


Homeopathic Traveller's First-Aid Kit

<i>Brief instructions for use</i>	
<ul style="list-style-type: none"> • 6X, 12X; 6C • LM6 • 30C, 200C; 30X, 200X • LM12, LM18 	<p>Let 1-5 globules dissolve in the mouth.</p> <p>Take 1-5 drops in 1 teaspoon full of water.</p> <p>1-5 globules WG, of which take only 1 tsp..</p> <p>1-5 drops WG, of which take only 1 tsp..</p>
<ul style="list-style-type: none"> • LM-potencies • tsp. • WG • Dosage 	<p><i>Succuss vigorously 10 times before use, e.g. by tapping against the palm of your hand.</i></p> <p><i>teaspoonful of water – plastic or wooden spoon; do not use a metal spoon!</i></p> <p><i>Water glass method: 1-5 drops/globules on a glass of water; stir vigorously, take 1 tsp. of it; if necessary stir again and take 1 tsp. again..</i></p> <p>1 globule/drop for the youngest; 5 globules/drop for adults.</p> <p>LM-potencies for babies: rub 1 drop into the crook of the arm.</p>
<ul style="list-style-type: none"> • If improvement occurs, do <u>not</u> repeat! • Repeat only if the symptoms return.. 	
<p><i>In acute cases the question of potency is not so relevant.. – A small hint regarding frequency of doses:</i></p> <ul style="list-style-type: none"> • ½- to about 2-hourly or about 3 times/day – depending on the intensity of the complaints. 	
<p><i>In case of lack of improvement, increasing aggravation, ambiguities and the like. please consult a doctor or pharmacist immediately!</i></p>	
	<p><u>Attention:</u></p> <ul style="list-style-type: none"> • Do not bring homeopathics into the environment of radiation, electromagnetic or other force fields (e.g. microwaves, cordless phones, cell phones, magnets, etc.)! <p><u>During air travel:</u></p> <ul style="list-style-type: none"> • Do not expose homeopathics to X-ray or magnetic fields! • Carry remedies in a lead bag (photo shop) or radiation protection bag and stow them in the suitcase, as high altitude radiation can also cause damage.
<ul style="list-style-type: none"> • Storage: 	<p><i>Homeopathy leather bag for travel (case with small tubes; see below).</i></p> <p><i>Radiation protection bags for the safety of your remedies: www.tisani-verlag.de/html/s-taschen.html</i></p>



Homeopathy leather bag for travel

Shock:

- ***Aconitum*** – with restlessness and anxiety.
- ***Arnica*** – the 1st choice remedy for all traumatic injuries.
- ***Apis*** – allergic (bee sting or insect sting that looks like this).

Similia similibus curentur

- Wounds:**
- **Calendula** (mother tincture), 5 drops on 1 cup of water, for cleansing and hemostasis, prevents multiplication of pathogens.
 - Internally **Arnica**.
 - For chest wounds **Conium**.
 - **Staphisagria** – cuts.
 - **Ledum** – puncture wounds, bite wounds, infected insect bites, tick bites, splinters; so-called “violet eye”.
 - **Gunpowder** – impending blood poisoning; first signs: red, hot streak emanating from the wound.
- Deep wounds:**
- Clean/wash well with water, allow to bleed, possibly press a little. **Arnica** 30C/LM18.
 - In case of great danger of tetanus: **Hypericum** 30C/LM18.
 - In case of great blood loss: **China** – great weakness due to loss of body fluids, especially bleeding.
- Tendon, ligament injury, dislocation:**
- **Rhus toxicodendron**.
- Bone injury:**
- **Calcium phosphoricum** – for faster fracture healing.
 - **Ruta** – for great pain due to injury of periosteum.
- Burn:**
- **Warm water**.
 - **Causticum**, internally.
 - **Hypericum** (mother tincture), diluted, on gauze (do not remove) and keep moistening from outside. Instead of Hypericum also **fruit vinegar** possible.
 - **Calendula ointment** after healing.
- Sunburn:**
- Apply **fruit vinegar**, pure or atomized.
 - **Calendula ointment**.
- Sunstroke:**
- **Belladonna**.
- Collapse:**
- **Veratrum album** – cold sweat, also for vomiting and diarrhea.
- Food intolerances / poisonings:**
- **Pulsatilla** – after fatty foods, weepy, colicky pain, belching, bad taste, nausea.
 - **Arsenicum album** – meat, fish poisoning, ice cream, restlessness with diarrhea and vomiting.
 - **Nux vomica** – after “gluttony”, too much (mixed up) eaten/drank, nausea, alcohol, stomach cramps, stone feeling, constipation with urge without success.
 - **Okoubaka** – absolutely for tropical travel! Gastrointestinal infections; detoxifies.
- Do not forget:**
- **Aconitum, Belladonna**.
 - **Ferrum phosphoricum** – e.g. unspecific infections, earache.
- Remember:**
- **Arnica**, also in case of overexertion (sports, hiking, ...).
 - **Hypericum** (mother tincture), 20 drops in 1 cup of water, compress; additionally possibly 6C/12X/30C/LM6/LM12 internally!
For insect bites, nail bed inflammation, boils, abrasions and lacerations.
30C – For fall injuries of the spine – especially coccyx (internal).
- Travel sickness, nausea from driving, seasickness:**
- **Cocculus**.
- Tick prophylaxis:**
- Do not walk through bushes / undergrowth!
 - Long-sleeved clothing (shirt, pants), head covering.
 - Spread **essential oil** (lemon, eucalyptus, peppermint oil) on skin (this irritates the ticks’ olfactory organs; victims can no longer be located).
 - Eat **garlic** (odor organs irritated by evaporation through skin).

Tick bite:

- Removal of the tick with **tick forceps / tweezers** (counterclockwise rotation!); do not use oil or glue!
- Possibly apply **Melaleuka (tea tree oil)** to bite area.
- **Ledum** internally.

Jellyfish:

- **Apis**.

Recommendation:s

- **Calendla ointment**.
- **Bolus eucalypti comp.** (Weleda), for gargling – Angina, oral mucous membrane inflammations.
- **Healing earth** (Luvos ultra) – stomach/intestinal catarrh, indigestion, diarrhea, heartburn, flatulence.

Book recommendation (German):

- Stumpf, W., „Homöopathie – Anleitung zur Selbstbehandlung“ (Homeopathy – Instructions for self-treatment), GU Verlag
- Sommer, S., „Homöopathie – Alltagsbeschwerden selbst behandeln“ (Homeopathy – Treat everyday ailments yourself), GU Verlag
- Grätz, J.-F., „Die homöopathischen Potenzen – Ein Ratgeber aus der Praxis“ (The homeopathic potencies – A guide from a practitioner – In acute cases and for anti-miasmatic treatment,), Tisani Verlag