Flying? Use Homeopathy for Jet Lag!

Traveling by plane soon? Don’t let jet lag put a damper on your long-awaited vacation or family gathering.

I like to recommend the following protocol to my clients and students. It’s worked wonders for them, so pack your bags and take these remedies along.

The trick is to combine the following 5 remedies together in about 4 ounces of water. One sip (approximately 1 tsp.), every 2-3 hours upon arrival of your destination, is the way this little combo remedy is taken.

Here it is:

Arnica 6x

Cocculus 6x

Kali phos 6x

Nux vomica 6x

Passiflora 6x

If you don’t have these remedies in a 6x potency, you can use 12 x or 12 c as well as 30x or 30c potencies for all of them except for *Kali phos*. *Kali phos* should only be used in the 6x or 6c potency for this protocol.

If you are unable to obtain all of these remedies, at least use *Arnica, Kali phos* and *Passiflora*.

I confidently wish you “Bon Voyage!”

This protocol is solely intended to provide a format in assisting the student in learning the principals of Homeopathy. It is in no way to be considered a substitute for a consultation with a health professional