

'Are We There Yet?' Travel Anxiety Meets Its Match With Homeopathy



(Note: Please be sure to scroll down to the P.S. for an important message.)

Celebrating the Fourth of July reminded me of the days when my children were little, and we would travel to homeopathic events in our car. "Are we there yet?" is a question that is assumed to come from children (picture the back seat of the car on a long road trip). However, adults can often think the same thought over and over in their heads before a trip even begins.

Many folks experience travel anxiety. Profound anxiety can

even prevent some sufferers from travelling in the first place. Homeopathy can help round off the corners of a particularly sharp bout of travel anxiety.

But what specific kind of travel anxiety are we talking about? Knowing the specifics can make all the difference in the remedy we choose.



The 'What ifs' of travel anxiety

Is the sufferer thinking:

- What if I'm stuck in close quarters and can't get to the bathroom?
- What if I'm unable to access the special diet I need?
- What if our rental house isn't as described?
- What if we have an accident as we're driving?
- What if the airline loses our luggage?
- What if the plane crashes?
- What if there's a train derailment?

All those "what ifs" (and many more like them) are part and parcel of anticipatory anxiety. It's the fear that something either insurmountably inconvenient or devastatingly

catastrophic might happen during the upcoming trip.

Gelsemium sempervirens

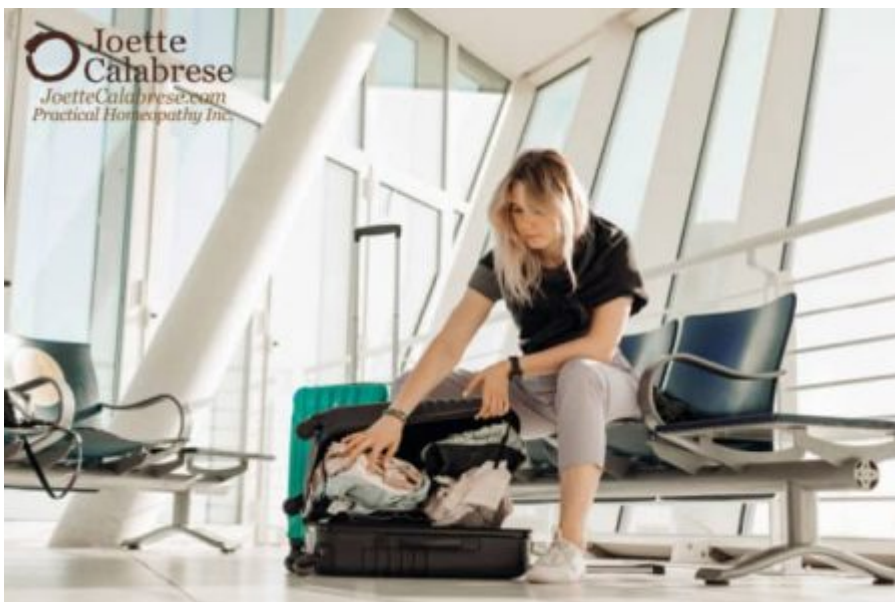
I've discussed *Gelsemium* in previous blog posts for different kinds of anxiety (anticipatory anxiety before a new [school year begins](#), [anxiety after a natural disaster](#), [anxiety before exams](#), and even [exhaustion and fatigue](#)), so it's a stellar remedy to include in your well-curated homeopathy kit for the entire family.

However, if you have a nervous traveler in your midst, *Gelsemium* becomes a must-have.

For this particular condition, the Practical Homeopath™ would generally call on [Gelsemium 30C](#), twice daily. "But when do I begin utilizing it?" you may ask. (I know you well, don't I?)

In most cases of acute conditions, one would begin employing the appropriate homeopathic medicine as soon as the symptoms first appear. The moment your brain starts chattering too loudly about the upcoming trip, your body physically aligns with that internal noise, and you start to feel overly nervous and anxious, that's the time to begin.

Gelsemium is often the antidote to fears of a forthcoming event becoming potentially trying.



