



Remedies for Motion Sickness and Sunburn

Live session with Kim Elia



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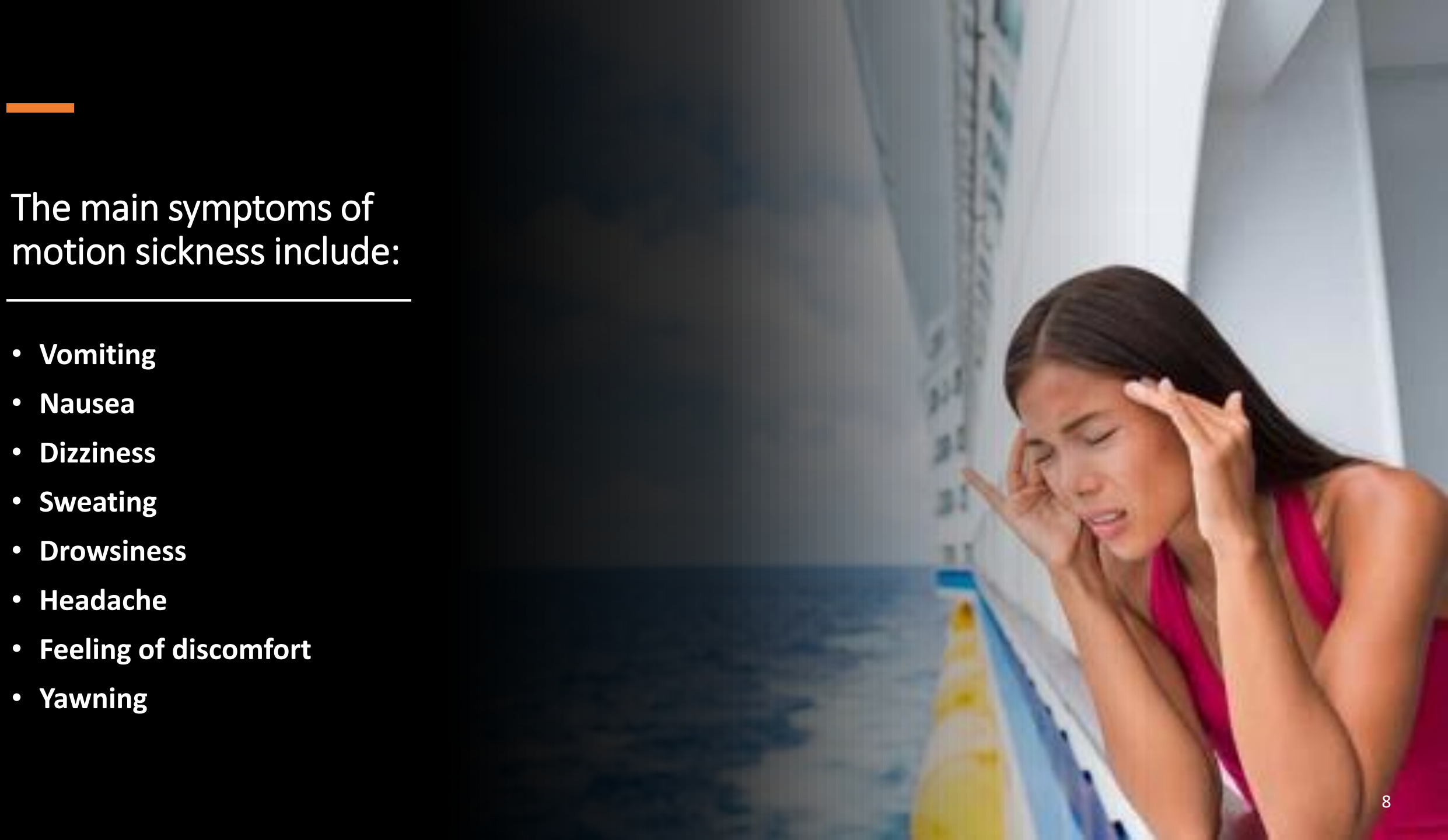






