effectiveness of vaccines against these diseases is very questionable. Homoeopathy offers prophylactic remedies to help protect us against these infections. Homoeopathic prophylactic kits for travel are available from the Centre. Cholera is not in the kits and can be supplied upon request.

The chosen remedies need to be taken fortnightly starting a few days before leaving home and completing the course after returning home. Full instructions are included in the homoeopathic **Travel Immunisation Kit**.

Should you choose orthodox immunisation, we provide a **Vacci Relief** remedy to minimise side effects.