

Factsheet

A Natural Travel First Aid Kit:

We all look forward to Summer. But some of us suffer more than most with travel sickness, insect bites and sunburn. Luzia Barclay (Registered Medical Herbalist) outlines some natural remedies to soothe, calm and relax - so you make the most of your holiday...



Introduction

Luzia Barclay is a registered medical herbalist (DBTh MIRCH), based in Turnworth near Blandford, Dorset.

As well as appearing on BBC Radio Solent as a 'resident herbalist', Luzia is a tutor at Kingston Maurward College in Dorchester, Monkton Wyld Court, Long Crichel Herb Garden, Turnworth Herbal Practice and Adult Education.

Her website: www.herbsforhealing.org.uk is a fast growing resource for those interested in the benefits of herbs and herbal medicine.

On the site you can: ● **Sign-up for a workshop or course**, ● **Shop for organic herbal products**, ● **Arrange a consultation**, or ● **Read news and articles about herbs**.

The aim of a herbalist is always to find the root cause of symptoms and to help the body to heal itself. Herbs have been used for centuries to enable this.

"By running these courses, and doing BBC radio phone-ins, I hope to ensure that the knowledge isn't lost," says Luzia. "We have become so used to quick fixes for everyday ailments. Sadly, these often weaken our immune systems; but there are some really effective natural alternatives."

Why not find out more? Half-day courses and workshops are booking up fast this year, so visit www.herbsforhealing.org.uk/courses for details and to **sign up now**.

Luzia explores effective herbs and natural remedies for common Summer and holiday ailments:



Travel sickness

Ginger is a well known and well tested remedy to ease travel sickness. Ginger



can be taken raw, cooked or as powdered root in capsules. It has been researched and was found to be even superior to Dramamine, a commonly used pharmaceutical drug. Ginger is also an effective remedy for wind and other

digestive troubles because it calms the stomach. For travel sickness one should take two or three ginger capsules before starting the journey.

Jet lag

Korean or Siberian Ginseng stimulates the production the body's own production of melatonin. It helps to re-synchronise the body clock after long-haul flights. Melatonin is produced by the pineal gland as a response to lack of light.

During the flight, avoid alcohol, tea and coffee and drink plenty of water to prevent dehydration.



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Infections



Propolis is very effective for preventing and treating bacterial and viral infections, for cold sores and mouth ulcers and 'tummy bugs'. A small bottle will help young and old, internally and externally. Propolis can also be used as an antibacterial throat spray.

Diarrhoea

This is nature's way to rid the body of harmful ingested food. If it persists for more than two days soothe the irritated stomach by taking ground clay dissolved in some water. Taken internally it can reduce stomach acid too. Externally ground clay is also an excellent first aid remedy for bruised, burned or cut skin.



Sunburn

Avoid getting sunburned. If you do Aloe vera juice works wonders.



DVT

Long haul flights are tough for the veins because they need muscle movement to function properly.



Move your feet as much as you can while sitting on a plane. Horsechestnut helps to strengthen the vessel walls of the veins.

Constipation

A change of diet and a change in the daily routine often lead to a sluggish bowel. In the evening eat figs or prunes or crushed linseeds soaked in water. Drink plenty of water on an empty stomach.



Insect bites



Citronella oil applied on the skin will deter mosquitos but it needs to be applied quite frequently. Feverfew taken in tincture form acts as an insect repellent via the skin.



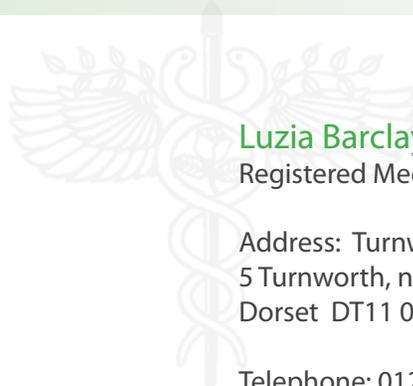
Tick bites

After walking in mountains, especially in Austria, Switzerland or South of Germany check your skin for ticks and remove them instantly.



If you get bitten and develop a rash see your GP straight away. It is possible that the ticks are infected and might give you Lyme's disease.

- For more information about any of the points made in this factsheet, to find out where to buy any of the remedies, or to sign up for a half-day course or workshop please visit www.herbsforhealing.org.uk, or call Luzia Barclay, registered medical herbalist, on 01258 456223.



Luzia Barclay DBTh MIRCH
Registered Medical Herbalist

Address: Turnworth Herbal Practice
5 Turnworth, near Blandford
Dorset DT11 0EE

Telephone: 01258 456223
Email: info@luzia.co.uk
Site: www.herbsforhealing.org.uk