

# holidays & road trips



**A**ustralia's beautiful summer weather is ideal for holidays and camping trips. Essential to my holiday packing is a well-stocked travel kit to ensure a trouble free experience. Don't forget to check the website and see if there's a stockist near your holiday spot.

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We suggest that you select the contents for your holiday kit with all contingencies in mind from simple minor ailments to covering an unexpected accident or health crisis.

**Accidents & injuries:** The absolute champion of remedies in the event of accidents is **Arnica**. Taken at the first opportunity it has a tradition of minimising damage after accidents and injuries. **Hypericum** is valuable for nerve damage; such as jammed fingers, crush injuries, scratches and wounds. **Aconite** reduces shock for e.g. when witnessing a trauma.

**Bite & stings:** The Aussie country side is alive with mozzies, sand flies and other biting insects. Pack your **Ledum**, **Hypericum** and **Apis** and some hypericum cream or try our very own **Bite' n Sting** balm which works well for sand fly bites. If you are very prone to insect bites then one dose per day of **Ledum 6c** is understood to have a preventive action.

**Heat exhaustion & heat stroke:** Symptoms include confusion, muscle cramps, headaches, weakness and dizziness with pale, moist skin and rapid pulse. Sit upright in the shade, hydrate and give **Carbo veg** and **Rescue Remedy** every 15 minutes. Seek help if the person doesn't respond rapidly. Heat stroke is more severe and requires rapid cooling and medical attention. Meanwhile use **Belladonna** and **Carbo veg** every 10-15 minutes.

**Sun headaches:** **Belladonna** suits a throbbing headache after too much sun. With **Gelsemium** the pain is less violent and the person is lethargic.

**Sunburn:** **Belladonna** and **Cantharis** suit the initial stage of sunburn with typical symptoms along with homoeopathic burn cream and **Rescue Remedy** spray. **Vitamins E, C** and **Zinc** aid skin repair.

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**Travel sickness:** If you suffer the unpleasant symptoms of car, boat or travel sickness start with a few doses of your chosen remedy before the trip. **Nux vomica** suffers gagging, retching and headache with queasiness. **Cocculus** feels giddy, nauseous and wants to lie down and **Ipecac** for simple nausea with excessive saliva are usually helpful or you may need **Petroleum** or **Tabacum**.

**Tummy upsets:** Dietary and environmental changes can result in imbalance and tummy symptoms. **Arsenicum** is the favourite for adjusting to change and ailments from dodgy food or water. **Aconite** when upsets come on suddenly especially after being chilled. After overindulgence try **Nux vomica**, **Pulsatilla** after rich, creamy foods, for nausea **Ipecac** and if there are severe cramps with doubling up consider **Colocynthis**.

**Travel with tots:** A camping holiday with very small children can be quite a challenge, especially when preceded by a long car journey. As well as remedies already mentioned add **Belladonna**, **Chamomilla** and **Pulsatilla** for ear pain and fevers. Emotional upsets are covered by **Ignatia** or **Pulsatilla**, fear by **Aconite** or **Phosphorus** and irritability that can't be soothed, **Chamomilla**.

**Other additions:** include **Burn** and **Hyperica** creams for topical application to cuts, scratches, burns etc; **Calendula** tincture for washing out wounds; **Peppermint** oil for nausea and blended with **Lavender** to relieve headaches as it calms and soothes, **Lavender** oil is also useful for sunburn; **Tea Tree** oil as an antiseptic; **Rescue Remedy** for shock or trauma, try the spray which is so useful for treating burns and wounds.

And don't forget your Home Prescribing book, the travellers' friend, packed with info for happy holidays.

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