

# Travel Sickness

**Dose one tablet/2 drops/ 1 spray ½ hr before travel repeat as needed.**

**Cocculus**-for travel sickness where extra saliva, vomiting and excitement are prominent symptoms. The patient will often be lying down, eyes closed and look thoroughly miserable. They will look droopy eyed, and their eyes may look unfocused and half shut. If taken out for a walk can have a staggering uncoordinated walk.

They will feel worse after eating, or after loss of sleep. They will also feel worse outside in the open air.

**Petroleum** – for the person that is Irritable and easily offended while travel sick. *They may have* vertigo on rising as if intoxicated, so they may stagger a little. Nausea causes a lot of extra saliva in the mouth. They don't want food or meat, and will vomit green bitter substance if they are sick. They are prone to have garlicky breath when unwell. Their condition is aggravated by petrol fumes, and if they eat anything. They are much better if they can have their head higher than their body

**Pulsatilla** patients usually have an aversion to food and water, they will have Nausea and burp a lot. They are better if they sit upright in the open air. They can vomit food eaten hours beforehand Their condition is generally worse if they are lying down and if they eat fatty food. They are relieved by gentle walks in the fresh air and they are better when they have their head propped up on something. Pulsatilla patients tend to cry and want consolation or sympathy

**Nux Vomica** -Head strong and impatient patients, who often have violent retching and vomiting of bilious sour material. They also have sour smelling burps. This animal sometimes has nausea and wants to be sick and can't. They can be hungry and refuse food, they love fatty foods and digests them well (opposite of Pulsatilla) Their stomach is sensitive to pressure, so they won't always like you to touch or put anything on that area. They like to be in the open air which helps them feel better.

**Tabaccum** for -when the patient is quiet, anxious and depressed, with little or no vomiting. Or they can vomit from the least motion. They do have incessant nausea. The patient wants abdomen uncovered (they will sit up to take

pressure off belly, or even loosen their belt or waistband). The patient also desires fresh air and will want the window open.

**Gelsemium** - for travel sickness, where the patient looks worn out or trembling and may not be able to hold themselves upright. They often need to pass urine a lot before and during travel. They will often be sick even before the car engine is started, or before the boat sails etc..

Dosage-One dose 1/2 hour before travel and repeat as necessary.

# Travel Sickness

- Don't eat or give food within 1 – 2 hours of travel
- Don't have heavy or fatty foods

- ✓ Barley sugar
- ✓ Ginger
- ✓ Peppermint
  
- ✓ Fluids



- ✓ Rest
- ✓ Rescue Remedy

