

# homeopathy

## TODAY

YOUR GUIDE TO HEALTH THROUGH HOMEOPATHY

SPECIAL DIGITAL EDITION - *Holiday Travel*

### CLEARING UP TRAVEL TROUBLES

One trip, two travelers, two different remedies

### HOMEOPATHY HITS THE ROAD

Great remedies for people on the move

### TOURIST TROUBLES

Treating traveler's diarrhea on a trip to India

### PERFECT ESCAPES!

Prevent peril in paradise:  
The savvy traveler's guide

### On a Wing and a Prayer

Fear of flying nearly grounded me,  
homeopathy to the rescue

### YOUR BEST VACATION STARTS HERE

Travel worry free with homeopathic cell salts



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YOUR GUIDE TO HEALTH THROUGH HOMEOPATHY

## TODAY

SPECIAL DIGITAL EDITION - Holiday Travel

## HOLIDAY TRAVEL Article Collection



- 1 TOURIST TROUBLES - TREATING TRAVELER'S DIARRHEA ON A TRIP TO INDIA**  
Timothy R. Dooley, MD, ND  
*Summer 2006 - June*
- 2 CLEARING UP TRAVEL TROUBLES - ONE TRIP, TWO TRAVELERS, TWO DIFFERENT REMEDIES**  
Edward Shalts, MD, DHt  
*Summer 2007 - August*
- 3 PERFECT ESCAPES! PREVENT PERIL IN PARADISE: THE SAVVY TRAVELER'S GUIDE**  
Amy Rothenberg, ND, DHANP  
*Summer 2010*
- 4 HOMEOPATHY HITS THE ROAD - GREAT REMEDIES FOR PEOPLE ON THE MOVE**  
Mary Aspinwall, Registered Homeopath, ISHom, PCH  
*Spring 2010*
- 5 ON A WING AND A PRAYER: FEAR OF FLYING NEARLY GROUNDED ME, HOMEOPATHY TO THE RESCUE**  
Judith Acosta, LISW, CCH  
*Summer 2015*
- 6 YOUR BEST VACATION STARTS HERE - TRAVEL WORRY FREE WITH HOMEOPATHIC CELL SALTS**  
Tanya Renner, CCH, RSHom(NA)  
*Summer 2019*





## Tourist Troubles

### Treating traveler's diarrhea on a trip to India

by TIMOTHY R. DOOLEY, MD, ND

“OH - KAY,” HE SAID, SPEAKING SLOWLY WITH A THICK ACCENT. “I will bee here at nine oh-clock too-mor-row to pick you up.”



Spices for sale at a market in India.

“Nine a.m.,” I said, speaking distinctly so as to be sure to be understood.

“Nine in the mor-n-ing I will bee here,” he repeated carefully.

“OK,” I said.

It is not every day you get invited to breakfast with a graduate of the “Palace of Hahnemann Homeopathic Medical School”! The next morning was to be our last in Jamalpur, a little-known town in Bihar state in northeast India, as we were leaving by train in the late afternoon. We had a busy schedule, and breakfast promptly at nine with this esteemed homeopathic doctor seemed a good start for the day.

This was three weeks into a nine-week trip to India that my wife, Ming, our three younger children, and I took last winter. We had been staying in Jamalpur at the regional headquarters of a social service organization (Ananda Marga). The doctor who had just invited us all to breakfast ran a free

homeopathic clinic every afternoon for the poor, in addition to his private practice.

We were exhausted that night, and, in anticipation of the feast that awaited us in the morning (Indians are very hospitable), we went to bed without dinner.

#### Head for the hills

The next morning, after our meditation and various duties, we readied ourselves and the children for the day by 9:00 a.m. Nine passed, as did nine-thirty, ten, and ten-thirty. Hungry and irritable, we all had a snack. As eleven-thirty approached, we packed up and, literally, headed for the hills. We wanted a final tour of a few famous spots outside of town before we had to catch our train.

#### Tourists in trouble

The week before, we had connected with an “India Youth Tour,” a group of about ten young adults touring India with some experienced guides. As a result, we had had a wonderful personalized excursion around Jamalpur. These tourists had moved on now, but we remembered them fondly as they had all become friends. Friends who, unfortunately, had bad cases of diarrhea that they’d contracted in a previous town. Although they had doggedly continued their sightseeing as best they could, they had been pretty miserable. When we met, they all said they were interested in trying to address their maladies without conventional drugs, so my services as a homeopath were in demand. I tried to help them all; some I helped, some I did not.

One I did help was the oldest “youth” in the tour, a Canadian woman about 45 years old (we’ll call her Isabelle). Let me present her case and some of the remedies I considered. See if you can tell, based on the information, which remedy she received.

## Bundled in bed

I interviewed Isabelle as she was lying in bed, pretty wiped out. She looked pale and tired and apparently felt quite chilly because she was bundled in her sleeping bag. (The room was unheated and it was a little cold.) Isabelle was lying still, not fidgeting or visibly restless. I felt her forehead and noted that her skin was dry and that she had a moderate fever (no thermometer was available). There was no particular smell about her or in the room.

As mentioned, Isabelle had contracted diarrhea the week before in another town on the tour. Hers was a foul-smelling, watery diarrhea, sometimes associated with colicky abdominal pains. The diarrhea was sometimes explosive (though without flatulence or spluttering), often yellow, usually fairly profuse, and associated with urgency—that is, when she had to go, she had to go now! She'd had no vomiting.

Isabelle wasn't sure if she was thirsty or not because she had been intentionally drinking lots of fluids to stay hydrated. She was drinking room-temperature fluid, which is pretty much all that had been available—mostly water with some re-hydration powder added. She had little appetite for any food. Other tour members described Isabelle as a trooper who did not complain and did her best to keep up with the group despite her illness. She had not been weepy or irritable, just kind of exhausted.

That was about all the information I could get on Isabelle's condition. Here are some of the homeopathic remedies I had with me that I considered:

### Four remedies for "turista"

***Arsenicum album***. This is one of the more commonly indicated remedies for cases of acute diarrhea of many different types. The diarrhea is typically offensive with a bad smell. It can be in small amounts or profuse. Although often dark, the stool can be of various colors. Because there is such a wide range of possible presentations of diarrhea symptoms, the general *Arsenicum* symptoms are usually key to prescribing this remedy. These include restlessness, burning pains, chilliness, anxiety, and increased thirst, typically for frequent small sips.

***Phosphoric acid***. Patients needing this remedy are usually debilitated with a listless, apathetic quality. Typically, their

diarrhea is painless and watery with much flatulence (hence there is often noisy or spluttering passage). The stools can have an offensive smell and are often watery or white.

***Podophyllum***. This remedy is commonly called for in patients with acute diarrhea, and, as with *Arsenicum* mentioned above, those needing this remedy can have a wide variety of diarrhea symptoms. The typical case has fetid, offensive diarrhea that is profuse and explosive or gushing. A jelly-like mucus is sometimes passed. Colicky abdominal pains are common, and the patient is often thirsty for large quantities of cold water.

***Veratrum album***. The diarrhea associated with this remedy is watery, profuse, often painful, explosive, and frequent, though typically not offensive in odor. Vomiting and cramps in the extremities are frequently seen. The patients are often debilitated by the diarrhea, are very cold, and frequently have cold sweat on the forehead. Thirst for cold drinks is common.

### Choosing one

In deciding what remedy to give Isabelle, I considered the four remedies listed above. Isabelle had none of the anxiety or restlessness so commonly associated with *Arsenicum*. *Veratrum* seemed a possibility, but her diarrhea was foul-smelling, which is not typical for someone needing *Veratrum*, and there was none of the cold sweat on the forehead, vomiting, or definite desire for cold drinks that might be expected either. Not all of these features would have been required in order to prescribe *Veratrum* for Isabelle, but the lack of any of them made me lean away from it.

That left *Phosphoric acid* and *Podophyllum*. I gave *Podophyllum* based mostly on the absence of flatus and the fact that, although she was wiped out (which is typical after several days of diarrhea), she did not have the apathetic quality often associated with patients needing *Phosphoric acid*.

I gave Isabelle a dose of *Podophyllum* to

put into her water bottle and told her to shake the bottle frequently and sip on it regularly. The next morning she emerged from the room looking like a new person. Her energy was good, her appetite had returned, and her diarrhea was over. I was hopeful that this remedy would prove to be the "genus epidemicus" for these tourists, that is, the remedy that will help many people with the same acute illness. Alas, that proved not to be the case, and I had to prescribe different homeopathic remedies for different patients—with mixed results.

There are many more than these four remedies to consider for patients with acute diarrhea, such as *Aloe*, *Cinchona*, *Mercurius*, *Sulphur*, and others. I recommend using a good self-care homeopathy book as a reference to help you choose one remedy over another. Even though I am a homeopathic doctor, I usually carry a homeopathic reference when traveling.