Calming the chaos of travel anxiety

There is yet one more type of travel anxiety that plagues many folks: feeling restless and unorganized, spiraling.

This type of travel anxiety can begin before the trip:

- Okay, I've got to pack the bags.
- Oh, my goodness, did I get anybody to take care of the mail?
- What should I do about the food in the refrigerator?
- Did I pack my charger?!?

It's all of the little details of travel. The *details* are driving this traveler crazy, not the fear of something that will happen. It's the internal chaos of feeling, "I've got to have everything in perfect order before we can leave."

Arsenicum album

The antidote to this chaotic internal voice driving an almost overwhelming urge for meticulous organization is [*Arsenicum album* 30C](#), also used twice daily, until very much better. And again, we would begin employing the medicine as soon as the symptoms first arise.

This type of travel anxiety can also begin as soon as travel starts. One could be miles from their home and suddenly wonder, "Did we close the garage door?" "Did I lock the front door?"

Details. That's *Arsenicum*.

Having your homeopathic medicines with you while traveling is the best way to ensure a stress-free trip. So, I encourage you to use my blog, [17 Homeopathic Medicines for Travel](#), to determine what you should have in tow. (You'll note that both *Gelsemium* and *Arsenicum* are on the list.)

I have written other blog posts related to traveling as well.

When flying, the combination medicine we call [AAA](#) is just what the doctor Practical Homeopath™ ordered. A few weeks ago, I also addressed the common travel condition of [homesickness](#).

And one more thing ...

In next week's Memo to [Mighty Members](#) (delivered to my Mighties' inboxes every Thursday), I'll discuss another travel-related medicine that I used successfully in my practice. It's specific for the folks who experience anxiety about driving over bridges, often changing travel plans to avoid them. Homeopathy can help! If you're not yet a member, won't you join us?



Practical Homeopathy® offers freedom.

My friends, I hope you and your family have had a joyful celebration of the Fourth of July, as our entire country stopped to appreciate our liberty, freedom and independence. We here at Practical Homeopathy® celebrate that independence every day – independence from conventional health care paradigms with their myriad side effects and ever-snowballing prescriptions.

My free blog – right here – is the perfect place to begin bringing that health freedom to your family and loved ones.

We – mothers, grandmothers, and others (fathers, pet owners, farmers, nurses and even doctors) – can take care of our families ourselves, thank you very much. Homeopathy provides us with the medicines.

Now, it's our responsibility to garner as much information as possible on how to utilize those medicines proficiently. I offer a variety of learning methods; it's up to you to find the one that best fits your current abilities and situation.

I will meet you wherever you are: from the [Gateway to Practical Homeopathy®](#) (a time-tested, foundational study group curriculum used to build your homeopathic knowledge and your network of like-minded friends) all the way through [The Academy of Practical Homeopathy®](#) and Mastery™ (each a year-long, academically structured program allowing you to develop the skills, knowledge and confidence to become a Practical Homeopath™ – the healer for yourself, your loved ones and even your broader community).

Autonomy built this country, and it also powers the Practical Homeopathy® movement. Don't tread on me!

Warmly,

A handwritten signature in black ink, appearing to read 'Gail', with a large, looping flourish at the bottom.

P.S. With great sadness, I must report that masterful homeopath and my friend, Joe De Livera (also known as ["Joepathy"](#)) passed away a few days ago.

It was of critical importance to Joe that his legacy be maintained even after he was unable to fulfill his commitment to his worldwide community.

Consequently, Joe and I had planned for his transition for years. On his behalf, my team and I have already been maintaining his website's technology since 2022. Now, the remaining plans are being implemented to carry out his wishes.

Joe sent me comprehensive documentation of his Joepathy protocols so that he could ensure his methods would be accurately followed going forward. To that end, I plan to spend a good deal of time on his site during this transition period, until I can teach others to use his techniques and have them involved as well.

So, for those who have counted on Mr. De Livera's selfless service, stay tuned. While my dear friend and colleague will be sorely missed, the legacy of his JoePathy protocols will live on.



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