



DEALING WITH

# Motion Sickness

Motion sickness typically originates in the inner ear, bringing about headache, dizziness and/or nausea. The body's balancing mechanisms are disturbed by rapid acceleration, unusual movement or confusing visual input, as in a car or boat. Breathing petroleum fumes, smoke, or poor ventilation may incite or aggravate motion sickness. If the person is at the back of a boat, get them to the front, so they are not inhaling the petroleum fumes. If they are under the deck, bring them above deck to get fresh air. A motion sick person is usually sweaty, anxious, and pale. They may have excessive saliva and hyperventilate. They are usually weak and may be lethargic. Encourage them to take slow, deep, rhythmic breaths. This will bring in much needed oxygen and calm the nausea.

	<b>Cocculus</b>	<b>Nux vomica</b>	<b>Petroleum</b>	<b>Sepia</b>	<b>Tabacum</b>
<b>Onset</b>	From riding in cars, boats or planes. Ailments from lack of sleep.	From riding in cars, boats or planes. Ailments from anger or overindulgence.	From riding in cars, boats or planes.	From riding in cars, boats or planes. Ailments during menses or hormonal changes.	From riding in cars, boats or planes.
<b>Symptoms</b>	Anxiety with nausea. Vertigo with vomiting. Headache with vertigo. Nausea from vertigo.	Vertigo. Constant nausea. Splitting headache. Buzzing in ears. Retching; gagging, desire to vomit but can't.	Vertigo. Headache. Nausea with salivation. Vomiting.	Faintness during nausea. Vomiting with nausea. Empty feeling in pit of stomach. Flushes of heat during nausea. Headache on left side.	Headache with nausea. Vertigo. Cold perspiration. Deathly nauseated. Violent vomiting with motion.
<b>Mood</b>	Anxious and fearful.	Irritable and impatient.	Irritable and quarrelsome.	Weepy and irritable. Irritable to family or husband.	Despondent. Wretched.
<b>Indications</b>	Dry or metallic taste in mouth. Numbness, insensibility of body parts.	Chilly. Constipation or diarrhea. Hiccups.	Chilly. Faint, pale, sweaty. Dry, cracking skin.	Cold hands and feet. Hormonal conditions. Craves sour/vinegar.	Extreme paleness. Icy, cold skin. Headache feels like a band around head.
<b>Worse</b>	Lack of sleep. Noise. Smell of food. Rising up. Coffee.	Thought of food, alcohol. Anger. Tobacco smoke.	Smell of gasoline. Cool fresh air. Dampness. Rising and sitting.	Before or during menses. Thought of food.	Warmth. Opening their eyes. Tobacco smoke. Thought of food.
<b>Better</b>	Lying down. Closing eyes. Being still. Open Air.	Lying down. After vomiting. Warmth.	Eating. Rest. Lying down.	Exercise, activity. Being left alone.	Fresh cool air. Eyes closed. Quiet, dark environs. Uncovering abdomen.



# HOW TO HELP Motion Sickness



## Dosage

Give chosen remedy before embarking, then give on an as needed basis. A dose can be given up to every 15 minutes. If there is no response after two doses, choose a different remedy. Repeat only if there is a return of symptoms.



## Supportive Measures

**Seasickness:** Eliminate caffeine, alcohol, greasy or acidic foods, including vinegar, before a boat trip. Ginger tea or ginger candy may help stomach upset. Look straight ahead and sit where you have fresh air.

**Air sickness:** First, choose a seat over the wing and by the window, as these have the least movement. If those are not available, choose a seat near the front of the plane. Make sure you are well hydrated and purchase water before you board the plane. Wear loose, comfortable clothes. Be well rested before the flight. Use the ventilation nozzle to keep a flow of air on you, but also stay warm with a blanket or sweater. And don't be afraid to let the flight attendant know how you are feeling so they can keep you loaded up with fluids and airsickness bags.

**Car sickness:** Look straight ahead and focus as far away as possible. Don't read or play games. If you're driving with children who are carsick, distract them with stories or music. Giving a drink containing ginger before embarking on a trip, may act as a preventative for motion sickness.