The main symptoms of motion sickness include:

- Vomiting
- Nausea
- Dizziness
- Sweating
- Drowsiness
- Headache
- Feeling of discomfort
- Yawning



#1 Pharmacist
Recommended
Brand

ORIGINAL FORMULA

Dramamine®

MOTION SICKNESS RELIEF

TREATS SYMPTOMS
ON THE SPOT

Dimenhydrinate
Tablets/Antiemetic

PREVENTS NAUSEA,
DIZZINESS & VOMITING



Actual Size

36 TABLETS
(50 mg EACH)





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Motion Sickness

Motion sickness results when the movement you see is different from what your inner ear senses. It can occur in cars, trains, airplanes, or boats. Anyone can get motion sickness, although children and pregnant women are especially vulnerable. It can cause dizziness, nausea, and vomiting, and although it is not a serious condition, motion sickness can make traveling very unpleasant.

Preventing Motion Sickness

In a car or bus, sit in the front (or drive, if possible). In an airplane, sit over the wing. On a cruise ship, try to get a central cabin. Close your eyes or focus them on the horizon. Stimulating your other senses can distract you from the motion. Aromatherapy (mint or lavender), ginger candy, or other flavored lozenges may help.



A woman with glasses and a white t-shirt is driving a car. In the passenger seat, a baby is crying with its mouth wide open. A thought bubble above the baby contains the text "This definitely isn't working". The car's interior, including the dashboard and steering wheel, is visible. The background shows a blurred city street.

