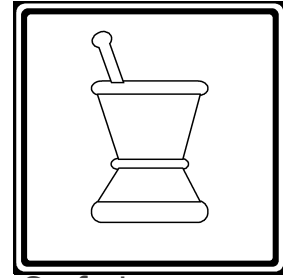


## **“A Vacationer’s Guide to Staying Healthy with Homeopathy”**

Imagine a system of medicine that is:

- Noninvasive
- Works with the body rather than against it
- Is safe without side effects
- and is inexpensive.



"Do not swat a fly on your friend's head with a hatchet". - Confucius

That system, Homeopathy, has been practiced throughout the world for the past 200 years, originating in Germany. At the turn of the century there were 22 medical colleges and over 100 hospitals in the United States using homeopathy and one out of five doctors practiced it.

What is Homeopathy? It is a scientific system of medicine, based on the discovery that a medicinal substance can cure the same problems it can cause, by varying the dosage of that substance. That is, a plant, animal, or mineral substance given in an extremely tiny dose, will remove those symptoms it is capable of producing. Homeopathy works by stimulating the body’s natural ability to heal itself.

Homeopathic remedies are chosen by the study of the whole person, physical, mental, emotional, even spiritual, so we are treating the whole person, not simply a disease. All homeopathic remedies are recognized as over-the-counter-drugs and are regulated by the FDA. Homeopathy can be used for acute situations or chronic conditions.

Homeopathy is particularly popular in Europe, India and South America. The royal family of England is treated by a homeopathic physician. In India there are 120 homeopathic medical colleges and over 100,000 practitioners.

## **“A Trip Through a Virtual Vacation”**

Finally, the family is all packed into the taxicab heading toward the airport. Mom looks over and sees Charlie, her youngest son, deathly pale and sweating profusely. Mom knows at any moment Charlie will be carsick. She quickly rolls down the window for some fresh air. She reaches into her handbag and pulls out a homeopathic remedy and saves the day and her freshly laundered skirt.

**Tabacum:** Re: Motion sickness  
Cold, clammy, and pale  
Deathly nausea  
Nausea better closing eyes, better from cool open air.



So the family makes it to the airport and onto the plane. As the plane is taxiing down the runway Judy's husband, Tony, develops great nausea from watching the terminal pass by through the tiny side window. As the stewardess mentions the choices for the onboard meal, Tony becomes sicker yet. His head is spinning. Now what! Cocculus to the rescue.

**Cocculus:** Re: Motion sickness  
Nausea from watching moving objects  
Vertigo, the world seems to spin  
Worse from smell or even thought of food.

Now that we are in the air, all seems well until Judy has a panic attack in the plane. She is sure she is going to die. The plane is going to crash, they will all die in exactly three minutes. She is so restless, she can barely stay in her seat. This time Tony pulls out the homeopathic travel kit and pulls out the exact right remedy for Judy.

**Aconite:** Re: Panic attacks, fear of flying  
Panic attacks with tremendous fear of death, convinced that death is upon him.  
Predicts the specific time when death will come  
Restlessness.

Finally, the family has arrived at their destination south of the border in Mexico. All is well. They all enjoy some tamales from a street vendor. A few hours later, disaster hits. The whole family now has diarrhea and vomiting. Judy is freezing cold and sweating profusely. Tony and Charlie are experiencing burning stools and desire small sips of water. Tony keeps moving from the bed to the sofa and back to the bed again. What a mess this is, can anything help them now? Yes.

**Arsenicum:** Re: Food poisoning  
Acute gastroenteritis with vomiting and diarrhea, sometimes simultaneously  
Stool acrid, burning  
Thirsty for small sips of water  
Anxious, restless

**Veratrum album:** Re: Food poisoning  
Vomiting and diarrhea, simultaneously  
Cold sweat, coldness to entire body

Well, once again homeopathy saves the day or the evening in this case. All is well and the family is enjoying a day at the beach. What can possibly go wrong here? Nothing so it seems, until they begin to head back to the hotel. Now two of the family members seem to be suffering from sunstroke or heat exhaustion. Tony is bright red and has a throbbing headache, and Judy is weak and faint.

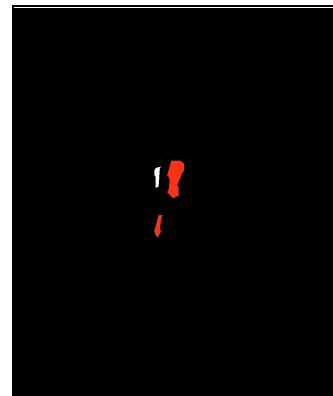
**Belladonna:** Re: Heat exhaustion  
Face, hot and flushed red  
Heat can be felt radiating off body  
Throbbing headache

**Carbo Vegetabilis:** Re: Heat exhaustion  
Person is weak and faints as a result of heat exhaustion  
They want to be fanned.

Well, the virtual vacation is almost over. Today the family is going to a rather unusual tropical forest that has giant flying insects and acres of poison oak, poison ivy, and poison sumac. Of course, in a real forest the three “poisons” do not grow together. But this is a unique land of homeopathic opportunity. Since the family isn’t expecting poison oak in a tropical forest, they all tromp right through it; also, it was hard to recognize for there were no leaves, just sticks. On top of this, enormous mosquitoes make a feast on the bare skin of all.

**Ledum:** Puncture wounds  
First choice for insect, spider and even rat bites.  
Better cold applications  
Site is itchy, swollen and bluish.  
Re: Puncture wounds.

**Apis:** Bee stings  
Red, swollen stinging, burning pains  
Better cold application



### **Anacardium and Rhus tox:**

Either of these remedies can be used for poison oak. I once had a roommate who was a surveyor and encountered poison oak daily. He carried his Anacardium with him on every job site. He also dosed his fellow workers to their delight.

### **How to use homeopathic remedies for acute conditions?**

Give one dose. WAIT. If no improvement or some improvement you may dose again.

How long you wait depends on the intensity of the symptoms.

You may give up to three doses of any one remedy.

Remember if you are dealing with a life-threatening emergency situation, give the remedy on the way to the emergency room.

### **Disclaimer:**

Information offered in this article is for educational purposes only and is not intended to replace the individualized attention of a trained health care professional. Homeopathic self-care can be appropriate for individuals needing simple first-aid or suffering from acute illness. For chronic conditions one should seek the services of a Certified Classical Homeopath.

### **Bibliography**

Homeopathy Today/August 2001; volume 21, Number 7; Article “The Heat is On”  
Desktop Guide to Keynotes and Confirmatory Symptoms; Roger Morrison, M.D. 1993  
Hahnemann Clinic Publishing.

Synoptic Materia Medica; Frans Vermeulen; 1992; Merlijn Publishers.

Copywrite@2009

**Maria Thomas CCH**

“Oceanside Homeopathy”

831-359-0001

**Helena Hope Roberts CMT,CCH**

“Heartfelt Homeopathy”

831-768-1382

