

TRAVEL MEDICINE GUIDELINES

Shock / Life Threatening Situations

General

Very intense fear, restless → Aconite 30c
Disconnected, denial → Arnica 200c
Wants to be fanned, cold sweat → Carbo veg 30c

Blood loss (severe / blood will not stop)

→ Phosphorus 30c
→ Yunnan Bai Yao (oral & topical)
– do not use topically in situations where surgical re-attachment may need to be attempted.

Sunstroke / Heat Exhaustion

Throbbing in head or chest, symptoms better cold → Glonium 30c
Bright red face with COLD HANDS, Dilated pupils → Belladonna 30c
Wants to be fanned, cold sweat → Carbo veg 30c

Anaphylaxis (severe allergy)

Contact emergency services (911 or international equivalent)
Epi Pen: use it if you have it
→ Apis 200c (try first while emergency services are on the way)
→ Carbolic acid 30c (try if Apis does not work)

Trauma

Musculoskeletal

Sprain / Strain

First line (if in doubt) → Arnica 30c
Pain better with motion → Rhus tox 30c
Tendon & Ligament injuries → Ruta grav 30c

Broken bones

→ Symphytum 30c (make sure bone is set properly first)
→ Arnica 30c

Blunt trauma esp. to eye

→ Ledum 30c

Injury to highly innervated area (hands, feet, crotch)

→ Hypericum 30c

Cuts / Wounds / Bites

General:

Clean wound with saline or clean water plus a few drops of Essential oil blend,
remove any devitalized skin if necessary
If wound is deep dress with bandage and seek medical care
If superficial, apply Wonder salve and dress with bandage.

Remedies:

Bleeding that will not stop → Phosphorus 30c, or Yunnan Bai Yao

For life threatening bleeding (even internal bleeding):

→ use the small red pill in Yunnan Bai Yao pack

Puncture wounds → Ledum 30c

Bee / Wasp → Apis 30c

Other insects → Ledum 30c

Snake Bites →

Burns

Just after burn → BooBoo spray topically / Wonder Salve

Minor burns with stinging or itching → Urtica 30c

Bright red throbbing → Belladonna 30c

2nd degree w/ blisters → Cantharis 30c

Deep burns with that blister fast → Causticum 30c

Foreign Body / Splinter

Remove ASAP with splinter kit,
flush area with saline or clean water w/ drops of Essential oil blend.
Dress w/ Wonder salve and bandage
Splinter / Foreign Body → Silica 30c
Abscess → Hepar Sulph 30c or Silica 30c

Gastro Intestinal

Nausea & Vomiting

Food poisoning / flu → Arsenicum album 30c
Hangover → Nux vomica 30c or Curing Pills
With headache or dry heaves, nausea not relieved by vomiting → Ipecac 30c
Due to Motion sickness / vertigo
→ Tabaccum 30c for
→ Ipecac 30c for nausea not relieved by vomiting
→ Cocculus 30c for vertigo / dizziness (with or without nausea)
→ Ginger (fresh or candied)
→ Massage point on inner wrist, 2 inches above wrist crease

Diarrhea

With Nausea & Vomiting → Arsenicum album 30c
Traveler's diarrhea, explosive, sputtering but painless → Podophyllum 30c
Painful, burning, offensive → Carbo veg
Mild to Moderate traveler's diarrhea or indigestion → Curing Pills
Help absorb toxins → Activated Charcoal

Constipation

Water!!!
Silica 30c
Fiber (flax seed, psyllium husk, prunes or other dried fruit, beans)
Oil (drink several tablespoons of a cooking oil, can mix in some salt and honey)
Coffee (1-2 cups)
Vitamin C (1000 mg or more)
Magnesium (500 mg or more)
Natural Laxative Tabs (1-2 at night, should have BM in the morning)

Cold / Flu / Systemic

Common Cold → Gan Mao Ling

Fever / chills → Gan Mao Ling if it looks like the beginning of cold or flu

High fever with bone pain → Eupatorium 30c
Alternating fever & Chills (very cold esp. at night) → China 30c
High fever with delirium and dilated pupils → Belladonna 30c
Keep head cool, consider Aspirin, seek medical attention if fever is above 103

Sinus → Rinse sinuses with saline and if desired mix in ONE DROP of essential oil blend
→ Pe Min Kan Wan (4-8 pills 2-3 times daily)

Sore throat → Gan Mao Ling

→ Gargle with salt water & a couple of drops of essential oil blend

Cough

Dry cough

Aconite: ailments from cold wind, sudden onset, fearful, pounding headache, feels hot, burning and flushed, Intense thirst, 1 cheek pale, one red
Drosera: dry, paroxysmal, worse lying down in bed, worse talking, eating, drinking.

Bed feels too hard. Holds chest with pain of cough

Spongia: Croupy barking cough, tickle in throat, worse during inspiration, worse before midnight, better eating, better warm drinks

Wet cough (productive)

Ipecac: Rattling cough with mucus, swallow mucus and vomit. worse warm, better open air

Phosphorus: Pain in larynx, cough from tickle in throat, congested lungs, irritated mucus membranes, thirsty for very cold water, vomits when stomach contents become warm.

General cough

Causticum: hoarseness & cough with pain in chest, scanty expectoration that must be swallowed, mucus under sternum which cannot quite reach, cough with pain in hip, better drinking cold water. worse warmth of bed, can not lie down at night, worse cold dry weather, better damp warm weather.

Headache

Aspirin / Ibuprofen / Motrin

Sleep / Jet Lag

On the airplane, set your watch to the time zone where you will be landing. Try to make yourself sleep on that schedule right away. Taking a dose of melatonin 30 min before your new "bedtime" should help re-set your internal clock.

Coffea 30c

Melatonin (1-2 sublingual caps)

Seriphos / Zen (1-2 caps each)

Skin Issues

Fungal → Clean with saline or clean water, Wonder salve, Custom essential oil blend

Bacterial → Clean with saline or clean water, Wonder salve, custom essential oil blend

Abcess → Hepar sulph 30c, or Silica 30c, seek medical attention, Wonder salve

Rashes: Wonder salve

Itchy with tiny blisters (looks like poison ivy) → Rhus tox 30c

Moist, itchy & burning → Sulphur 30c

Hives, itching, stinging → Urtica 30c

Toothache

Avoid extreme temperatures (especially hot) with food & drink

Seek dental care / Consider antibiotics

Apply 1-2 drops of essential oil mix to gum above sore tooth on a cotton swab

Silica 30c or Hepar sulph 30c

Urinary Tract Infection

Urgency, burning pain, drop by drop w/ shivers, burning soles of feet at night → Cantharis 30c

Burning pain worse with cold, stress incontinence → Causticum 30c

Vitamin C – Cranberry Emergen-C

If no improvement within a few days, seek medical attention, consider antibiotics (make sure you also take your probiotic!)

Female Problems

Yeast infection → use one probiotic capsule as a suppository & take one orally,

Avoid sugar and alcohol for a few days

Use a sanitary napkin / panty liner to catch discharge

Menstrual cramps → Cal / Mag capsules

Mag phos 30c

Ibuprofen / Motrin