**This
definitely
isn't
working**













HOW TO COMBAT MOTION SICKNESS

Take Dramamine before you travel



Drink club soda



Eat a large meal before you travel



Take ginger or peppermint pills



Sleep during travel



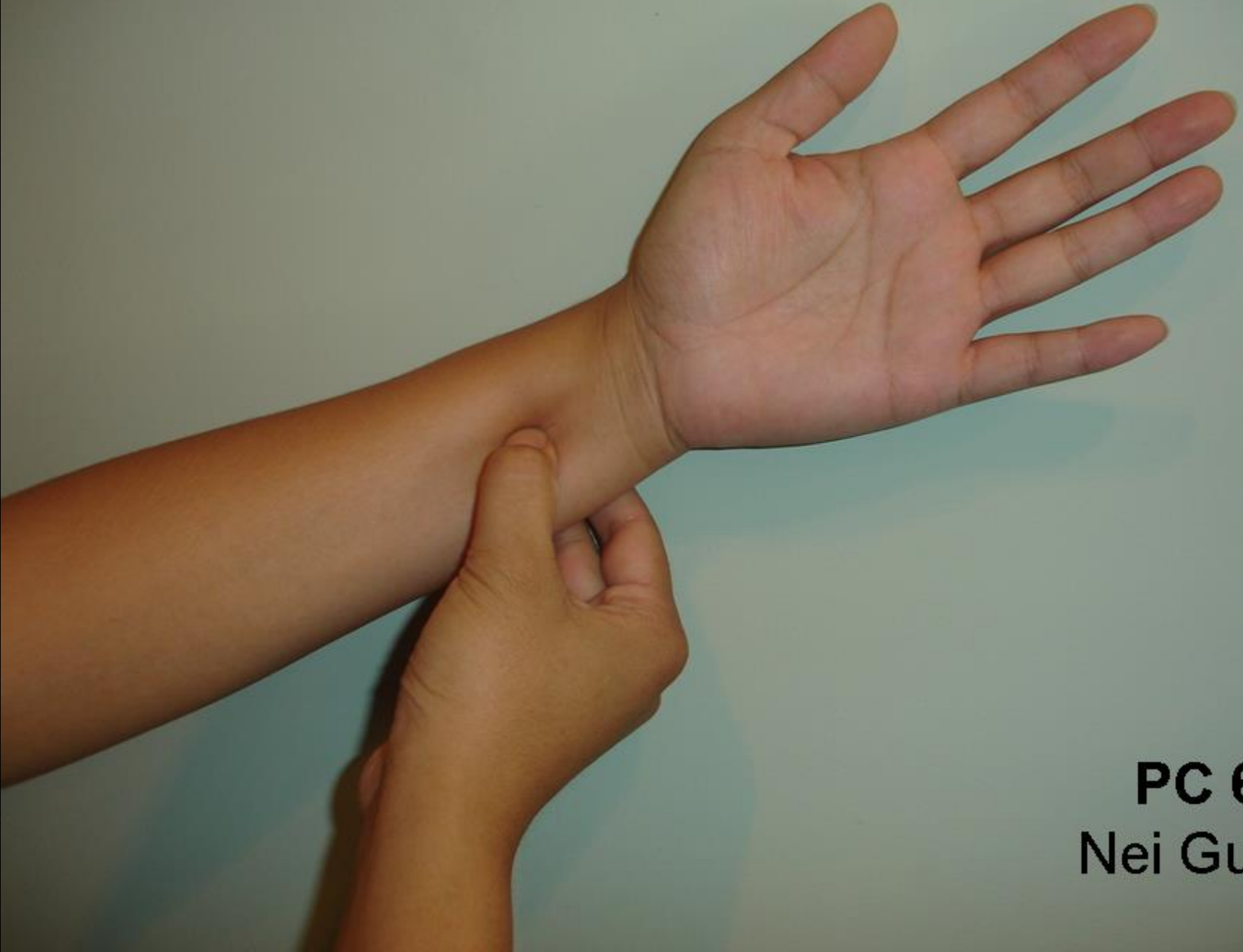






Fast-acting Natural Remedies





PC 6
Nei Guan