### Amazing and different

As mentioned, the India Youth Tour had moved on to Nepal a day or two before our last day in Jamalpur. So on this final day we were alone wandering in the neighboring hills, revisiting sites of interest, thinking of our friends, and hoping they were feeling better and enjoying themselves.

Later that day, we returned to our rooms to collect our bags and head for the train. Suddenly, the homeopathic doctor from our unsuccessful breakfast date rushed up.

"Oh, brother. I am so sor-ry," he lamented. "I had to do my du-ty and I did my du-ty and then came in car to get you but you were gone!" He was truly apologetic. We would have enjoyed his company and hospitality and were sorry it had not worked out. I tried to soothe his distress, but because of our language differences, I am not sure that I was able to communicate that effectively.

India was an amazing place, very different from home. There were many things I never really understood. Time was one of them. It just doesn't work the same there!



#### ABOUT THE AUTHOR

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*All journeys, even travels for pleasure, have their challenges: changes in environment, diet, and schedules can act as stressors that trigger susceptibility to illness.*



# PERFECT ESCAPES!

A photograph showing a person's bare feet hanging from the trunk of a palm tree. The trunk is thick and textured, and the feet are positioned as if they are hanging from it. The background is a clear blue sky with some palm fronds visible on the right side.

## Prevent peril in paradise: The savvy traveler's guide

by AMY ROTHENBERG, ND, DHANP

AS CROCUSES BEGIN TO POKE THEIR HEADS THROUGH THE melting snow and robins start to sing again, many people's thoughts turn toward travel—college students planning for spring breaks, families plotting out summer getaways, individuals dreaming of artists' retreats, and couples anticipating that long overdue romantic escape. Adventures like these are exciting! They get us out of our ruts and give us fresh perspectives on our lives.



I am personally grateful to have had the chance to see much of the world, both for fun and for work, and my grown children have created similar opportunities for themselves. When we travel, I like to pack a small set of natural health supplies to have on hand. True, you're likely to find such supplies at whatever destination is on your boarding pass or plugged into the GPS these days. But when you're injured or not feeling well, who wants to strike out looking for a pharmacy, market, or natural food store to put your hands on a particular item?

Over the years, I've also been privileged to help many a globe-trotting patient prepare for and deal with health-related travel issues. I'd like to share my recommendations with you, too—so tuck this article away somewhere, and pull it out when you're next heading off on a trip!

### Change is stressful

All journeys, even travels for pleasure, have their challenges: changes in environment, diet, and schedules can act as stressors that trigger susceptibility to illness. Some people are more susceptible than others. The nervous traveler, for example, who is anxious about her health to begin with, may find that being far from home—or even just in a place that is *not* home—makes her prone to sickness. More robust travelers may also find their systems stressed when exposed to extreme situations or unfamiliar illnesses.

### Getting ready to go

Before you even make the travel plans, it's important to understand your own feelings (or those of the person you are trying

to help) about leaving home. We are all hardwired differently. Taking into account a person's underlying temperament (i.e., constitutional type!) as well as past travel experiences will help you plan the kind of trip that best suits the person's needs.

It's especially important not to start a trip tired and stressed—although for many people, that is the norm. I would venture to guess that more couples than not have arguments on the way to the airport! I often encourage patients, especially those going away for a long time, to take a half-day or full-day off from work before a trip. This allows for getting all those little things done: paying bills, cleaning out the refrigerator, packing in a calmer way, and running essential errands. Scheduling a return on a Friday or Saturday with a day or two set aside for “re-entry” is also useful.

### Different strokes

For people who fit certain constitutional remedy types like *Calcarea carbonica*, *Arsenicum album*, and *Baryta carbonica*, going away can be excessively stressful.

## When we travel, I like to pack a small set of natural health supplies to have on hand.

Such individuals do not thrive on change and prefer to be home where they know what to expect and can control many aspects of their day. Even so, they can enjoy travel, as long as they have plenty of time in advance to carefully research and get ready. A vacation to the same place each year may be the perfect solution for some of these folks: that way, they'll know what to pack and what they'll find when they get

there. They'll benefit from a change of scenery minus the surprise factors.

In contrast, more easygoing, adventurous people—whose constitutional temperament may more closely fit remedies like *Medorrhinum*, *Sulphur*, *Phosphorus*, or *Tuberculinum*—will thrive on the idea of going away. They might throw a few things in a backpack and off they go. Heck, you can always buy a toothbrush in Nepal! Not sure where to stay when you land in Rome? No worries—that's what travel's all about!

### A kit for all reasons

For everyday ailments encountered while traveling, I often turn to preventive natural medicines and commonsense measures (see sidebars). If more support is needed, I use homeopathic remedies, which can be very effective in first-aid and acute situations when prescribed accurately. Handy “travel kits” are available from a number of pharmacies and usually come with a brief “how-to” guide. Or you may prefer to put together your own kit so you can tailor it

to your needs, including remedies that have helped in the past. I always recommend the 30c potency, a good organization system (i.e., labels!), and a container sturdy enough to withstand bumps along the way. [See page 28—ed.]

In my experience, scanning devices at airports have not rendered homeopathic remedies any less effective. If I had a choice, I would check remedies with bag-

gage, but in our family we talk about two types of baggage: carry on and lost! So we rarely check bags anymore.

Homeopathic remedies are sold in many places around the globe, especially Europe, South America, and Asia. You may enjoy a sojourn in those little stores and stalls to see how homeopathy is regarded overseas and how different it may be from your hometown.

### Peril in paradise

Carrying an extensive homeopathic kit on a tropical family adventure some years ago turned out to be lifesaving for us. We were camping on the sands of a beautiful little jewel in the British Virgin Islands when our kids were three, four, and six years old. On the first day, our eldest and her little brothers were happily running after hermit crabs and swinging with their papa on the hammocks that dotted the camping area. That evening, we had a sparkling

campfire and lay five in row on the warm sand looking up at the pristine star-studded sky. The night air was intoxicating, and as we carried the kids to bed we felt we'd found our little piece of paradise.

Our usually hale and hearty daughter was very excited to be sleeping in a little screened-in hut right on the water; but a few days into the trip, she did not wake up at the crack of dawn with the others. In fact, by mid-morning, she was still asleep. I went in to get her and found her burning hot and feverish, with extremely cracked lips. When roused, her eyes were glassy, and in an almost imperceptible voice she said: "My head hurts, my neck is stiff. I hurt all over." And then just like that, she fell back into a deep sleep. She had not had too much sun the day before and had gone to bed feeling fine. So we kept an eye on her all day, thinking perhaps she had just overdone it or had a little virus. When we finally got her up and carried her to the

## Tame your tummy troubles

Here are tips for preventing or treating gastrointestinal troubles *en route*:

- Probiotics, one capsule in the morning, helps create and maintain healthy flora throughout the gut, which also helps to prevent infection (as the stomach is a secondary area of germ-fighting).
- If you think you are heading toward diarrhea, use charcoal capsules or tablets to help absorb bacteria. Charcoal will not absorb nutrients but can interfere with absorption of some medications and oral contraceptives, so check with your health provider first. Charcoal temporarily turns the stool black.
- If you tend to get constipated on the road, bring or seek out instant natural oatmeal and/or packaged ground flax seeds—easy to carry and often just the trick. You can also bring powdered bulking agents like Metamucil® to have with a morning warm drink and lots of water. Staying ahead of constipation is the best approach.

shady part of the beach, she was excessively photophobic and did not want to go near the water; all she wanted to do was sleep.

### Meningitis?

When the next day she was no better, a friend and fellow camper walked three miles over a small mountain to the only pay phone on the island and called our daughter's school to see if there were any illnesses going around. The school nurse reported a number of cases of viral meningitis, saying two kids had been hospitalized. Our daughter's high fever, extreme sleepiness, and stiff neck signaled that she probably had it, too.

Viral meningitis is an inflammation of the membranes ("meninges") that enclose the brain and spinal cord. There is no conventional treatment for viral meningitis, just rest, hydration, and waiting. Most people recover well in a week to 10 days—versus the more serious bacterial meningitis that can cause deafness, brain injury, or death—but it's tough to tell the difference without doing a spinal tap. We were an hour boat ride away from an airstrip that could fly us to a hospital. This was one time that my husband and I questioned our choice of family outings! Our daughter seemed to be slipping away, so we began to make plans to get off the island. At the same time, we considered how we might help her with homeopathy.



**R**EMEMBER, your main goals are to prevent swelling, keep the blood moving, and as the saying goes, "Sit back, relax, and enjoy the ride!" So consider these ideas the next time you fly.

