

# TOPICS IN MODERN HOMEOPATHY

## HOMEOPATHIC MEDICINE FOR THE 21<sup>ST</sup> CENTURY

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## HOMEOPATHY FOR TRAVELERS

### Travel Ailments and Their Homeopathic Treatment

Jet lag, fatigue, stomach upset, diarrhea, motion sickness, altitude sickness, insect bites and even major trauma – its enough to make you want to stay home in the cool, safe comfort of your own home. But if you travel, chances are you, or someone you know, will eventually encounter at least one of these conditions. Fortunately these and other traveler's maladies are easily handled by a handful of homeopathic remedies (all at 30c potencies unless noted).

**JET LAG** (desynchronosis) is a very real, physiological condition arising from the alteration of our biological circadian rhythms. Traveling from one time zone to another, or any change in your work/eat/sleep cycle can give rise to a desynchrony in our environmental entrainment. Some travelers are affected more than others, and symptoms often include exhaustion, headache, stomach upset, change in appetite, weight gain, insomnia, irritability, emotional instability, achy muscles, the inability to concentrate and a host of other disorientation complex-related symptoms.

Homeopathically, *Arnica montana* 30c is probably the first choice for fatigue and fuzzy thinking; if exhaustion and muscle weakness are key, a better choice may be *Gelsemium* 30c; for nausea and/or dizziness, try *Cocculus* 30c. Preventatively, take *Arnica* about 30 minutes before boarding the plane and then every hour during the flight.

Exercise, hydration (with good quality water, no alcohol, coffee, soda, etc.), 1,000 mg Vitamin C before traveling, foot massage, deep breathing, resetting your watch before you leave and exposure to the sun at your final destination all seem to help as well. Some aromatherapy practitioners recommend lavender oil before flying, and then either geranium or rosemary oil once you arrive. There is an anti-jet lag diet that is surprisingly effective for extended travel, and may be found at <http://www.louiselambert-lagace.ca/llenglish/antijetlagdiet.htm>.

Melatonin was once considered a jet lag remedy, but recent research is inconclusive. It may promote sleep once you reach your destination, but *Insomnia Med* is gentler.



### CUSTOM CORNER

Every month we highlight a custom formula designed by one of our clients that has proven extremely effective in practice. This month:

### Jet Lag Remedy

This month it is especially relevant that we feature this custom remedy that many travelers report has saved their vacation. The Jet Lag formula consists of:

*Arnica montana* 6x, 12x, 30x, 60x; *Bellis perennis* 6x, 12x, 30x, 60x; *Chamomilla* 6x, 12x, 30x, 60x; *Cocculus* 6x, 12x, 30x, 60x; *Gelsemium* 6x, 12x, 30x, 60x; *Lycopodium* 6x, 12x, 30x, 60x.

If you have a formula that works especially well, please let us know so we can share it with our readers. Thank you.

### 'PRODUCT OF THE MONTH'

Take an additional 15% discount on these Mediral products during their featured months (wholesale and retail accounts only)

August – **Defense Med**  
September – **Vermex**  
October – **Gastro Med**

**VERTIGO / MOTION SICKNESS** is the result of a disturbance in our inner ear/vestibular system, which is responsible for maintaining a functional state of balance. Although it can be caused by disease, travelers often experience this when signals from their eyes and ears don't match. For example, someone flying on an airplane sees the inside of the cabin and their eyes tell their brain that their horizon is stable, but their inner ears sense some objective motion when the plane is turning, changing altitude or flying through turbulence and sends their brain a different message. This conflicting sensory input about their environment creates the sensation of vertigo or motion sickness.

Mediral's *Vertigo Med* is best suited for the combination of symptoms typical of vertigo and motion sickness. Mediral's *5-Flower Remedy* 6x (a homeopathic version of Rescue Remedy) may also help. Classically, if symptoms are severe nausea from the sight of smell of food or light-headedness and are worse in the cold, *Cocculus* 30c may be most appropriate; vertigo with cold, wet skin, violent vomiting and better with fresh air indicates *Tabacum* 12x; for vertigo with accompanying dizziness, nausea, heartburn and belching, *Petroleum* 12x is the preferred remedy.

If no homeopathic remedies are available, herbal ginger (in tea, candy, capsule or tincture form) is a time-tested remedy and available in most health food stores. It is most effective if taken about an hour before travel and then every 30-60 minutes until the journey is complete. Ginger is also a valuable herb for calming the upset stomach.