PC 6
Nei Guan









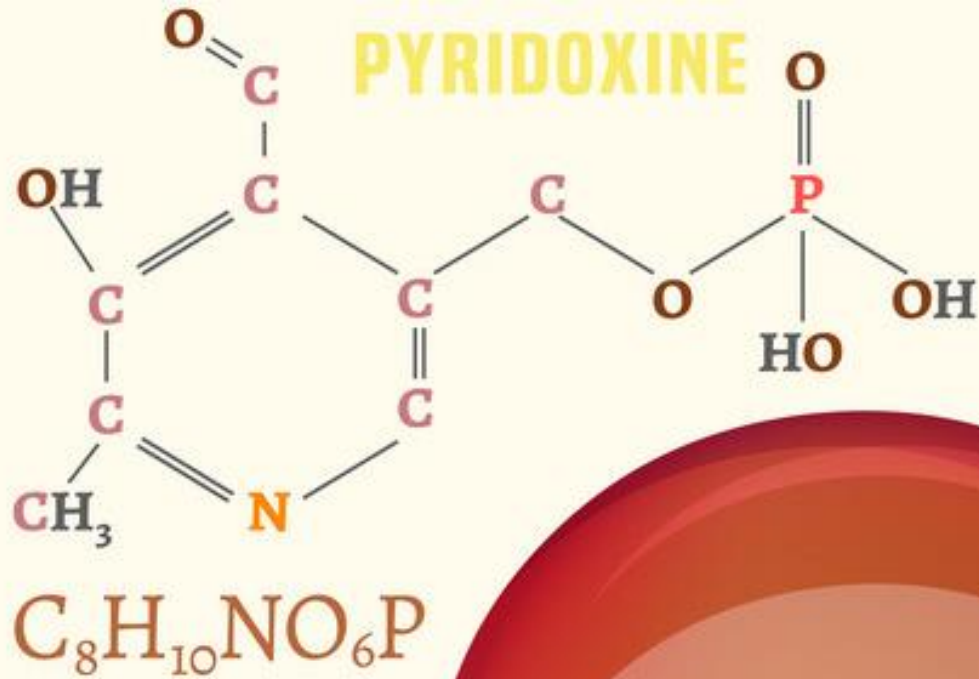








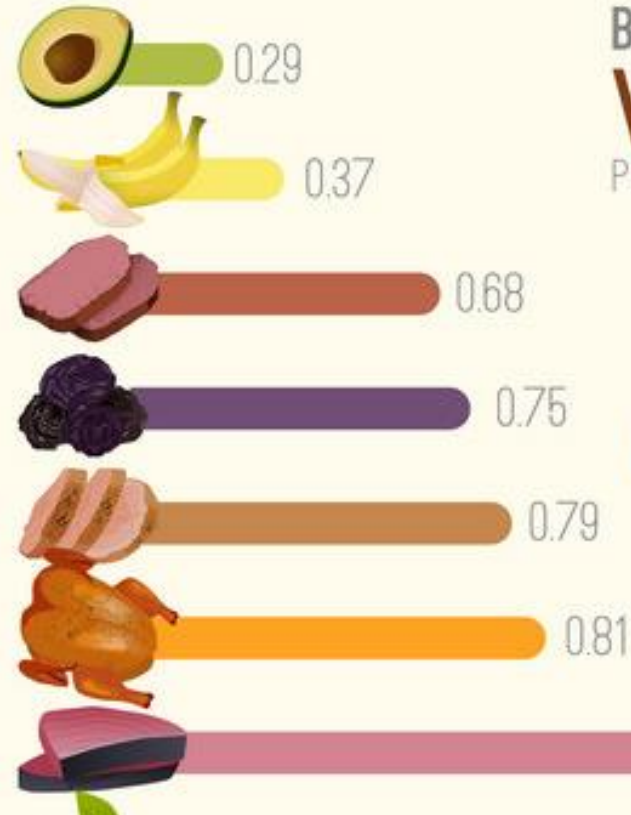
Long-term solutions to prevent future symptoms



Health Benefits

- IMPROVES YOUR MOOD
- PROTECTS EYE HEALTH
- IMPROVES BRAIN FUNCTION
- PROTECTS AGAINST CARDIAC DISEASES
- IMPROVES IMMUNITY
- DIGESTION PROMOTION

