

## **HOMOEOPATHIC FIRST AID TREATMENT FOR JET LAG AND TRAVEL**

### **JET LAG**

Take Amica 30c and Cocculus 30c, from 2 days before the flight until 3 days after. The dose is **4 drops** or 2 tablets sucked, 3 times a day.

### **INJURY**

Take Amica 30c (4 drops or 2 tablets sucked) 3 times daily until improvement or for up to 5 days.

### **TRAVEL SICKNESS**

Take Cocculus 30c (4 drops or 2 tablets sucked) 3 times daily until improvement.

### **SWOLLEN ANKLES**

For swollen ankles during and after a long flight take the herbal blend Homoeobotanical D. The dose is 3 drops 3 times daily for up to one week.

### **SLEEPLESSNESS**

For insomnia, take the herbal blend Homoeobotanical Z. The dose is 7-15 drops at bed-time.

### **FLOWER ESSENCES FOR TRAVEL**

This combination of Flower Essences is to help with realignment of the body time clock, and with body harmony, centredness and mental clarity. The dose is 3 drops 3-6 times daily, during travel, and for a few drops days afterwards.

### **RESCUE REMEDY**

This is a combination of 5 Bach Flowers that has a calming and stabilising effect on the mind, body and emotions. It can be used in any situation of shock or injury, or for more minor discomfort. The dose is 4 drops onto the tongue as required, up to hourly.

### **JET LAG KIT**

The Homoeopathic Jet Lag Kit contains Amica 30c and Cocculus 30c. Other Homoeopathic remedies, Flower Essences, Homoeobotanicals and information pamphlets can be obtained from this address.

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