Ready, Set, Jet Set



The holiday season might as well be synonymous with the traveling season. As I write this, I’m preparing to leave shortly for an extended trip to India to continue my homeopathic studies.

As you can imagine, I’m beyond thrilled to learn from homeopaths in India, a country that fully embraces the restorative power of homeopathy. My preparations have made me think though of some of the discomforts caused by travel. As you might imagine, homeopathy has an effective and gentle solution for travel woes!

Fear of flying

Ambra grisea 30

Anacardium 30

Argentum nitricum 30

On the day of the flight, take these remedies one after another on the hour (*i.e., Ambra grisea* at 10, *Anacardium* at 11, *Argentum nit.* at 12) and continue throughout the flight or until improved. If the fear begins the day before, start then.

Allow at least two rounds to get up and running, so schedule accordingly.

Jet lag

Check out my previous post on this subject **here**. Also, drinking plenty of water with *Bioplasma* in it is a great way to stay hydrated while giving your cells the nutrients they need.

Sinus problems and headache from flying

Kali Bic 30: Take 4 tablets one hour before the flight and then every 2 hours thereafter if necessary to help with a feeling of sinus congestion.

Kali Mur 6x: Dissolve this cell salt in water and sip every few minutes to help with altitude adjustment and congestion.

Here's wishing you happy and comfortable travels with homeopathy. Stay tuned to the blog, as I'll keep you tuned in to my travels as well.

Even though I've studied homeopathy for years, I'm continuing my education this month in India. Are you interested in learning more too? On my website store page, I offer many great **digital downloads** to help you learn to care for your family's health needs yourself at home with homeopathy.