- Hydrate!
- Take a B-complex vitamin (25-50mg) to help with the stress (even the good stress!) of travel.
- Bring your favorite tea bags. When the beverage cart comes around, ask for your drink *plus* a cup of hot water.
- Hydrate! (again!)
- Get up every hour or two and take a lap up and down the aisle.
- Try progressive relaxation, where you tense up muscles and then let them relax.
- Remember those standing yoga postures (I can be seen on long haul airplane flights in the galley doing Mountain Pose)!
- Use acupressure on your face, or at the risk of really annoying your seatmates, give yourself foot rubs. Do what it takes to keep circulation moving!
- Bring healthy snacks on board to munch. I often bring carrots, celery, nuts, and fresh or dried fruit. For longer trips, I pack a sandwich or rollup so I know I will be getting at least one good meal on the way.
- If you're worried about germs, bring along a small container of low-chemical hand sanitizer and nice soft tissues!
- A neck pillow and your own small blanket or shawl can be comforting, as many airlines no longer provide these.

## Not your everyday remedy

Our daughter is one of the most outgoing people you could ever meet, but during this illness, she had pulled inward to the point of being almost unreachable—as close to melancholy as she could be. When a patient has such an extreme shift in temperament as this, we know that they do not need their usual constitutional homeopathic remedy; they need an acute remedy to address their very different symptoms and situation. We had to find a remedy for our daughter's extreme fatigue, photophobia, aversion to company, overall soreness, and dried out mucous membranes. She was barely urinating and had not had a bowel movement that day.

While we considered remedies like *Gelsemium* or *Phosphoric acid*, which may be indicated when someone is feverish and debilitated, it was the *extreme* degree of collapse that seemed most striking about our daughter's condition, and that led us to decide on the remedy *Muriatic acid*. As Clarke describes in his *Materia Medica*: "The tendency 'to slide down to the foot of the bed' was noted by Hahnemann and has been amply confirmed. It indicates an extremely low vital condition. ...unconsciousness... in low types of fever, the patient often slips down toward the foot of the bed, and must be lifted up every little while." This description fit her; the remedy also fit her very dry mouth and cracked lips, her soreness, her headache, and her taciturnity. *Muriatic acid* is not your everyday remedy, but by good fortune, it happened to be in our large travel kit.

## Brightness returns

We gave our daughter a dose of *Muriatic acid* 200c. Within a few minutes, she opened her eyes



## Soothe sore, stiff joints

For soreness or stiffness in muscles or joints due to a fall or overexertion, try the following, all of which act to decrease inflammation:

- Vitamin C 1000mg 2-3x/day between meals
- Bromelain 500mg 2-3x/day between meals
- Curcumin 500mg 2-3x/day between meals.

## Say NO to colds, flu and sinus strife

These natural medicine suggestions may ward off upper respiratory troubles while traveling:

- Vitamin C, 1000mg/day. If you are sick you can go higher (1000mg 3-4x/day). Vitamin C helps create healthy mucous membranes and helps you fight infection.
- Bromelain, 500mg with your vitamin C, helps to thin mucus and decrease inflammation. Very good at first sign of infection.
- Nasal irrigation with a salt water sniff or a neti pot helps to rid nasal passages of infection-causing bacteria and viruses. For a very clear description of how to use a neti pot, go to About.com and type "neti pot" into the search window.
- Charcoal tablets. Sucking on one will help you absorb and flush out any "invaders." (See notes on charcoal under "Tummy troubles" on page 26.)
- Zinc lozenges, which work in two ways: they kill germs on contact and raise the lymphocyte count in the blood to support your own immune system's efforts.
- Ginger tea!



fully for the first time in two days, and with a bit of brightness returning she said, "I'm thirsty." A good sign. Within an hour or so, she ate for the first time, and by the evening, she wanted to be out playing with the other kids. We forced her to lay low to avoid a relapse. Over the next several days, she was weaker than her usual robust self but climbed her way back to health to enjoy the rest of the trip—running up and down the beach chasing and being chased, and riding the little wavelets that came scurrying across the fine white sand.

Traveling with our family of five and another family of three, we had numerous other occasions to pull the kit out that vacation! But *Muriatic acid* 200c pulled our daughter back from the brink of serious illness—and saved us the trauma of evacuating to a local hospital. So that's just

one little story from my personal files about how having the right remedy when far from home can really be helpful!

## See you in Virginia!

I wish you safe and enjoyable travels wherever you may be headed! And I hope to see many of you at the Annual Conference this April 9–11 in Alexandria, Virginia—now there's a trip worth taking!

### Amy Rothenberg Seminar

Alexandria, VA • April 11

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### ABOUT THE AUTHOR

Amy Rothenberg, ND, DHANP, practices in Enfield, Connecticut. She teaches and writes widely on topics in natural medicine. For further information on the New England School of Homeopathy's next Two Year Course which began in January 2010 in Seattle, see [www.nesh.com](http://www.nesh.com). You can also find information there on subscribing to the *Herscu Letter* as well as free articles and other writings by Rothenberg and husband Paul Herscu, ND. For updates on this year's flu, see [www.hersculaboratoryflu.org](http://www.hersculaboratoryflu.org)



# Homeopathy Hits the Road

Great remedies for people on the move

by MARY ASPINWALL, Registered Homeopath, ISHom, PCH

**A**s a semi-nomad, I am always happy to be on the road to a new adventure or unknown place. I'm also always deeply grateful to have my homeopathic medicines close at hand. Taking remedies along wherever I go is now as much of a no-brainer as wearing a seatbelt. Still, it took a few emergencies to bring home to me the wisdom of this approach!

As the vacation season is fast approaching, let's take a look at how homeopathy can keep you and yours in great shape, so you can enjoy your travels to the fullest.

## Before you go

The mere thought of going on vacation can be unsettling. If you or anyone in your family tends to experience **anticipatory anxiety**, remember these remedies:

**Argentum nitricum** is great for those who feel rushed and out of control ahead of an event. As a result, they may make silly mistakes like forgetting to pack their toothbrush or, worse yet, their passport. They may get diarrhea, especially as the deadline to leave draws nearer. Often, they are prone to fear of flying.

**Argentum nitricum** may help for **fear of flying**, but if this is a major issue for you, make an appointment

with a homeopath *now*—because nothing beats individualized constitutional treatment for getting to the root of your fears and phobias.

Children can be prone to **sleeplessness from over excitement** the night before departure or on the journey itself. It is nice to see them so full of joy and beans, but once they're overtired, tears are sure to follow. A dose of **Coffea** will help them sleep and arrive rested and ready to go.

## The journey

There is nothing more miserable than **motion sickness** on a long journey. If you are prone to this malady, make sure you find a good remedy and test it on a shorter trip ahead of your vacation. One of the following is likely to help:

**Borax.** You **fear downward motion**, and feel worse when the plane is landing or the boat lurches downward suddenly.

**Cocculus.** You have much **nausea and dizziness** and a strong desire to lie down. The symptoms are worse from watching moving objects or from seeing or smelling food.

**Kali bichromicum.** This can help **seasickness**; severe nausea and dizziness that are worse from standing up. You may feel weak and achy, espe-

**Arnica can give you second wind, so you are able to stay up till the local bedtime and adjust to your new time zone swiftly ...**



cially in the bony areas of the face or head; if you vomit, it may be bright yellow.

**Nux vomica.** You have severe nausea with **difficulty vomiting, and an intense headache** at the back of your head or over one eye. You are chilly and feel worse from the smell of food, tobacco, and coffee.

**Petroleum.** You have **persistent nausea with excessive salivation**, stomach pain, and stiffness at the back of the head or neck. You may feel worse from light, noise, or when trying to sit up.

**Rhus Tox.** This is helpful for **airsickness with nausea and vomiting**. Your mouth and throat are dry, and you have an unquenchable thirst.

**Tabacum.** You are nauseated; others say you appear almost green. You feel **better from cold, fresh air**.

### Other useful remedies en route

**For children who are tired and cross** while traveling, but too worked up to rest or sleep,

**Chamomilla** works wonders.

In the old days, people used to swear by **Bellis perennis** for “**railway spine**.” Try it if your tailbone feels compressed, or if you suffer sciatica after sitting in one position too long.

A long-haul flight risk is **deep vein thrombosis**. To reduce your chances, keep your feet moving; stretch and flex them every 30 minutes or take a stroll up the aisle. Stay hydrated. Add an electrolyte supplement to your water. Have a glass of red wine or tomato juice—both make your blood less sticky. If you think you may be prone to this problem, take a dose of homeopathic **Hamamelis** before the flight.

### Recovering quickly

Once you arrive, homeopathy can help you recover from the journey swiftly. **Arnica** is wonderful for relieving symptoms of **exhaustion** or **jet lag**. It can give you second wind, so you are able to stay up till the local bedtime; this will help you adjust to your new time zone swiftly and painlessly. If you feel like you are still in motion and find it difficult to sleep, try a dose of **Cocculus**.

