



Healthy holidays - the literary first-aid kit for travelers

When I travel myself, I always try to take as little luggage as possible. But what is always with me is at least one book (a real one, not an e-book!). In LearnHealth July 23 I will introduce you to books, some of them are in my patient library. In them you'll find useful hints for self-help. They are apt for some typical aches and pains when traveling - of course not for life-threatening emergencies.

The most common complaints while traveling are gastrointestinal illnesses, colds, bruises or sprains, minor scrapes or cuts, insect bites, sunstroke or sunburn, and of course travel sickness itself (nausea, anxiety and excitement).

What to do when there are no tools available, except your person? Use the power of your healing hands [1]. You can help yourself and others. For example with fear and restlessness, sleep disorders, motion sickness (e.g. also applicable in the airplane) pain of all kinds or digestive problems.

If you have a ballpoint pen or a lipstick with you, painted symbols according to the new Körbler homeopathy can help with injuries of any kind – be it cuts, sprains or bee stings [2a in German, 2b].

If you need to take medicine regularly, I recommend to take the appropriate supply from home, because availability is not guaranteed in every country. It is impossible and makes no sense to carry a medicine for every possible disease in your luggage. However, you can take action with means or plants that are available at your vacation destination:

- With salt you can do a lot for your well-being. Himalayan, rock salt or sea salt, or any salt on the table in a restaurant will do. If you are on vacation at the seaside, you can use seawater for inhalation in case of sore throat or a cold (alternatively, if you are not at the seaside: 1 heaped teaspoon of salt, corresponds to approx. 10 g of salt to 1 l of water) or drink it in case of indigestion in the ratio with fresh water 2 parts (seawater) : 5 parts (fresh water). In case of eye inflammation or nasal congestion you can achieve fast relief with rinses (same mixture as in inhalation). Dr. Ángel Gracia wrote a book about the use of seawater in an emergency: "A handbook for shipwrecked people - survival on the high seas". It is no longer available, but you can watch two short videos [3,4] about his findings (see links below and the link to his book "La dieta del delfin") [5, only in Spanish]. More useful tips on the use of water and salt, see here [6].

- If you suspect a bacterial infection, plants can replace antibiotics. Plants are effective not only against bacteria, but also in the case of an infection caused by viruses or fungi [7].
- Sunburn, cuts or other burns? Prevent and heal with aloe vera [8] or coconut oil [9]. What goes on your skin, you should also be able to eat.

I wish you relaxing and carefree vacations!

Literature:

[1] Master Stephen Co: Your Hands Can Heal You - Pranic Healing Energy Remedies to Boost Vitality and Speed Recovery from Common Health Problems

[2a] Roswitha Stark: Heilen mit Zeichen und Symbolen, ManKau Verlag 2023, 25 €

[2b] <https://www.tandfonline.com/doi/abs/10.1080/02604027.2016.1143292?journalCode=gwof20>

Videos about the findings of Dr. Ángel Gracia about seawater (in German):

[3] <https://www.youtube.com/watch?v=QtI5dVAOL6I>

[4] <https://www.youtube.com/watch?v=CITqCldxtjs>

[5] <https://archive.org/details/ladietadeldelfinangelgracia/page/n11/mode/2up>

[6] Dr. Barbara Hendel: Water and Salt, The essence of life

[7] Shannon McCarthy: Herbal Antivirals, Antibiotics and Antifungals

[8] Alasdair Barcroft: Aloe Vera: Nature's Silent Healer

[9] Bruce Fife: Coconutoil – The world's most powerful superfood



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