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## HOMEOPATHIC TIPS

**BACK TO SCHOOL:** With children returning to classes this fall, now is the time for an immune system tune-up. Students need to be able to defend themselves against the onslaught of viruses, bacteria, fungus and parasites that other children will bring to their first day of classes. Whether they are just starting kindergarten or are already a senior in college, 3 weeks of Defense Med once or twice a day will help keep their immune system in peak working condition and ready for the autumn challenges. If children are particularly susceptible to viruses, a week of Virex should help; if they have more problems with bacterial infections, a week of Bactex, and if they have already been exposed, either Defense Med or Endoxinol Med 3 times per day for a week should help fend off potential infections.

**X-RAYS:** With regard to x-rays, it makes sense intuitively that the x-rays used by TSA and customs officials should damage the matrix of the homeopathic remedy, but those fears appear unwarranted. Research has still failed to prove that the x-ray machines found in airports do damage to homeopathic remedies. Still, to err on the side of caution, we recommend that clients traveling with remedies purchase an inexpensive lead-lined bag (the kind used to film from exposure) from your local camera store. This can be packed in your checked luggage without the worry of damage or exposure.

**CHAT ROOM FOR COMBINATION HOMEOPATHY:** There are a number of good classical homeopathic chat rooms and blogs available for homeopaths to use, but none that are dedicated to combination homeopathy. Mediral would like to invite interested healthcare professionals to join a new private group to exchange ideas and tips on combination homeopathy. To join, just go to <http://health.groups.yahoo.com/group/Mediral/>.

**HOMEOPATHIC TRAVEL KIT:** When trying to pack the fewest remedies for the most conditions, the top 6 remedies we recommend are Injury Med, Nux vomica, Arsenicum album, Endoxinol Med, Vertigo Med and Diarrhea NKF. More is better, but more is also more difficult to travel with. Most cities have natural markets or pharmacies that carry at least the basic homeopathic remedies, so unless you are backpacking in the wilderness, whatever remedy you need can generally be found somewhere near your destination. If not, you are always welcome to call our toll-free number – we can ship standard product the same day overnight, and 30c singular customs usually the next day.

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## TOPICS

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*PLEASE DELIVER TO:*

**In this issue we  
take a look at a  
handful of  
essential  
remedies well  
suited for  
travelers  
maladies.**

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**TRAVELERS DIARRHEA** is the body's attempt to rid itself of foreign or pathogenic bacteria or parasites, usually acquired from ingesting impure water. When treating with homeopathy, it isn't important to know whether the offending parasite is a bacteria, amoeba or even food poisoning – symptoms are your best guide.

Nature Knows Diarrhea NKF is the best broad-spectrum overall remedy for general diarrhea from Mediral. If you have access to singular remedies, Podophyllum is a well-known remedy when for gurgling intestines, bad smelling stools are forcefully expelled, there is an accompanying headache, retching and an extreme craving for cold drink; if the diarrhea smells more like rotten eggs, elimination causes a burning sensation, appetite is reduced, there is perspiration on your face and you are craving cold drinks, Sulphur may be more appropriate; if you are chilling, sweating, vomiting, explosive diarrhea, anxious and have a thirst for warm drinks, Arsenicum album will be the one for you; if symptoms include bloating, chills, stomach cramps and violent vomiting, exhaustion and craving ice-cold drinks, try Veratrum album; and if symptoms include a constant urge to eliminate, blood in the stool, fever, profuse sweating and bad breath, Mercurius may be the one; for the traveler who knows their diarrhea is from anxiety or simply exhaustion, Gelsemium will do the trick; and if the diarrhea is from overindulging in rich food, try Pulsatilla.

The best advice for travelers is to avoid contaminated water and prevent the problem in the first place. Contaminated water may be found in ice, water used to brush your teeth, fruit (unless it can be peeled), raw washed food and even mixed drinks that contain water from local sources. Diarrhea dehydrates the body quickly, especially the young, so it is important to step up the intake of pure water (making sure the water is not contaminated) and electrolytes.

The BRAT diet can be helpful if someone you are traveling with suddenly comes down with diarrhea. BRAT is an acronym for Bananas, Rice (white), Apples (better if sliced and allowed to oxidize until brown) and Toast (burnt). Avoid constipation-clearing foods, such as fruits and vegetables, juices and stimulants such as coffee. Herbally, tinctures of either blackberry root or cranesbill every 30 minutes or until the diarrhea stops is very effective – do not continue taking these herbs or you may find yourself with the reverse problem, constipation. Charcoal or bentonite clay capsules will both help to detoxify the colon and stop diarrhea. Finally as a preventive measure, 2 teaspoons of cider vinegar or 'honegar' (½ honey and ½ apple cider vinegar) in spring water first thing in the morning and the last thing in the evening offers good gastrointestinal protection and helps prevent diarrhea.