### Food and water

When you travel to more exotic places, you're likely to get a bout of diarrhea or vomiting. Here, an ounce of prevention is worth a ton of cure: *Avoid potentially contaminated water.* Don't drink it, don't chill your drinks with ice made of it, don't brush your teeth with it, and don't swim in it. Avoid fruit (unless it can be peeled) and raw food (unless you can wash it in pure water).

Every night and morning of your stay, take 2 teaspoons of cider vinegar or Honegar (a mix of honey and apple cider vinegar) in pure water. This simple solution offers good gastrointestinal protection and helps prevent diarrhea—it's not homeopathic, but I find that it works.

If you are unlucky enough to get **food poisoning**, with vomiting and diarrhea, these remedies can usually speed your recovery:

- **Arsenicum**—after **bad meat**; and it works for most food poisoning with vomiting and diarrhea.
- **Pulsatilla**—after **bad fish**.
- **Lycopodium**—after **bad shellfish**.
- **Veratrum album**—another great **diarrhea and vomiting** remedy to try in the unlikely event **Arsenicum** doesn't help.

An **allergic reaction to MSG** (either from artificial seasoning or Chinese food) can be eased by **Belladonna**.

If you end up with a **hangover** or feel nauseated after **overindulging** in rich, fatty foods then **Nux vomica** may help

## Pack smart!

Remember to pack a homeopathic first-aid kit—and consider including these additional useful items:

### • CREAMS OR OINTMENTS

**Arnica**—can be used externally on unbroken skin. Never use on broken skin as it can irritate. Reduces bruising and swelling.

**Calendula**—the “homeopath’s antiseptic.” Use on cut, broken, or sore skin. A wonderful healing balm.

**Urtica urens**—very soothing on hot, itchy skin caused by minor burns, sunburn, or allergic reactions to insect bites and stings.

### • INSECT REPELLANTS

**Pyrethrum spray**—made from certain types of Chrysanthemum flowers.

**Lemongrass oil**—burn it in your room, or dilute it with a neutral oil and rub it into skin.

### • BACH FLOWER REMEDIES

**Rescue Remedy®**—is a combination of five flower remedies used to reassure and calm those who have had bad experiences or accidents. In many situations, you can give this immediately while you consider which homeopathic remedy is most appropriate.

**Honeysuckle**—is another Bach Flower remedy that's great for homesickness.



you, especially if you feel bad tempered and liverish.

### The environment

Another basic vacation error is to fail to notice and adjust to your new environment. For instance, if you are "pale and interesting" then you need to pay attention to the sun. Sunburn can make a miserable start to your trip, and sunstroke can be fatal.

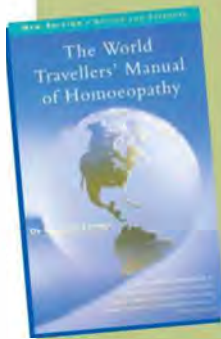
- **Cantharis** and **Belladonna** are good **sunburn** remedies for most people. **Belladonna** is an especially good choice if the skin is throbbing.
  - **Belladonna** is also good for **sunstroke**. If there is no improvement, **Glonoine** may be needed in more severe cases. This is a serious condition, so give the remedies on the way to the emergency room.
  - **Natrum muriaticum** helps get rid of **cold sores** that come on after over exposure to sun.
- In hot climates, drink plenty of pure water and reduce alcohol consumption to avoid **dehydration**. In extremely hot weather, if you can tolerate it, add a half-teaspoon of salt (or commercial dehydration salts) to each liter of liquid consumed. Dark urine is a warning sign. Increase to one teaspoon per half-liter. Drink every hour for at least six hours and keep checking your urine—it should be pale yellow. Seek medical assistance immediately if you are at all concerned.
- **China** is a great remedy to help you recover quickly from **dehydration**.
  - **Coca** is a must to have on hand if you are going to be at high elevations as it is helpful for **altitude sickness**.
  - **Rhus tox** can ease the discomfort of **poison oak/ivy** (although there are many possibilities including **Anacardium** and **Ledum**).

### Insects, jellyfish, and sharks

Here is my number one tip—don't get bitten! Wear long sleeves and trousers; use a repellent; use a net; don't walk barefoot in high-risk areas; and take particular care at dusk, especially where there is risk of serious insect-borne disease.

Dusk is when you are at your most attractive to small, flying, blood-thirsty beings. If you are hiking, it's important to watch where you step. If you are swimming, then watch where you flail. If you are bitten by a shark, go to the ER—homeopathy is great, but there are some things that do need more attention than the do-it-yourself prescriber can provide!

- **Apis** is the #1 remedy for bites and stings (including jellyfish) that are very hot and swollen.
- **Belladonna** is good for hot throbbing bites or stings with dizziness and headache.
- **Cantharis** is useful for red, hot, extremely itchy bites.
- **Hypericum** may be needed if the bite or sting leads to shooting nerve pain.
- **Hepar sulph** will help to clear up a painful infected bite or sting.



## Adventure travel?

If you are traveling in areas of the world where more serious illnesses

are common, I highly recommend you invest in this detailed and very useful guide: *The World Travellers' Manual of Homeopathy* by Dr. Colin B. Lessell.

- **Ledum** taken just before you go away will make you less attractive to insects. It is also good for stings that go deep into your palm, sole, or breast; the area feels cold to touch and better from cold.
- **Silica** will force out stingers and help clear up painless infections.
- **Urtica urens** is a good choice if the bite is very itchy. It's also good for hives and nettle rash.

### Sex and sports

After you begin to relax and feel well

rested, you may find your libido picks up, which may lead to increased sexual activity, which in turn, if you are a little rusty in that department, may lead to what is delicately termed "**honeymoon cystitis.**" **Staphisagria** can help with this, or if there is constant burning before, during, and after urination, try **Cantharis**.

Sporting activity may also be heightened, and for those who are out of practice the potential for inadvertent injury is high.

- **Rhus tox** is great for muscle **strains and sprains**.
- **Ruta** is good for **injuries to ligaments and tendons**, such as tennis elbow and "black eyes."
- **Arnica** is numero uno for **bruising and physical shock**.

### Crime

If you are unfortunate enough to be a victim of crime the following remedies can be of great help:

- **Aconite** for **extreme fear**.
- **Arnica** for **physical shock**.
- **Staphisagria** for sexual assault, or any incident that leaves you with **unexpressed rage**.
- **Ignatia** for **emotional shock, loss or bereavement**.

### Homesickness

**Bryonia** is a good remedy for people who talk constantly of home or, even worse, of work and business—as if they were missing out by being on vacation! This is not at all a good holiday look... worse still, they can also be very grumpy.

### Are you still going?!

If, after reading all of this, you have decided to opt for the increasingly fashionable stay-cation, who can blame you?! If you are still feeling intrepid and full of dashing, derring-do, then I wish you and yours "Happy Trails!"



#### ABOUT THE AUTHOR

Mary Aspinwall is founder of [www.homeopathyworld.com](http://www.homeopathyworld.com) and designer of the world's leading range of homeopathic kits. The *Basic 36* kit is best suited for home use and local vacations, *Specifics 36 for the Traveler* is designed for those going off the beaten track in exotic climes. She also offers a free online training course to help you get the most from your kit. After working as a homeopath for 13 years in Europe, Mary moved to the US in 2008. Find out more at [www.ojahaven.com](http://www.ojahaven.com)



# On a Wing and a Prayer

## Fear of flying nearly grounded me ... homeopathy to the rescue!

by JUDITH ACOSTA, LISW, CCH

When I was 18, I used to go up in little two-seater Cessna planes out of Stormville Airport in upstate New York. My friend was the pilot and, since he was not much older than I was, he was prone to all sorts of high-testosterone, mid-air stunts—stalls, turns, loops. They all made me giggle with delight. I had no fear whatsoever. There wasn't a flight that didn't end with, "Can we do that again?"

### All hell breaks loose

Then some fifteen years later, I was a passenger on a commercial flight from New York to Miami. The cabin was full and I was sitting towards the back. There was no hint of bad weather that I could see from my window. But in a split second, we went from soporific calm to mayhem. They called it turbulence. I called it hell. For some reason, we experienced a loss of altitude and a shuddering of every loose screw in the hull.

I remember two things distinctly from that portion of the flight: I prayed intensely, bargaining with God, explaining (to the Almighty!) how He couldn't take me while my mother was alive because then it would be killing two people. And I remember crying. My distress was visible enough that the flight attendant offered me one of her Valium® pills.

### Travel with trepidation

After that experience, I was never the same with aircraft or travel of any kind. I made my peace with cars, motorcycles, and more "normal" forms of locomotion. But planes? Trams? Bullet trains? Forget about it!