Try using "seabands" on your wrists. They stimulate acupressure points to reduce motion sickness.



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# Flying-Related Conditions

## FEAR OF FLYING

Fear can bring about feelings of terror, distress, anxiety, panic, or dread. It can even cause a histamine reaction that produces welts on the skin, or hives. This fear may develop into a phobia which is a deep-seated, chronically ingrained fear. Consult a professional if you've become phobic. Homeopathy, hypnosis, and EFT (Emotional Freedom Technique) have been shown to be effective modalities for the treatment of phobias.

## JET LAG

Jet lag occurs when people travel rapidly across time zones and can disrupt the body's circadian rhythms, also known as the body's clock. Jet lag can produce sleep disturbances, insomnia, lethargy, and fatigue, a heavy, aching head, irritability, confusion, difficulty focusing, loss of appetite, a dizzy, unsettled feeling, and sometimes diarrhea or constipation. To minimize the effects of jet lag, make sure to drink plenty of water (flying can dry out the skin and mucous membranes), and avoid drinking alcohol.

## Fear of Flying

### Aconitum napellus

This remedy is indicated for fear of flying on airplanes, or the after effects from fright. There is sheer terror with a rapid pulse and profuse perspiration. The person is very fearful, anxious, panicked, restless, extremely reactive to pain, and inconsolable, with dilated pupils, and possibly screaming and crying out with fear. They are afraid of crowds and death because they are sure they are going to die and are easily startled.

### Argentum nitricum

This remedy is indicated for fear of flying on airplanes, fear of heights, fear of being unable to escape once the door is closed on the plane, claustrophobia, or fear of losing control. The person is anxious, nervous, easily excitable, trembling, timid, and impulsive. They have a sense that time is going by too slowly, and they want everybody to hurry up. They may pace up and down in a panic. They may become so anxious that they get frequent diarrhea that is watery and smelly. They may talk fast, in a childish way.

### Gelsemium

This remedy is indicated for fear of flying, because they anticipate mechanical problems with the plane, issues with the pilot, etc. Even though they are anxious and afraid, their reactions become slow, with great weakness, confusion, exhaustion, and trembling. They become dull, heavy, sluggish, and sometimes dizzy. They may stutter. This state can also occur if they have become overexcited. They may get diarrhea. The head may ache at the forehead and/or the back of the head. The eyelids are droopy. They look drowsy. It is helpful to have them bend forward while sitting or lie down with their head slightly elevated. They need air, so open the overhead air vent all the way.



#### Dosage

If the condition is acute and serious, give a dose every 10–30 minutes until there is improvement. If the condition is present but not serious, give a dose hourly until there is improvement. If there is no improvement after four doses, choose a new remedy. Repeat the remedy only if there is a return of the same symptoms and repeat only as necessary.

## Jet Lag

### Arnica montana

Take this remedy if you are feeling very sore, almost beat-up, after the flight. This remedy can be taken as a preventative before and/or after the flight.

### Belladonna

This remedy is indicated if there is a hot, heavy feeling in the body. The face may be flushed.

### Gelsemium

This remedy is indicated if there is extreme physical tiredness, with a heavy feeling in all the limbs.



#### Dosage

Take one dose of 30c every four hours and repeat if the flight is longer than four hours.



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# Sunburns, Stings & Bites

Frolicking in the sun can be the best part of summer! There is nothing like being outdoors to feel rejuvenated. To protect you and your loved ones, there are various types of natural sunscreens and sun protection to be able to enjoy a day at the beach. Each year the Environmental Working Group (EWG) puts out a Guide to Sunscreen that rates the safety of different brands on sunscreen based on their ingredients. You can even see which product is the best to use for kids or even daily use. The EWG also provides information about natural bug repellents that can provide protection as well. Homeopathy can be a great support post sunburn or after a sting or bite. Be sure to travel with these remedies when you get out to enjoy the summertime fun!