**FOOD POISONING**, closely related to travelers diarrhea (particularly since it is rarely diagnosed, and homeopathy is all about the symptoms anyway), is famously handled by Arsenicum album for the combination of restlessness, chilliness, nausea, vomiting and diarrhea that can hail the onset of food poisoning. If symptoms include cold sweats and a craving for iced drinks, Veratrum album may be a better choice, and if bloating and flatulence accompany, Carbo vegetabilis is the selection. Bread or charcoal powder mixed in water can help absorb the offending toxins. If symptoms continue for longer than 48 hours, see a medical professional.

**ALTITUDE SICKNESS** results when the body fails to acclimatize to a higher altitude from a lower altitude. Higher altitudes mean lower pressure, dryer air and less oxygen. Unless you give your body time to adjust to these environmental changes, the result can be fatigue, headache, nausea, vomiting, shortness of breath, anxiety, and in advanced stages, lethargy, confusion and unsteadiness.

Mediral's OXY-Essence will help keep the red blood cells oxygenated and facilitate the exchange of oxygen and carbon dioxide. Singular remedies include Aconite, for the sudden onset and breathlessness; Arsenicum alba, Glonine and Calcarea carbonica. Homeopathic Coca has a long and well-documented history of use for altitude sickness, but a prescription is required in the United States and most US homeopathic pharmacies do not carry it (we mention this in case you happen to be traveling in Europe, Latin America, etc where a prescription is not required). Non-homeopathic herbal adaptogens such as Cordyceps and Ginsengs, Reishi mushrooms and even Ginkgo biloba are also helpful when taken before, during and after the trip. Ascend slowly (not more than 2000 feet per day), avoid alcohol, caffeine and salty foods and keep well hydrated, so as not to confuse the symptoms of dehydration with those of altitude sickness.

**TRAUMA** and accidents are a part of life in all cultures and locations, and its best to know how to handle them. For an all inclusive combination remedy, nothing beats Mediral's Injury Med for general injury management. Arnica montana is the number one, 'first-response' singular trauma remedy to administer in the event of an accident of injury. Puncture wounds and bruises that feel cold respond well to Ledum. If a puncture wound involves highly innervated tissue and is accompanied by shooting pains, Hypericum is the best choice.

**INSECTS** are everywhere, and they out-number humans in literally every environment, so it would be prudent to prepare for the inevitable encounter. The likelihood of being dinner for a hungry swarm of mosquitoes can be reduced by covering up, not eating sugar and increasing your intake of garlic and a Vitamin B complex. For general insect bites resulting in a puncture wound, no matter how small, Ledum (as above) will relieve the pain and itching and expedite healing. For bee and wasp stings, the appropriate remedy, of course, is Apis mellifica, for the inflamed, stinging pain. This should be administered immediately, and every 15 minutes thereafter. If homeopathic remedies are not available, a moist poultice of chewing tobacco or even wet mud or clay may dramatically reduce the pain.

The injection of a toxin into the body brings with it the very real threat of a systemic allergic reaction (anaphylaxis), which is a medical emergency. Anytime breathing is impaired, seek medical assistance immediately. An antihistamine such as Benadryl or herbal osha tincture may help, but an injection from an epinephrine pen may be necessary on the way to medical care. A custom homeopathic from Mediral called 5-Flower Remedy may help to reduce the shock during transportation. If someone is hypersensitive to a toxin like bee or wasp venom, a course of homeopathic desensitization may help to reduce the likelihood of an anaphylactic reaction in the future. Pyrethrum spray at 3x may act as an insect repellent. It isn't actually acting homeopathically, the odor of the pyrethrum at a low potencies is enough to repel many insects without being overwhelming or offensive. B-vitamins also have the same effect.

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**SUNBURN** from overexposure is always a vacation danger, even with adequate sunscreen and protective clothing. Mediral's Inflammation Med administered every 15-20 minutes quickly controls the swelling that is responsible for the pain of a sunburn. Classically, a mild burn with little pain and sensitivity is easily controlled with *Urtica urens*; a redder first degree burn with more intense pain and restlessness may call for *Hypericum*; if the burn becomes second degree with blisters and extreme pain, *Cantharis* will be the appropriate remedy. If herbal tinctures of calendula are available, a few drops in water and then sprayed or poured over the skin externally can be very soothing and healing. If someone should come down with heat exhaustion or heat stroke (heat stroke vs heat exhaustion), *Belladonna* can assist until medical attention arrives.