If I had not been so restless a person, that would have been that. But there were places to go, seminars to give, and

**They called it turbulence.  
I called it hell.**

people to see—which often meant flying. I found some help with *Bach's Rescue Remedy*® and with the homeopathic remedy *Carcinosin* used in a constitutional manner. But despite some improvement, low-level panic endured.

Years passed, and planes came and went. I dreaded them and boarded them anyway. My husband's arms bear the marks of that anxiety—poor, sweet man that he is. I tried very hard to make my travel plans around times of good weather. This is no easy feat, considering that our city of Albuquerque is not an airline hub, and there are hardly any direct flights to anywhere except straight into mountains and tornado country.

### Sweet relief

Then came a surprise. A wholly unexpected, lovely surprise. I went into menopause. That was not lovely because I experienced some unpleasant symptoms. But based on the advice of Karl Robinson MD, the remedy that was indicated for me and my symptoms at that time—*Sepia*—was very, very lovely. Not only did the homeopathic remedy help my menopausal difficulties, but after years of anxiety, my fear of flying and sense of terror disappeared like a fog in the morning sun—quietly, almost unnoticed until the light shone through and I was just fine.

As I write this article, I am still unpacking from a trip to New York. It was long. There was a plane change in

Atlanta. There was turbulence. There was a little "weather." There were mountains. There were inexplicable sounds coming from parts unknown on the plane. The pilot even delayed take-off because, as he described it, "There was an electrical problem in one of the jets."

A year ago that would have had me begging to get off the plane. This time, the thought I noticed was, "Well, they wouldn't take off if it was anything serious. They want to live as much as I do." And I went back to reading.

### A complex complex

Flying is a complex of experiences, and numerous things can go into making a person afraid of it, even though airplane travel is still statistically the safest mode of travel on earth.

For some people, flying is awful because of the lack of control they feel. For others, it is the sense of motion sickness that they can't tolerate. For some, it is a prior disturbing experience that haunts them. For others, it can be claustrophobia, fear of heights, or fear of falling that contributes to their fear of flying.

Some people who use homeopathic remedies to treat their own fear of flying may get lucky and find relief, but for the very best results, I recommend visiting an experienced classical homeopath. As always, your homeopathic practitioner will home in on your particular experience and symptoms and tailor a prescription to the whole you. They will not rely solely on the repertory rubric (i.e., index to the materia medica) called, "Mind, fear of flying, in airplane" that lists 10 remedies. However, it is a very good place to start. The remedies are: *Aconitum napellus*, *Argentum nitricum*, *Arsenicum album*, *Calcarea carbonica*, *Lupulus humulus*, *Lysinum*, *Natrum muriaticum*, *Phosphorus*, *Psorinum*, and *Triticum vulgare*.

Did you notice that *Sepia*, the remedy that helped me recover from fear of flying, was absent from that list? This is a beautiful reminder that in homeopathic treatment, we always want to consider the whole person and the totality of their symptoms—not just a specific illness.

### Getting to the root

So a first question would be—what’s actually making the person afraid of flying? Is it motion? Particularly downward motion? If so, then we would need to take a good look at the remedy *Borax*, which is notable for being indicated when a person is worse from downward motion (as in the case of roller coasters, drops in altitude due to turbulence, etc.), or possibly *Gelsemium*, which is listed with *Borax* in the repertory rubric, “Mind, anxiety, motion aggravates, downward.”

Is the person really afraid of falling? If so, the remedy *Psorinum* rises to the foreground. Or is there a fear of closed spaces? For that we would refer to the repertory rubric, “Mind, Fear, narrow place,” which lists 67 possible remedies, including *Aconitum* and *Argentum nitricum*.

### The big fear remedies

So, as you can see, your homeopath has to consider many different remedies before landing on the one that will help you. For this brief article, let’s take a look at the major players listed in our “fear of flying” repertory rubric, so we can differentiate them one from the other: *Aconitum*, *Argentum nitricum*, *Arsenicum*, *Calcarea carbonica*, *Lyssinum*, *Natrum mur*, *Phosphorus*, and *Psorinum*.

***Aconitum*.** People needing this remedy tend to be excitable, sensitive, and manifesting fear in a sudden gulp. They have the terrifying sense that death has its hand on the door and is calling on them. They have an urgent need to prepare for it. Like people who need *Arsenicum*, they are very restless, but their attacks of fear are more violent, unpredictable. Their fear is made worse by light, noise, odors, and even the slightest pain. They are worse in narrow spaces and better in open air. They tend to crave cold water, and their pains are often referred to as “burning.” *Aconitum* is a premier remedy for acute inflammation both physically and mentally, and that is what makes it a major player in homeopathic first-aid kits for sudden illnesses and the after-effects of a sudden fright.

***Argentum nitricum*.** This remedy is made from silver nitrate, which is extremely reactive and often used to form explosives. People who need this remedy are usually impulsive, often irrational (though they may hide their thoughts well), superstitious, and ritualistic. They are afraid they will lose control (mostly over themselves) and that their irrational impulses will burst through. They are very hurried and have strong fears of bridges, high places, open windows, and ill health. Their fear of flying can be a combination of all those fears. They are very impressionable and comforted by having someone to talk to. Generally, they are warm-blooded and have a very strong craving for fresh air, cold drinks, and cold food. They are also known for craving both salt and sweets.

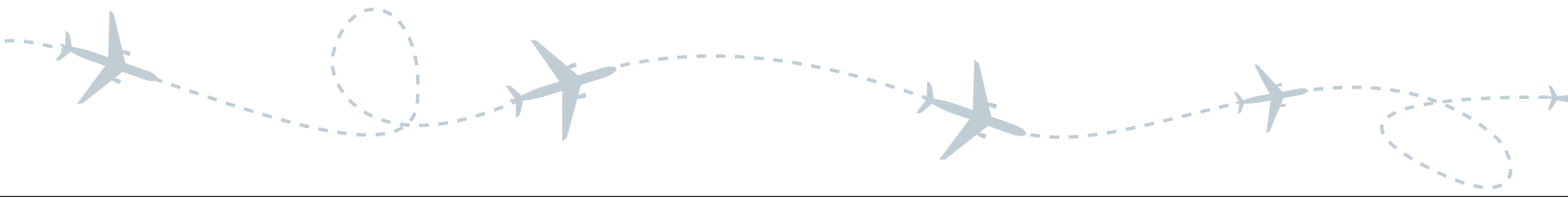
***Arsenicum album*.** One of the most

## We experienced a loss of altitude and a shuddering of every loose screw in the hull.

often-used remedies in the homeopathic pharmacy, *Arsenicum* has a well-developed repertoire of symptoms. Its primary keynote is anxiety. Homeopath Frans Vermeulen notes two major themes in the indications for this remedy: self-preservation and decline into death. Although very anxious, people who need this remedy are very much in control of their environments. When situations present that defy their grip on things, they can become very frightened, obsessive, and controlling. They are fastidious and tremendously restless. They are generally chilly in body temperature, feel better when with others, and need a great deal of reassurance. They have great thirst, but they tend only to sip. And although they crave cold water (like a person who needs *Phosphorus*), their stomach is aggravated by large quantities.

***Calcarea carbonica*.** Like the oyster shell from which this remedy is sourced, those who need *Calcarea* feel the need for protection and organization. They are very frightened by things that threaten their routine and their security. They have vivid imaginations and many fears and will often see ghastly images when they close their eyes. (*Calcarea* is listed in more than 60 “fear” rubrics in

**My distress was visible enough that the flight attendant offered me one of her Valium® pills.**



the repertory.) They worry that people will see how frightened and confused they are. Their fear of flying will reflect their deeper fear of “leaving the shell” or letting go. Generally very chilly, they are worse in cold, damp weather and from getting wet. They have strong appetites and have a tendency to become overweight. They may be able to trace their fear of flying to a disaster they witnessed, as *Calcarea carbonica* is



listed under the repertory rubrics, “Ailments from fright” and “Ailments from sight of an accident.”

**Lyssinum.** This remedy, which is available by prescription-only and is made from the safe, highly diluted saliva of a rabid dog, is (at least in my opinion) an oft-overlooked remedy. People who need *Lyssinum* are in a highly excitable, sensitive state and may demonstrate quick perception, amazing acuteness of understanding, and a sharp mind. Although in more extreme cases the person who needs *Lyssinum* can present with delirium and delusion, those needing it for a fear of flying may show excitability or acuity in more subtle ways, such as a heightened “sixth sense.” They may express a sense of apprehension and sensitivity. They may have an excess of saliva, which may be ropy or frothy, and they need to spit. They are known for fits of anger or destructiveness but they do not necessarily have to exhibit this in order for *Lyssinum* to be a useful remedy. They are averse to drinking. They are generally worse from running water, bright, shiny objects or glaring sunshine, heat, riding in a carriage (car or plane), and drafts. They are better from bending backward and gentle rubbing.