VITAMIN B₆



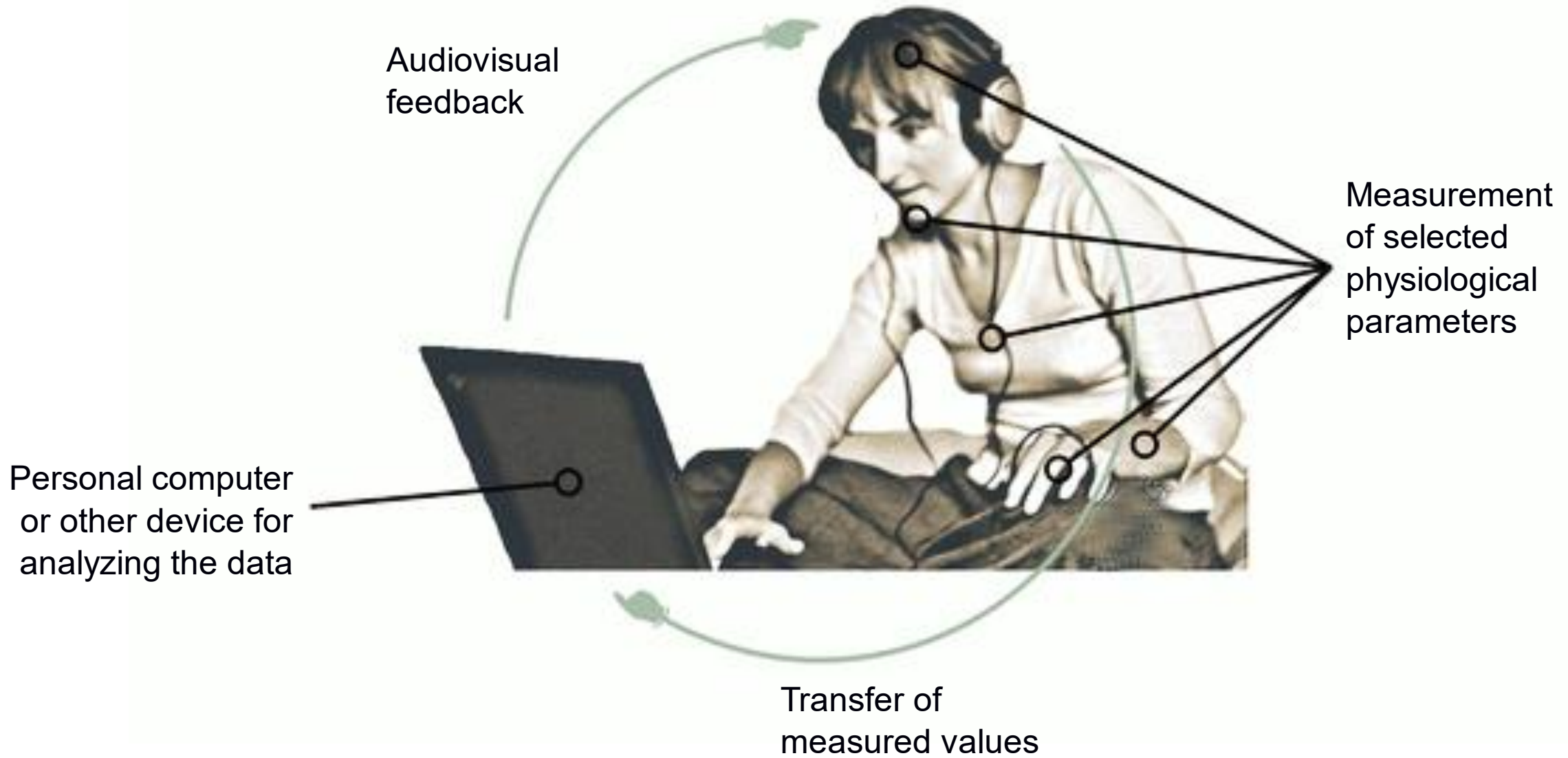
BEST SOURCES OF
VITAMIN B₆
PER 100G (MILLIGRAMS)





Take 5-HTP +
magnesium





Audiovisual feedback

Measurement of selected physiological parameters

Personal computer or other device for analyzing the data

Transfer of measured values



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**Homeopathic Medicine
For**

Motion Sickness



Nux vomica

- Better after vomiting
- Severe nausea
- Vomiting of undigested food
- Intense headache which is centered in the back of the head or over one eye
- Patient will desire warmth
- May be averse to food, tobacco and coffee
- Bloating, gagging and retching



Tabacum

- Motion sickness with severe nausea
- Continuous nausea with vomiting
- Episodic vertigo with fainting (common)
- Sinking feeling in the upper part of abdomen or pit of stomach
- Nausea and vomiting from slightest motion
- Vomiting of sour liquid with excessive mucous (can cause anxiety)
- Skin is pale or greenish and feels icy cold
- Cold sweat, yellow-green vomit and headache like a band
- Better from cold, fresh air or when closing eyes



Ipecacuanha

- Severe nausea and vomiting
- Motion sickness from looking at moving objects
- Sinking feeling in the stomach
- Absence of appetite with the nausea
- The nausea is worse from the least motion
- The person does not experience relief after vomiting



Iris versicolor

- Motion sickness with acid vomiting
- Nausea and vomiting from riding in a car
- Continuous nausea with retching
- Vomit is thin, acidic, watery and sour
- Burning sensation in throat, mouth and stomach



Magnesia carbonica

- Sensation of emptiness in the stomach
- Nausea will tend to be followed by vomiting
- Weakness
- Vomit will be very sour or bitter or salty-bitter.
- Craving for meat



Sepia

- Motion sickness with anxiety
- Anxiety when straining the eyes
- Feeling of sensitivity and emptiness in the pit of the stomach
- The patient will tend to feel chilly and weak



Theridion currassavicum

- Motion sickness with pain in the head
- Head pain begins when looking steadily at an object or from traveling in a fast-moving vehicle
- It is used for seasickness
- Nausea with vertigo
- Vomiting of acrid fluid
- Better from closing the eyes
- Sensitive to the slightest noise



