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Traveling part 2

My second column of tips for travelers is devoted to homeopathic remedies. These remedies come in very small containers, making them easy to pack, and they're very effective. If you are traveling by plane, you might ask security not to X-ray your remedies because the rays might disturb the potency somewhat.

Homeopathic medicine is the second largest natural healing system after Chinese traditional medicine. It is used extensively in Europe and South America. I'm going to talk about the 10 remedies I take with me when I travel.

If you are anxious about traveling, particularly about flying, there's a wonderful remedy called Aconite. Take it before leaving and as often as you need during a trip. It won't help you find your missing baggage but it will help you feel less anxious while the search is on. As an aside, this is also a good remedy if you are afraid of such things as dentist's offices and speaking in public.

Some people feel claustrophobic in airplanes or in crowded airports. Argenteum is very useful for this. If you are prone to travel sickness, cocculus is the remedy for you. The homeopathic, Zingiber is also a useful substitute for ginger to alleviate nausea and motion sickness.

Don't forget to pack arnica. It's a must for travelers. It's so useful for any shock, bruising or swelling. If you've just completed a 17-hour flight and you feel stiff, arnica is also wonderful.

Sleeping during a long trip is a wonderful escape but sometimes it's elusive because the mind races with thoughts. An excellent remedy for this is coffea, which will help to slow down the flood of thoughts and help you rest.

If you wake up with cramps due to inactivity, a long flight or excessive loss of salt you can take extra calcium or a homeopathic remedy called cuprum - or copper - that's excellent for cramping.

If you're like most people you probably like to indulge your taste buds while you are traveling, eating the local foods and possibly overeating. Nux vomica is wonderful if you have overindulged in rich foods and suffer from stomach cramps, intestinal pain or constipation. This remedy is also good for hangovers.

If you experience a lot of burping, flatulence or bloating carbo vegetalis will help relieve the discomfort.

As I mentioned in my last column, the best remedy for jet lag is melatonin but there is also a homeopathic remedy called gelsemium that can relieve the

effects. Take it when you are leaving and the day after you have arrived both ways.

Podophyllum is excellent for diarrhea so it's especially useful if you are traveling to countries where gastrointestinal complaints are common.

When you take a homeopathic remedy, always dissolve it on or under the tongue because it is best absorbed through the mucus membranes of the mouth. To ensure the effectiveness of the remedy don't drink, eat, chew gum or brush your teeth 10 - 15 minutes before or after taking the remedy.

Happy travels!

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