**MUSCLE & JOINT ACHES AND PAINS** can often result from recreation that overuses muscles that are rarely used the rest of the year (weekend warrior syndrome). In addition to the initial RICE protocol (Rest, Ice, Compression, Elevation), Mediral's Injury Med and Inflammation Med are highly recommended for reducing the resultant muscular inflammation and pain from over-exertion. *Arnica montana* has been the 'gold standard' for 200 years for muscle pain, strain, soreness and bruising. After the first few days, change from *Arnica* to *Rhus tox* for joint related injuries or *Ruta graveolens* for muscle related strains.

If no homeopathics are available, a simple but agonizing solution to muscle stiffness is what physical therapists call a 'contrast shower.' Stand in a hot shower, then switch to the coldest water you can stand for 1-2 minutes, then switch back to a hot shower for 1-2 minutes – repeat this cycle 5 times and you will be rid of your muscle pain.

**APPREHENSION**, fear and general anxiety before a trip is often easily handled by *Argentum nitricum*. This remedy is also key for a fear of flying, heights, claustrophobia or panic attacks. *Aconite* is the number 2 remedy for panicky feelings accompanied by a fear of death and they just can't be calmed down. General anxiety is well addressed by Mediral's Anxiety Med.

**FEARS OF CROWDS, HEIGHTS OR WATER** can be eased by a single dose of *Argentum nitricum*.

**HOMESICK** feelings are experienced by frequent travelers of all ages and professions. *Capsicum* or *Honeysuckle* can help ease that longing to be back home to familiar surroundings.

**STRESS** in some form or another generally accompanies travel. Mediral's Stress Med is formulated to assist the body in dealing with stress of any kind.

### HOMEOPROPHYLAXIS

Homeoprophylaxis can be an especially relevant topic if your travels will be taking you overseas. This is a topic that is hotly debated and not well researched at this point. Nosodes such as cholera, hepatitis, malaria, tetanus, typhoid and a number of other diseases have been used preventatively, but is a topic that is best reserved for a future newsletter.

## QUICK HOMEOPATHIC REFERENCE FOR TRAVELER'S AILMENTS

**Altitude Sickness:** *OXY-Essence*, *Arsenicum*, *Glonine*, *Calc Carb*

**Bruises:** *Injury Med*, *Arnica montana*

**Bites (Animal):** *Injury Med*, *Ledum*, *Lachesis*, *Hypericum*

**Bites (Insect):** *Ledum*, *Urtica*, *Apis*, *Staph*, *Rhus tox*

**Constipation:** *Constipation Med*

**Coughing:** *Cough Med*, *Pulsatilla*, *Calc Carb*, *Spongia*, *Bryonia*

**Cramping:** *Magnesia Phosphorica*

**Cuts, Scrapes:** *Calendula* (topical), *Arnica montana*, *Phosphorus*

**Diarrhea:** *Diarrhea NKF*, *Arsenicum*, *Mercurius*

**Fatigue:** *Fatigue Med*

**Food Poisoning:** *Arsenicum*, *Veratrum album*, *Carbo Veg*

**Flu:** *Flu Med*

**Hangover:** *Nux vomica*

**Headache:** *Headache Med*, *Belladonna*, *Gelsemium*, *Nux vomica*

**Hives:** *Rhus tox*

**Indigestion:** *ENZ-Essence*, *Nux vomica*, *Arsenicum*

**Infection:** *Endoxinol Med*, *Arnica montana*

**Insomnia:** *Insomnia Med*, *Coffea*, *Chamomilla*

**Jet Lag:** *Arnica montana*, *Gelsemium*, *Cocculus*

**Motion Sickness:** *Vertigo Med*, *Cocculus*, *Petrol*, *Tabacum*

**Overeating:** *Nux vomica*

**Stress:** *Stress Med*

**Sunburn:** *Inflammation Med*, *Urtica urens*, *Hypericum*, *Cantharis*

**Vomiting & Nausea:** *Ipecacuanha*, *Nux vomica*

*Items in italics are Mediral combination remedies - Administer remedies sublingually every 10-15 minutes or until symptoms subside - Singular remedies should be 30C for the broadest general use, unless you are a trained homeopath - Keep hydrated with clean, filtered water and your electrolytes balanced – if symptoms persist for more than 48 hours, seek out a medical professional. Cut this out and store it in your wallet or purse, it could save you or someone you love from a lot of suffering.*

