No Jet Lag on My Trip to India



Eliminate Jet Lag with the right homeopathic remedy

I didn’t want to write about this subject until I was certain that I didn’t experience jet lag. Well, it’s now Day 4 of my and my husband’s India trip, and I can report that we have been free of jet lag. Our travel time from the moment we took off at the Buffalo, New York, Airport until we touched down in Kolkata, India, was just over 30 hours. This was certainly a true test.

This is what I did:

I put about 15 drops of grapefruit seed extract plus 1-3 drops of oregano oil in a small plastic spritzer bottle that I bought at the Dollar Store. On boarding the plane from New York City to travel east to Dubai, I filled the bottle with water given to me by the flight attendant. That way, there was no problem as I went through security. The bottle looked empty.

I spritzed my face and hands with the water every few hours

to remain clean and hydrated. My husband didn’t want to be spritzed, so he only joined me in drinking a few large bottles of water while on the long leg of the journey and in Dubai.

As per a recommendation from my world-traveling friend, Sue, we slept as many hours as possible on the long flight and also resisted taking any naps once we arrived in our destination. I actually fell asleep sitting up in the airport (I never do this, but this time, it just happened!) for a few minutes, but I promise, that’s all.

The homeopathic secret is to take *Arnica montana* 30 every 6 hours or so, which we both did. We only took 3 doses each.

I’m here to report that my system worked! We were both somewhat tired the first day but now have good energy, walking through markets, buying gifts, taking photos and videos, and I’ll be in good stead to begin my work at the homeopathy research clinic starting tomorrow morning.

Thanks to water, essential oils, good advice and, of course, homeopathy.