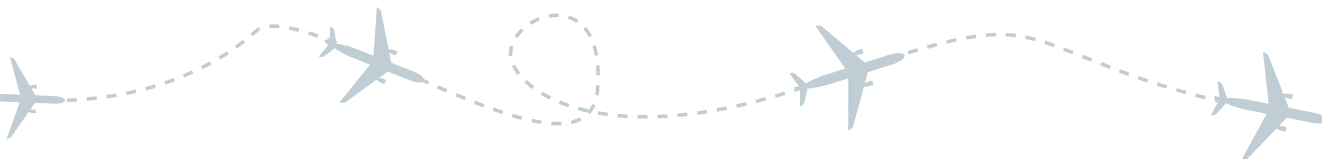
**Natrum muriaticum.** This is one of the preeminent remedies in our homeopathic materia medica. Sometimes known as “The Great Retainer,” this remedy is made from sodium chloride. Although it’s usually associated with emotional containment or suppression, the person needing it can have a host of fears lurking under a tightly sealed lid. My homeopathic repertory software

## For some people, flying is awful because of the lack of control they feel.

(RADAR) lists nearly 70 specific fears for *Natrum muriaticum*! For people needing this remedy, what characterizes many of their fears, according to Douglas Borland, is a lack of balance. They are either overly responsible or thoroughly disinterested, lavishly affectionate or cool through and through. A person who needs *Natrum muriaticum* will generally be averse to consolation. They will be warm-blooded, have great thirst for cold drinks, desire or loathe salt, and frequently complain of hammering headaches.

**Phosphorus.** People needing this remedy have a reputation for being engaging, easy-going, and loving, but when a *Phosphorus* personality is afraid, they are very, very afraid and can be easily vexed. Furthermore, the list of fears for *Phosphorus* is nearly as long as it is for *Calcarea carbonica*. People who need *Phosphorus* are similar to those who need *Aconitum* in that they feel death is imminent. The difference is that *Aconitum* will predict it, even announce the day and time. *Phosphorus* is more scattered, more easily distracted, and more impressionable. They are ameliorated by company and consolation, are sympathetic even when ill, and are very perceptive. A plane flying through or near a thunderstorm would surely be enough to set off a person who needed *Phosphorus*, as they are aggravated by thunderstorms. Generally they

After years of anxiety, my fear of flying and sense of terror disappeared like a fog in the morning sun.



are chilly but they love fresh air (which can worsen any respiratory symptoms). They are often ameliorated by sleep, massage, and hypnosis.

**Psorinum.** Though normally seen as “the Eeyore of homeopathic remedies” because of the pervasive sense of despair that runs through its indications, people who may benefit from *Psorinum* in less severe situations are not nearly so hopeless. Rather, they tend to have numerous forebodings and restless anxiety. They are afraid of lacking something important: love, money, hope, health. They often have skin disorders and are very,

very chilly. Their fears may be manifest in a wringing of hands and in persistent thoughts that torment them as well as everyone around them. They may have offensive discharges or odors and are known to have ravenous hunger.

### Helping fear take flight

If you or a loved one suffers from fear of flying, I hope you find the above information useful. For those moments when you don’t know what remedy to give, however, wait to see your homeopath. Until then, on your next flight, carry some *Rescue Remedy*® with you. It may not effect a

cure, but it can make the trip more manageable. Happy flying!

### ABOUT THE AUTHOR :



Judith Acosta, LISW, CCH, is a licensed psychotherapist, certified classical homeopath, and crisis counselor specializing in anxiety and trauma. She is author of *The Next Osama* and co-author of *The Worst is Over: What to Say When Every Moment Counts*, and *Verbal First Aid for*

*Children*. She has written numerous articles on Verbal First Aid, culture and the media, religion and mental health, trauma, and alternative medicine. You can read her blog and reach her at [www.wordsaremedicine.com](http://www.wordsaremedicine.com)

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# YOUR **BES**

# T Vacation STARTS HERE

by TANYA RENNER, CCH, RSHom(NA)

It's vacation season! Vacations are a time for revitalizing the mind, body, and spirit. When vacations are going smoothly, we find ourselves fully engaged with life. Cherished memories are created in these joyous moments. Our connections with loved ones and friends deepen. We open ourselves to new discoveries and connect to our special place in the world.

Some of us plan for relaxing vacations, while others plan for adventure. One thing all vacations have in common is change—change from our regular routines. Change keeps us vibrant and healthy *as long as we are able to remain flexible and maintain our inner balance*. This is where the 12 homeopathic cell salts come into play. These homeopathic gems are ideally suited to helping us restore inner peace when we find ourselves tipping out of balance. (If you're wondering, "What are cell salts?" see "The Nuts and Bolts of Cell Salt Remedies" on page 21.)

### Plan your next vacation now

Begin by making a list of your common complaints. Which ones tend to pop up when you and the family are traveling? Are there new areas of concern? Are there complaints you would like to

effortlessly manage while away from home?

Typically, vacations have what I call a "vacation-worry list." These worries can limit our choices and ability to fully embrace the excitement and joy of our getaways. Do you have a recurring vacation-worry? You are not alone. Most of us have at least one.

The worry might sound like this:

- "I might pick up a cold or flu. I don't want to ruin my vacation and everyone else's too."
- "My bowels are unpredictable when I travel. How will I manage?"
- "There are three menstruating females in my family. At least one is going to have a painful period during our vacation!"
- "I hope we don't have to deal with cranky children in public. It's so embarrassing when they have a hard time behaving, and we lose our patience."
- "One of my kids always gets a tummy ache, which leads to a change in plans and resentment among family members."

How would your life be different if you were no longer inconvenienced by common vacation complaints? I'm guessing you would feel freer to live a full life. The good news is that all of this is within your reach.

Travel worry free,  
with homeopathic  
cell salts

## QUICK REFERENCE KEY to Cell Salts

<b>Calc fluor</b> calcium fluoride	Suppleness and Elasticity	Blood Vessel Walls; Connective tissue: Tendons and Ligaments, Bones/Teeth	Bone tonic; Weak or strained joints/back; Hemorrhoids; Constipation with difficulty expelling stool due to tissue weakness. Worse dampness and rest.
<b>Calc phos</b> calcium phosphate	Nutritive; Restorative; Convalescence	Blood; Bones/Teeth; Digestion	Bone tonic; Weak or strained joints/back pain; Digestion—Colic; Diarrhea; Heavy menses with fatigue.
<b>Calc sulph</b> calcium sulphate	Blood Cleanser	Liver; Blood; Skin	Yellow discharges with skin conditions; Cold/allergy symptoms.
<b>Ferrum phos</b> iron phosphate	Inflammation: Heat, Redness, Swelling, Pain; Oxygen Carrier	Blood; Circulation	Congestive conditions and inflammation, e.g., colds, earache, fever, sprains, strains. This cell salt is well indicated in many conditions.
<b>Kali mur</b> potassium chloride	Cleanser: White Discharges/Mucus	Skin; Mucous Membranes; Digestion	White discharge from mucous membranes or skin: cough, runny nose, sore throats, burns. Earache with swollen glands and white tongue. Supports slowed digestion accompanied by white-coated tongue, heartburn, gas, diarrhea, or light-colored, firm stool. Digestive headache.
<b>Kali phos</b> potassium phosphate	Nerve and Brain Nutrient	Nerve Tissues	Soothes jangled nerves. Nervous conditions with fatigue, impatience, restlessness, irritability. Headache or tension from tight muscles or nerves. Tension pain may extend down the back.
<b>Kali sulph</b> potassium sulphate	Oxygen Carrier; Lubricant for Sticky "Stuff"	Blood; Lungs; Mucous Membranes; Skin	Yellow sticky discharge, e.g., sinus and ear congestion, diarrhea, nasal discharge. Earache with yellow tongue and ear discharge. Better with fresh air and worse in a stuffy room.
<b>Mag phos</b> magnesium phosphate	Antispasmodic Nerve Tonic	Muscles and Nerves	Well indicated for spasmodic/ nerve pain: abdominal or menstrual cramps, leg cramps, spasmodic coughs. Earache with sharp pain. Neuralgic head pain. Better with heat and pressure.
<b>Nat mur</b> sodium chloride	Water Distributor	Mucous Membranes; Digestion; Body Fluids	Conditions too dry/too wet; both states may exist. Discharge is clear, watery, or whitish like raw egg white. Sore throats; Heartburn; Post nasal drip; Hay fever; Colds; Stools with mucus or dry and hard with ineffectual urging.
<b>Nat phos</b> sodium phosphate	Acid/Alkaline Balancer	Digestion; Tissues; Joints	Acid indigestion; Infant colic; Lactic or uric acid buildup. Sleeplessness from indigestion/heartburn. Achy, swelling joints.
<b>Nat sulph</b> sodium sulphate	Liver Mover	Liver; Digestion; Respiratory Tract	Digestive complaints: sick headache, heartburn, yellow diarrhea, especially with flatulence. Worse rich foods. Respiratory complaints: cold and congestion with yellow mucus, wheezing, chest tightness. Better fresh, warm, dry air.
<b>Silicea</b> silicon dioxide	Tissue Cleanser-Eliminator	Skin; Mucous Membranes; Digestion	Bone tonic; Weak or strained joints/back pain; Congestion; Constipation (large hard stool) or diarrhea. Worse night and early morning. Better with warmth.