Nux moschata

- Motion sickness with drowsiness
- Nausea and water brash (acid reflux) from movement
- Tendency to fall asleep
- Pressure in the pit of the stomach
- Difficulty breathing
- Sensation of something crawling from the stomach to the throat
- Dry mouth



Borax

- Motion sickness which arises specifically from a downward motion
- Can be used, for example, when an airplane is descending



Kali bichromicum

- Frequently prescribed for motion sickness
- Severe nausea and dizziness that worsens when standing up
- Weakness
- Achiness in the bony areas of the face or head
- Bright yellow vomit



Rhus toxicodendron

- Nausea, vomiting and loss of appetite
- Giddiness when attempting to sit up
- Intense headache forehead
- Scalp sensitivity
- Dry mouth and throat
- Extreme thirst

Motion Sickness Case #1

Sally had taken a long car trip over one of the windy roads leading from the coast of Northern California inland to Sacramento. By the time she arrived at her destination, she was experiencing terrible nausea, vomiting and vertigo. Nothing seemed to relieve the nausea or dizziness but looking up or moving her eyes really aggravated her condition. With the vertigo she described a strange sensation that was hard to put into words. She said it felt like the dizziness was centered in the back of her head. In addition, Sally felt unusually cold. Normally, she was a warm blooded individual.

Remedy:

Motion Sickness Case #1

Sally had taken a long car trip over one of the windy roads leading from the coast of Northern California inland to Sacramento. By the time she arrived at her destination, she was experiencing terrible nausea, vomiting and vertigo. Nothing seemed to relieve the nausea or dizziness but looking up or moving her eyes really aggravated her condition. With the vertigo she described a strange sensation that was hard to put into words. She said it felt like the dizziness was centered in the back of her head. In addition, Sally felt unusually cold. Normally, she was a warm blooded individual.

Remedy: Petroleum



Petroleum

- Nausea and vomiting when in motion
- Empty feeling in stomach with weakness
- Breathlessness
- Vomiting of bitter, green substances with vertigo
- Excessive salivation, stomach pain and stiffness in the back of head or neck
- Worse from light or noise and sitting up
- Better from keeping warm and after eating

Motion Sickness Case #2

A lady, 30 years old, used to have severe nausea and vomiting during journey by car or bus due to the smoke of cigarettes and seeing moving objects from the window of the car. She also felt nausea from the smell of petrol.

Prescription:



Cocculus Indicus

- One of the best remedies for motion sickness
- Symptoms are brought on by watching moving objects
- Nausea and/or vomiting at the sight or smell of food or other odors
- Symptoms are brought on from becoming cold or from a lack of sleep
- Weakness, dizziness and desire to lie down are common
- An empty feeling in the stomach



I TOLD YOU TO
USE SUNSCREEN...









Homœopathy



Sunburn Case

A 37 year old man was travelling in Central America and spent his first day luxuriating on the beach without realizing how much more intense the sun was close to the equator. Consequently he developed sun burn over most of his exposed body. His skin became swollen, red and itchy. He described a sensation as if he had been stung by a bee. The itching was aggravated by being in a warm room or by taking a warm shower. The stinging of the skin was very much worse from even the slightest touch but the pain would subside at night when he would go to bed.

Remedy:





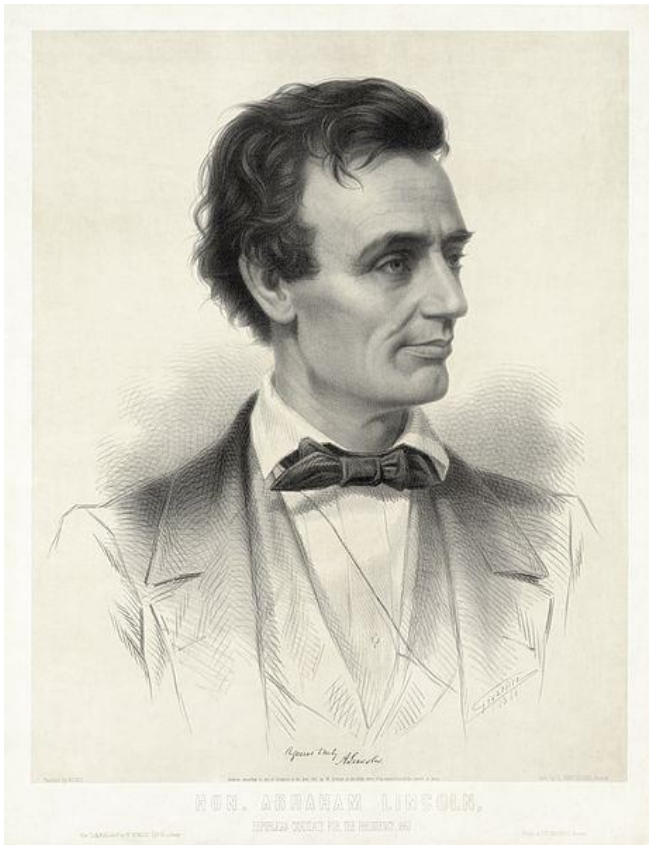
Homeopathy now within reach

Introducing Homeopathic Housecall

American Politics

1860

The Republicans sweep into office including the Presidency



When the Republicans swept into office in the 1860 election, the new political party offered a progressive politics along with an association to homœopathic doctors. The homœopaths quickly took advantage of their newfound political visibility. **Tullio Verdi was the first homœopath to be appointed to the bureau of health in Washington, DC as well as being the physician to Secretary of State, William F. Seward.** When Lincoln was assassinated, there was also an attempt on Seward's life. The White House doctor attending Seward notified Verdi when he arrived. For this he was censured by the Washington Medical Society.



The Box and the Book

Homeopathic Housecall was inspired by a 19th century home kit that became one of the most important factors in the early development and spread of homeopathy. Dr. Constantine Hering originally published *The Homoeopathic Domestic Physician* in 1835. Nearly fifty years later, the final and seventh edition was published shortly after his death.

Over 135 Years of Combined Clinical Experience!



Joe Kellerstein, ND

35 years experience

One of the most prominent names in homeopathy worldwide. Dr. Kellerstein has been practicing homeopathy since he graduated at the top of his class from the Ontario College of Naturopathic Medicine in 1984. Joe has been lecturing at numerous schools since 1987, teaches online classes for WholeHealthNow and publishes regularly in *Homeopathy Today*. He has a particular interest in Neuro-Linguistic Programming and Clean Language as tools for effective case taking.



Maryann Ivons, ND

32 years experience

Dr. Ivons started her medical career as an emergency room and intensive care nurse before becoming a naturopathic physician in 1987. She has been practicing homeopathy since, while also lecturing at Bastyr University and the Seattle School of Homeopathy and serving as Dean of Academic Affairs for the American Medical College of Homeopathy. Maryann is the author of *Homeopathy for Nurses* and a contributor to Vogel and Krucoff's *Integrative Cardiology*.



Farokh Master, MD

39 years experience

One of the most experienced practitioners and prolific authors in the field. Dr. Master is well known for his work with homeopathy in advanced pathological conditions. He currently lectures internationally while supervising several teams of doctors at six different medical facilities near Mumbai. Since he began practicing in 1980, Farokh has been the recipient of numerous awards for his contributions to both homeopathy and the treatment of cancer.



Kim Elia

32 years experience

Recognized around the world as one of most knowledgeable and dynamic teachers of homeopathy, Kim Elia is also a practicing homeopath, a nutritionist and the CEO of WholeHealthNow. He graduated from the New England School of Homeopathy and practiced for several years with Drs. Paul Herscu & Amy Rothenberg. Kim designed and taught the 4-year classical homeopathy curriculum at the Hahnemann Institute in Tokyo and Osaka.



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ANY
QUESTIONS?

