

Travel Sickness

Travel Sickness can cause discomfort, distress and disruption to your journey. Using Homeopathic remedies can help prevent and relief symptoms. Here are several remedies that may be of help. Choose them according to the symptom picture.

Cocculus: Symptoms may include Nausea, especially when it gets worse with the sight or smell of food. Extreme weakness and dizziness with a desire to lie down are common with an empty or hollow feeling in the stomach. Symptoms may be worse after getting cold, moving about or from lack of sleep. This remedy is often used for car or seasickness, watching moving objects worsens the nausea and dizziness.

Petroleum: Nausea is persistent with an empty feeling in the stomach and excessive salivation. An improvement will be felt after eating and warmth. Pains including stiffness at the back of the head or neck or stomach may be present. Worsening may be felt from noise light and sitting upright.

Nux Vomica: Severe nausea with a severe headache which may lodge at the back of the head or over an eye. The person will not wish to eat and will be averse coffee. Their may be gagging or retching without vomiting.

Tabacum: Violent nausea and vomiting with a terrible sinking feeling in the pit of the stomach are indicators for this remedy. Along with pale face, cold sweat and icy cold hands and feet. Some relief may be had from getting fresh air.

Nelsons Travella: contains a selection of homeopathic remedies, specifically combined to bring soothing relief for the unpleasant symptoms associated with travel sickness. Homeopathic remedies do not cause drowsiness.

Directions: two tablets every hour for two hours before the journey. Take two tablets hourly during the journey if necessary. Tablets may be sucked or chewed.

Acupressure bands: By using acupressure, these provide effective relief from all forms of Travel Sickness without causing drowsiness or other side effects. These work well alongside Homeopathic remedies.