## Take these 3 easy steps

1. Identify *your* vacation-worries.
2. Buy a cell salt kit (or individual remedies) and a travel-friendly guidebook (e.g., *Homeopathic Cell Salt Remedies* by Nigey Lennon and Lionel Rolfe).
3. Practice using the cell salts at home first.

We can start this process together. Put the article down for a moment, and get a pen and paper. Write down your typical vacation complaints. Leave room to write in a few remedy choices.

What follows is a basic index of common complaints with corresponding cell salt remedies—"Indications for cell salt use." Is one of your vacation-worries on the list? Make a note of cell salt remedies that could help you address your complaints, and then read additional information about your choices in the "Quick Reference Key to Cell Salts" table at left. Lastly, choose one to three remedy matches for your complaint, and give the remedy or remedies a try when the complaint arises before your trip.



# PRACTICE WITH 10 *true-life* ADVENTURES

## Indications for cell salt use

- Bone tonic: *Calc fluor, Calc phos, Sil*
- Cold: *Calc sulph, Ferrum phos, Kali mur, Nat mur, Kali sulph, Sil*
- Constipation: *Nat mur, Nat phos, Sil*
- Cough: *Calc sulph, Ferrum phos, Kali mur, Kali sulph, Nat sulph, Sil*
- Cramps: *Mag phos, Calc phos, Ferrum phos*
- Discharges\*:
  - » little or no discharge: *Ferrum phos*
  - » green: *Nat sulph*
  - » lumpy: *Calc sulph*
  - » thick, yellow: *Calc sulph, Kali sulph, Nat phos*
  - » yellow, blood-streaked: *Calc sulph*
  - » watery or like egg white: *Nat mur*
  - » white: *Kali mur*
- Earache: *Calc sulph, Kali mur, Kali sulph, Mag phos, Sil*
- Fever: *Ferrum phos*
- Heartburn: *Nat phos*
- Inflammation of throat or injury: *Ferrum phos*
- Joint or bone bruises/injuries: *Calc phos, Calc fluor, Sil*
- Neuralgia: *Mag phos*
- Nervous exhaustion: *Kali phos*
- Sinus tension: *Kali mur, Sil*
- Stools, loose: *Nat sulph, Nat phos, Nat mur, Calc phos, Kali mur*

For people who are new to using the cell salts, selecting a remedy may feel a little overwhelming. Don't worry about getting the "right" answer. These remedies are forgiving. The cell salts are made in very low potencies (3X, 6X, 12X) from the macro-minerals your body already knows well. Most people quickly find two or three favorites. As your confidence grows, you'll learn additional remedies, and you'll go on to teach your family and friends how to use them, too.

*\*Discharging is a primary way the body cleanses and rebalances itself, so discharges can be a positive sign. Common over-the-counter drugs are often designed to manage discharges for your better comfort. However, sometimes the drugs actually slow down or interfere with the body's natural process of cleansing and healing. On the other hand, homeopathic cell salts speed up the body's natural healing process. Examples of discharges are: acne; abscesses; wound drainage; nasal, throat, and lung mucus; eye drainage and tears; menstrual flow; sweat; tongue coating; skin flakes; stools; urine.*

The following are all true-life vacation stories. See if you can make a plan for these scenarios by consulting both the "Indications for Cell Salt Use" at left and the "Quick Reference Key to Cell Salts" on page 18. Then check the "Answer Key" for the remedy or remedies that helped. The advanced challenge questions are for those who have been using homeopathy for a while. You may need to access additional resources to come up with a solution.

**1. CLASS TRIP.** Jenny's mom contacted me after Jenny declined to travel with her classmates on a three-day overnight trip to Washington, DC. Jenny was worried about having debilitating period pain while on the trip. She was used to painful cramping during the first two days of her flow, causing her to curl into a ball on the sofa with a heating pad. Which cell salt(s) might help? Advanced challenge: Can you think of one "non-cell salt" homeopathic remedy to consider?

**2. BIKE ADVENTURE.** One summer, my husband, oldest son, and I planned a bicycle trip around Lake Champlain in Vermont with a side trip to Montreal to visit my younger son. This would be my first 10-day biking trip, and I was worried about muscle cramps in my neck, upper shoulders, and calves. We planned to carry all our gear and camp along the way. This trip went off without a hitch and exceeded all expectations! There were two cell salt remedies and one other common homeopathic remedy that worked well for the above-mentioned concerns. What would you choose?

**3. BIRTHDAY BASH.** Heather was accustomed to celebrating her birthday in style! Every year, she planned a vacation around her special day, and she particularly loved celebrating with red roses, fine dining, rich chocolate, and red wine. Over the years, however, she began to recognize a pattern. After the celebration dinner, she needed to use her inhaler several times during the night to calm her reactive airways, and she frequented the bathroom with loose, gassy stools. She called the following days her "off days" when her gastrointestinal tract rumbled,

her energy tanked, and she suffered from mild bronchitis. Find one cell salt remedy that covers her digestive *and* respiratory complaints. Advanced challenge: Which "non-cell salt" homeopathic remedy covers this case and is sometimes referred to as the "hangover remedy"?

**4. JULY 4TH BLAST.** The most important holiday for the Jefferson family is Fourth of July! In fact, the Jeffersons spend a good part of each year making elaborate plans for their Fourth celebration. As you might imagine, every year at least one of their kids has a meltdown from overexcitement, anticipation, loss of sleep, and nervous system fatigue. Which cell salt could help? Advanced challenge: Can you think of a couple "non-cell salt" homeopathic remedies to consider for the kids or adults?

**5. HEALTHY FOOD HIATUS.** The García family recognizes the importance of healthy food choices and enjoys a nourishing diet while at home. When travelling, however, the house rules are often left behind. Usually by day three, son Anthony is slouching, rolling his head, and complaining of a tummy ache. He points to his upper abdomen and complains of burning in the stomach, and sometimes burning in the throat with a taste that he describes as sharp and ugly, like salsa. Which cell salt helps Anthony?

**6. CAR TRIPS AND IRRITATED EYES.** Amy's eyes are sensitive to pollen, particulates, and poor air quality. Her eyes become red, irritated, and bloodshot, particularly on hot summer car trips. She typically soothes her eyes with cold compresses and the cell salt *Ferrum*

*phos 6X*, taken before the drive and several times during a long ride. Recently, this remedy did not do the trick. When she noticed her eye discharge had turned grey-white, she changed her remedy selection. Which cell salt remedy might help now?

**7. GOTTA GO, GOTTA GO.** Amber tends to get urinary tract discomfort when she travels. Her symptoms start with a tense, full feeling in the bladder as well as stinging in the urethra on urination. She also finds she has to urinate more frequently. We reviewed sensible self-care including better hydration, a low-sugar diet, alkalizing foods including leafy greens and blueberries, cotton clothing, better rest, and a reduction in coffee. These lifestyle adjustments have been a big help, but she occasionally still has difficulties when traveling. Which cell salt could help Amber quickly regain her balance and avoid a full-blown urinary tract infection?

**8. VACATION HEADACHE.** Esther was excited to tell me about her upcoming vacation plans. She said that she loves vacations but hates preparing for them. Although she doesn't typically get headaches, she tends to have a mild, annoying one on the first two days of travel. Clearly, leaving for vacation was a stressor for Esther. Leading up to a vacation, she gets very little sleep, she works extra hard at home and at work, and she worries she will forget something important. Which cell salt remedy might help Esther's headaches?

**9. RUNDOWN.** Travel runs most of us down to some degree. When Josh travels or returns from travel, he often develops a dry, scratchy throat that can turn into a cold or other illness. There is a cell salt remedy that is known to nip a cold in the bud. Which one can help? Would you consider a different cell salt if it seemed that Josh might be getting the flu?

**10. WEAK ANKLE.** Mateo has recently recovered from a fractured ankle. He gets sore on long walking days and is nervous about his upcoming hike on the Irish Moorlands. Several weeks before vacation and also while vacationing, which three cell salts might he consider taking for ankle strengthening? Advanced challenge: Can you think of a "non-cell salt" homeopathic remedy that might help too?



