

TRAVEL KIT FOR ASIA OR AFRICA

I advise that you take the following remedies to India:

Daily suck 10 pills on waking of the following mixture. Start off the first five days taking it twice daily, then once daily.

Arsenicum Alb 12c
Cuprum Met 12c
Natrum Sulph 12c
Nux Vomica 12c
Cina 12c

This will give protection against diarrhoeas and liver problems.

The following remedies should be taken with you in case of need:-

Arsenicum Album 200 in case of nausea and vomiting with diarrhoea. It is also excellent for food poisoning. (take 6 pills hourly if you have any of these symptoms)

Podophyllum 200 in case of diarrhoea with very liquid stools and cramping and rumbling of the tummy. (dosage as above)

Nux Vomica 200 in case of nausea and liverishness. (dosage as above)

There are many homeopaths and homeopathic chemists throughout India, and it is best to go to a homeopathic chemist and ask them to recommend a good homeopath if you don't feel good. They are generally very good at dealing with all kinds of tummy problems 'cos they are common in India.

Avoid eating food prepared on the sidewalk, and avoid cheap restaurants. Also don't eat fruit that you have not peeled first. Drink only bottled mineral water, and don't drink Lassi – which is a yogurt drink, unless you have it in a good quality restaurant.

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