17 Homeopathic Medicines for Travel



Socks
Underwear
Toothbrush

When packing for a trip, we all have our must-have lists of items to fill our suitcases. A recent blog reader asked me for a list of homeopathic medicines to include while traveling. It’s a great request, but not easy to fill without more information.

Where are you going?

If I were going to a foreign country where the food and

water may disrupt my digestive tract, I would certainly want to include homeopathic medicine for gastrointestinal upset. If my family and I were going skiing, I'd probably be less apt to worry about tummies and, instead, I'd be more concerned about medicines applicable to overexertion and injuries. If I were going to a tropical island, I might need the ability to address someone's sunburn. Or, if I were visiting elderly relatives, I may consider bringing medicines that could assist them with the pathologies of aging.

So, without knowing that crucial piece of information – your destination – I have formulated a list of 17 homeopathic medicines that meet the broad criteria of "travel." This is by no means an absolute list, and one may choose to customize the list according to their family's needs and the potential requirements of the destination.

I'm presenting these medicines differently today because I want you to do a little research yourself. In this list of 17 homeopathic medicines for travel, each is linked to a homeopathic pharmacy, where they may be purchased online.* However, I always encourage my students to read, read and read some more. So, I am also including a previous blog post detailing at least one condition for which the medicine might be utilized and which potency of the medicine has been historically shown to act. (One may even choose to travel with more than one potency of some of these medicines to address several conditions.)

So, there's "homeowork" to do.

Obviously, I can't list every blog post pertaining to each medicine in this article. Goodness, it would be as long as my arm! So, utilize my website's search tool to learn even more. Put each medicine's name in the search bar and read all the blogs that present. Or simply use Google to search my site by each medicine's name. Don't know how to use

Google for this purpose? Read Let Me Google That for You.

Download – for free – the Remedy Cards from each associated blog and keep them with your new "travel kit." While you're at it, download and print the photo below as a label (and reminder).



1. *Aconitum napellus* – Emergency Remedy Series: *Aconite* in My Purse
2. *Apis mellifica* – Edematous Swelling and *Apis*
3. *Arnica montana* – When in Doubt: Arnica!
4. *Arsenicum album* – Stomach Flu
5. *Belladonna* – If You Can't Stand the Heat … Grab the Belladonna
6. *Cantharis vesicatoria* – Cantharis for Burns
7. *China officinalis (Cinchona)* – Sunburn and Dehydration? Homeopathy Offers the Cure
8. *Coffea cruda* – Exquisite Tooth Pain
9. *Gelsemium sempervirens* – E, F, G: Exhausted, Fatigued … *Gelsemium*

10. *Hypericum perforatum* – Emergency Remedy Series: On My Last Nerves
11. *Ignatia amara* – Psychological Protection
12. *Ipecacuanha* – Ipecac: The Cough That Nags and Gags
13. *Ledum palustre* – Summertime and the *Ledum* Is Easy
14. *Lycopodium clavatum* – Bloating
15. *Mercurius solubilis* – A Fungus Among Us
16. *Nux vomica* – All Creatures Great and Small
17. *Pulsatilla nigricans* – Fake Medicine

Although homeopathic medicines are readily available in many locales, it's better to keep your family happy and well during trips away from home by carrying your own small inventory of commonly needed remedies. Better to be safe and smart.

Over time, you'll customize your own travel kit to meet your family's needs. Let me know what you always travel within the comments below.

Enjoy your trip!

(And, as always, pass on the good news of homeopathy!)

Warmly,



*P.S. If you purchase from Boiron, enter the promo code **Joette** at checkout. Boiron will apply (at the time of this writing) a 20% discount on your purchase. I might add that this is *not* an affiliate program offering me a

kickback. I don’t participate in affiliate programs with anyone. The discount is given to you.