### Answer key

The remedies that acted well for the ten vacation scenarios are listed below. If you came up with a different answer, don't be discouraged. There may be more than one good solution to the case. Practice at home, and see what works well for you and your body.

**1. CLASS TRIP SAVED.** Jenny's cramps were better from warmth and pressure—a good match for *Mag phos*. The uterus is one big muscle and can be painful when it is cramping. She began taking *Mag phos 6X* the day before her next period and took it three times daily for the next three days. Her cramps were much improved, and this success gave Jenny the confidence to travel to Washington, DC, on her school trip. The remedy also kept her comfortable while we worked on finding a deeper-acting homeopathic remedy to resolve the problem completely. Advanced challenge: *Colocynthis* is indicated when menstrual cramps are better from warmth and *firm* pressure. (Interestingly, the colocynth plant is high in the mineral magnesium.)

**2. BIKE EXPEDITION EXCEEDS EXPECTATIONS.** With their affinity for muscle cramps, *Mag phos 6X* and *Calc phos 6X*, taken twice daily, helped greatly. Leg cramping during the day wasn't an issue, but calf cramps woke me in the middle of the night when I skipped taking *Mag phos* and *Calc phos*. Also, *Arnica 30c*, twice daily, was a terrific help for the neck and upper shoulder muscle tension during biking. *Arnica* covers muscle pain, especially after exertion. *Arnica* is also used for muscle sprains, strains, bruising, or blunt trauma.

**3. CELEBRATING IN STYLE.** *Nat sulph 6X* fits both gastrointestinal and respiratory complaints. It might help someone who has overwhelmed their GI tract, resulting in a rumbling abdomen, loose stools, and gas, as well as someone with congestion or restriction in the lungs. Heather took *Nat sulph 6X* before her next celebratory dinner and several times after dinner, including once in the middle of the night. When she followed this regime, she did not have to use her inhaler, and the next days were "on days." Advanced challenge: *Nux vomica* (not a cell salt remedy) is also a good fit, as it covers alternating constipation and diarrhea as well as respiratory complaints. *Nux vomica* is known as the "hangover remedy" and may pair well with *Nat phos 6X* in cases of overindulgence.

**4. HAPPY JULY 4TH.** *Kali phos 6X* is a nice match for kids who are overexcited, overtired, and overwhelmed. In fact, *Kali phos 6X* works well for overextended adults too! Think of this remedy for jangled nerves. Advanced challenge: The homeopathic remedy *Coffea* is helpful for excitement of the mind and nervous system, as if in a coffee-induced state—"tired and wired." The person might be so overtired from excitement that they cannot sleep. *Chamomilla* may help a person in a similar state, but they tend to be more irritable, indecisive, and hard to please.

**5. EATING EASILY.** *Nat phos 6X* is an ideal choice for an acid or burning sensation in the stomach or throat and was helpful for Anthony. Think of *Nat phos 6X* as nature's antacid.

**6. BRIGHT EYES.** *Kali mur 6X* did the trick. This is a remedy for sore eyes, with white or gray discharge, or white

# The Nuts and Bolts of SCHÜSSLER'S CELL SALT REMEDIES

For over a century, the 12 “cell salt” (or “tissue salt”) remedies—as defined by Wilhelm H. Schüssler—have been helping people stay balanced and strong. I first discovered their power in speeding recovery from sports injuries. Later, I learned to use the cell salt remedies to quickly, gently, and effectively restore balance at home or when traveling. They are so versatile and easy to use that they have become favorites of my clients, students, and friends.

## WHAT ARE CELLS SALTS?

In the late 1800s, Schüssler, a German homeopathic physician and pathologist, investigated the chemical make-up of human tissue by analyzing human ashes. His research led him to believe that all cells could be reduced to 12 essential inorganic mineral salts; in the absence of these minerals, cells cease to function properly, and disease develops.

Schüssler concluded that these mineral salts were also the active ingredients in all homeopathic remedies, so perhaps the 12 salts (prepared as homeopathic remedies) were the only remedies the body really needed. He named his new method the “Biochemic System of Healing” and saw it as a way to greatly simplify homeopathy. His method employs only the 12 salts, prepared by the homeopathic pharmacy process of trituration—repetitive dilution and grinding of a small amount of mineral salt in lactose powder. The resulting low-potency remedy (3X, 6X, or 12X) is then pressed into tiny, quick-dissolving tablets.

Schüssler’s cell salts are: *Calcarea fluorica* (calcium fluoride), *Calcarea phosphorica* (calcium phosphate), *Calcarea sulphurica* (calcium sulphate), *Ferrum phosphoricum* (iron phosphate), *Kali muriaticum* (potassium chloride), *Kali phosphoricum* (potassium phosphate), *Kali sulphuricum* (potassium sulphate), *Magnesia phosphorica* (magnesium phosphate), *Natrum muriaticum* (sodium chloride), *Natrum phosphoricum* (sodium phosphate), *Natrum sulphuricum* (sodium sulphate), and *Silicea* (silica).

## ARE THEY CLASSICAL HOMEOPATHY?

Schüssler was trained as a homeopath, and cell salts are prepared according to homeopathic pharmacy standards. But Schüssler did not base his prescriptions on homeopathy’s fundamental “law of similars” as Hahnemann did; instead, Schüssler selected cell salt remedies according to “the law of deficiency.” He believed the body’s signs and symptoms point to mineral deficiencies, and that when the appropriate cell salt remedies are taken to restore the minerals, the tissues will strengthen and heal. For this reason, some people liken Schüssler’s method to using mineral supplements. Because cell salt remedies are

low potency by homeopathy’s standards, they typically do contain a tiny amount of the original mineral salt within them.

So, is there actually any difference between cell salt remedies and homeopathic remedies? For instance, is the homeopathic remedy *Mag phos* 6X different from the cell salt remedy *Mag phos* 6X? No, the remedies are the same; only the theory or principles that a person uses to decide which remedy to use is different. *Note: When using Schüssler’s biochemic system, we only give cell salt remedies in low potency 3X, 6X, or 12X triturated tablets.*

Some professional homeopaths use the cell salts according to Schüssler’s method (perhaps as an adjunct to constitutional prescribing or as targeted support for a physical condition); others avoid his method since it is not based on the classical principles of “like cures like” and homeopathic provings. Clearly, however, much crossover can take place between the biochemic method and the classical homeopathic method. For example, *Magnesium phosphorica* was first introduced into homeopathy by Schüssler, and classical homeopaths later conducted provings that corroborated most of Schüssler’s indications.

## EASY, FUN, EFFECTIVE

In my experience, Schüssler’s method can be very helpful in addressing simple ailments and can also provide deep-acting support. Occasionally, I find that a well-selected cell salt for a physical complaint can act on the emotional level as well. This seems to happen most often with the cell salts *Natrum mur* and *Silicea*.

For home use, I prefer the judicious use of cell salts for simple ailments and gentle support. Always start slowly and build on experience. These remedies are fun to work with, and they are forgiving, but don’t get carried away and overdo. Should you find yourself repeatedly using the same cell salt for the same complaint, you need to start thinking about a chronic imbalance. A symptom that repeatedly and frequently occurs is a signal to dig deeper for the bigger picture. You may need to consult a professional homeopath to achieve deeper healing. For those who are already working with a homeopath, be sure to check with them and ask how you could use the cell salts for simple home care.

matter on the inside of the lids. *Kali phos* 6X is a good choice for neuralgic eye pain, with tear flow from weakness or illness.

*Nat mur* 6X is a good choice for red and inflamed eyes, with watery tears. *Nat phos* 6X is well indicated when eye discharge is creamy-yellow and crusty in the morning.

**7. EASY GOING.** In my practice, I find *Nat phos* 6X tends to work best for people with urinary symptoms like Amber’s, and it acted well for her, too. This

remedy can help restore acid-alkaline balance. Another good choice is *Ferrum phos* 6X for inflammation.

**8. HEAD FOR LESS STRESS.** *Kali phos* 6X is a remedy for mental strain, nervousness, and sleeplessness from stress and worry. Esther took it twice daily for three days before the vacation and for the first two days of her trip. This strategy worked beautifully for her type of headaches. Remedies in the cell salt system

that address different types of headaches include: *Ferrum phos* 6X—congested, throbbing pain in temples or over eyes, with red face; *Nat mur* 6X—dull, heavy headache with watery nose or saliva, sometimes firm stools; *Mag phos* 6X—neuralgic headaches with darting pain, relieved by heat and pressure, worsened by cold; *Nat sulph* 6X—sick headache with dullness and bitter taste in mouth; *Kali mur* 6X—headache with white-coated tongue or hawking up white