## Sunburns

	Belladonna	Cantharis	Urtica urens
<b>Indications</b>	If severe burn, eyes can be glassy, sparkling, with wild look, dilated pupils. May have throbbing headache. Craves cold water or lemonade.	Burns tend to ooze fluid, start out bright red, later may turn black. Adverse to cool applications and removing gauze for even a few seconds.	Useful as a tincture and an internal remedy. For old burns that itch and sting. Sunburns with much itching. Usually want to rub affected area. Look tired and pale.
<b>Symptoms</b>	Skin is bright red, painful, burning and may throb. Much heat. Very sensitive to noise, light, touch, motion.	Pains sharp, needle-like, burning. Skin feels raw, itchy, smarting, stinging, inflamed. Blisters are sensitive to touch. Extreme thirst, but do not give them iced drinks.	Skin feels sore, raw, intensely itching, stinging, burning. May swell. Skin may be raised in red blotches, have tiny clear fluid-filled blisters.
<b>Worse</b>	3 PM, getting overheated or chilled, touch, noise, jarring, light, heat the sun.	Touch, scratching, coffee, and iced drinks.	Cold water, after sleeping, cool moist air, cool baths, touch, night, and strenuous exercise.
<b>Better</b>	Rest, light covers, sitting semi-erect, low lights, and quiet.	Cool applications, lying down, rest, and quiet.	Lying down (but not on the affected parts), and gentle movement.

## Stings & Bites

	Apis mellifica	Ledum palustre	Urtica urens
<b>Indications</b>	Stings with rapid swelling.	Skin feels cold to the touch; however, feels better with cold applications.	Raised welts which may or may not be fluid filled.
<b>Symptoms</b>	Skin is rose colored, puffy, very sensitive to touch with burning, hot, piercing, stinging pains. May not be thirsty.	Site is puffy, tender, dark red or purple. May be twitching around the site. Throbbing, shooting, pricking pains, numbness. Foul smelling pus if infected.	Intense itching with raised, pale welts on a background of red skin.
<b>Worse</b>	Any form of heat or pressure and after sleep.	Touch, being exposed.	Cold water, touch, nighttime.
<b>Better</b>	Cold applications, cool bathing, cold drinks, being uncovered.	Cold applications and rest.	Lying down, rubbing the affected parts.



# HOW TO HELP Sunburns, Stings & Bites



## Supportive Measures for Sunburns

Avoid applying any creams, oils, butter, or ointments on a newly burned area. These products hold in the heat and can cause more burning. Later, the oil or creams may have to be removed, which can cause more trauma to the skin and person. After blisters have healed and the burning is gone, Calendula cream may be used.

Do not puncture burn blisters.



## Dosage

If the condition is severe, give the remedy every 10–30 minutes until there is improvement. Otherwise, give the remedy hourly until there is improvement. If there has been no improvement after two hours, choose a new remedy. Repeat the remedy only if there is a return of the same symptoms. You may need to repeat the remedy two to three times per day for a few days. Change the remedy if there are no results or if the symptoms clearly change.



## Contact Your Healthcare Practitioner

For minor sunburns, stings or bites that can be handled at home, choose a homeopathic remedy. For more severe conditions, seek medical attention.



## Supportive Measures for Stings & Bites

- Clean all wounds by washing the area with mild soap and running water. If running water is not available, use a sterile cloth with soap and water. Wipe away from the wound, not into it. Keep all wounds clean and dry. If the wound does not have any redness, you can apply sterile gauze soaked in five drops of Calendula tincture to a quarter-cup of bottled spring water or fresh water that has been boiled and cooled.

- Externally apply creams that contain calendula or apply a few drops of Hypercal to bites and stings from mosquitoes, bees, wasps, hornets, and fleas. Hypercal is a combination of Hypericum tincture, which heals damaged nerves, and Calendula tincture, which repairs damaged skin. This combination is invaluable when applied topically, as it not only brings about rapid healing but also helps to prevent scarring. Apply it to the skin with a sterile cloth or cotton ball on an as-needed basis until healed. This solution stings at first but then takes the pain and stinging away. The skin must be clean and disinfected before applying this solution.

**Bee stings:** If a bee stinger remains in the skin, remove it as soon as possible. Clean the wound. A paste of baking soda and water can soothe the sting. Use an ice pack to reduce swelling and prevent the venom from spreading to surrounding tissues.