

Traveling First Aid Kit

Possible Contents:	
Bentonite Clay	Calendula lotion
Acidophilus	Mullein drops
Freeze dried ginger	Hydrogen peroxide
Herbal antibiotic combination	Ibuprofen
Buffered Vitamin C powder	Enema, hot water, douche bag combination
Amoxicillin	
Homeopathic Kit or at least the ones in italics	Children's needs

You might want to travel with a letter on my stationery outlining what you are carrying to cross borders with things that look suspiciously like illegal drugs.

1. Diarrhea: The prevention of diarrhea is to avoid drinking any source of the water in foreign countries and to continuously take acidophilus while traveling. There are types of acidophilus that are freeze dried and do not need refrigeration, but I have seen acidophilus capsules maintain their effectiveness over long periods of time without refrigeration (over a month).

Prevention dose: 1-2 capsules/day

Treatment: 1 teas of bentonite clay in 8 ounces of water after each bout of diarrhea not to exceed 4 doses in a day. Bentonite is very constipating and has the ability to absorb parasites, toxins, etc.

Homeopathics: *Arsenicum* is the most common, but *Sulphur* is also useful.

2. Nausea/Motion Sickness: The best treatment is ginger. The freeze dried ginger capsules 1-2 capsules every 2-3 hours. Bentonite clay also settles nausea. 1 teas/8 ounce of water sipping on it over a number of hours. Sips of black tea settle an upset stomach.

3. Colds/Flus: Take some sort of herbal antibiotic with you. Some of the mixed products such as Echinacea/Vit C, IMEncap, Biotic, etc. Take 2 every 2 hours. Goldenseal is the strongest general herbal antibiotic but is not appropriate in nursing or pregnancy. Also travel with some amoxicillin if you are not allergic. It is a broad spectrum antibiotic. The dose is 500 mg 3-4x/day for 24 hours after you are all better. You should up your vitamin C.

Homeopathics: Remedies for generalized flu include *Gelsemium* or *Bryonia*

4. Fever: Travel with some ibuprofen, but homeopathics and hydration work great. Do not forget to treat the source of the infections.

Homeopathics: *Aconite*, *Belladonna*, and *Ferrum Phos* (also good for flu)

5. Bites/Stings: Immediately give *Apis* homeopathically and apply a bentonite clay poultice. *Apis* should be continued 1-2 tablets every 1/2 to 1 hour until swelling subsides. If you are allergic you should carry epinephrine. You can take a high dose of vitamin B (25-50mg 3x/day) to help repel insects and you should also carry solvarome insect repellent.

6. Trauma/Bruises/Sprains: Immediately take Arnica (continue 1-2 tablets each 3-4 hours for several days) and apply ice to prevent swelling. Apply Arnica Lotion to a closed injury 1-2 x/day until pain and/or bruising gone. 7. Cuts/Abrasions: Keep clean. Hydrogen peroxide applied will debris the wound. Sprinkle on a mixture of 1 teas bentonite clay and 1/4 tsp or 1 cap of goldenseal powder on the area if it is oozing. Bandage appropriately. Calendula cream is a good topical treatment for minor cuts and burns. Start oral treatment of herbal antibiotic and extra vitamin C to prevent spreading.

8. Burn/Sunburn: Take *Cantharis* homeopathically 1-2 tablets every 3-4 hours. If it is a burn applying a wet bentonite clay poultice will prevent it from getting blisters. Also application of ice is important. Aloe vera juice on sunburns works.

9. Vaginal infections: Douching with 1 teas of bentonite clay in 2 quarts of water, or 1 tablespoon of vinegar in 2 quarts, or 1 capsule of acidophilus inserted in at night.

10. Traveling with children:

Ear infections: make sure to nurse, have them suck on a straw or chew gum going up and down in an airplane. If you suspect an ear infection then warm mullein ear drops and apply in both ears at night. Clean the ears out with hydrogen peroxide in the morning.

Cold/flu: The primary remedies for children is *Pulsatilla* and *Chamomila* homeopathically. Thymactiv and Liquid Echinacea/Vitamin C or Chewable Echinacea/Vitamin C.

Teething/Irritability: *Chamomila*

Sleeping on planes: Teas of hops, skullcap, and valerian will help most kids relax on long flights.

11. Special Circumstances: This area is for the physician to outline any special needs you may have such as immunization discussions, particular health issues, and/or dietary concerns.