

Travel Health Kit Remedy Options

	KIS KIT	BASIC KIT	DELUX KIT	PRIMARY USE
HOMEOPATHIC REMEDIES (\$6 - \$10 EACH)			Aconite	Sudden onset ailments from fear and cold
		Apis	Apis	Anaphylaxis / red, puffy allergic reactions
	Arnica	Arnica	Arnica	General remedy for trauma of all sorts
	Arsenicum	Arsenicum	Arsenicum	Nausea and vomiting
			Belladonna	Delirious, dilated, hot, red (fever, sunstroke, burns)
			Cantharis	Burns, urinary tract infections
		Carbo veg	Carbo veg	Fainting, shock, GI distress
			Causticum	Burns, urinary tract infections,
			China	Malaria & malaria like fevers
			Drosera	Cough
			Eupatorium	Bone breaking fevers
			Glonium	Sun / heat stroke
			Ipecac	Nausea & vomiting, motion sickness
		Ledum	Ledum	Puncture wounds, bug bites, blunt trauma, eye injury
		Nux vomica	Nux Vomica	Nausea, vomiting, hangover like symptoms
			Phosphorus	Bleeding, coughs,
	Podophyllum	Podophyllum	Podophyllum	Painless, watery diarrhea
		Rhus tox	Rhus tox	Rashes, joint pain better with motion, cough
		Ruta grav	Ruta grav	Tendon and ligament injuries
	Silica	Silica	Silica	Splinters, foreign bodies, abscesses, constipation
		Spongia	Cough	
		Sulphur	Skin stuff, general remedy for lots of things	
		Urtica	Rash, burns, hives	
CHINESE HERBS \$8		Curing Pills (.25)	Curing Pills	Diarrhea, indigestion, hangover, flu, food poison
	Gan Mao Ling	Gan Mao Ling	Gan Mao Ling	Cold & flu with fever, sore throat, stuffy head
		YunnanBaiYao .50	YunnanBaiYao	Trauma, stops bleeding (even internal bleeding)
			Bi Yan Pian	Sinus infections / sinus HA
WESTERN MEDICINE		Charcoal (.10)	Act. Charcoal	Absorbs poison / toxins in GI system
	BioGest (.15)	BioGest	BioGest	Help digest food and kill infectious agents in food
	HMF Forte (\$25)	HMF Forte	HMF Forte	Protection for GI and immune system
	Emergen-C (.50)	Emergen-C	Emergen-C	Dehydration, constipation, immune/ energy support
	Natural Lax. 50	Herbal Laxative	Herbal Laxative	Constipation
			Melatonin (.15)	Sleep, circadian rhythm re-set
		Cal / Mag (.10)	Cal / Mag	Relax mm, constipation, help sleep
			Neem (.25)	Anti-parasite, malaria prophylaxis, GI & Skin cond.
	Aspirin (.15)	Aspirin	Aspirin	Reduce fever, reduce pain, reduce inflammation
	Ibuprofen (.15)	Ibuprofen	Ibuprofen	Reduce pain and inflammation
SKIN & TOPICAL			Booboo spray \$5	Burns, scrapes, cuts (water based)
	WonderSalve\$10	Wonder Salve	Wonder Salve	Cuts, scrapes, fungal/ bacterial infection, burns, etc
		Ess. Oil blend \$10	Ess. Oil blend	Sore throat, toothache, lung / sinus inhalation, cold /chanker sores, disinfect wounds, anti bact/viral/fungal
	Splinter Kit (.50)	Splinter Kit	Splinter Kit	Self explanatory
	Band-aids (.10) Antiseptic swabs (.05)	Expanded bandages	Deluxe bandages	KIS: band-aids only Basic: above plus gauze, tape, butterflies Deluxe: above plus: moleskin, Coban, Tegaderm
		Syringe/needle	Syringe/needle	Wound irrigation, vaccination in non-sterile setting
	Tempadots \$1.50	Tempadots	Tempadots	Single use thermometer

Travel Health Kit Remedy Options

Specialty Item Ingredients (hand compounded by Dr. B)

Essential Oil Blend:

Clove ess. Oil	3 mL	numbs mucous membranes, anti-
Mint ess. Oil	3 mL	cooling, releasing, moving, flavoring
Rosemary ess. Oil	3 mL	open and disinfect sinus & lungs, lift mood, improve alertness & memory
Thyme ess. Oil	1 mL	
Tea Tree ess. Oil	3 mL	anti: fungal, bacterial,
Bitter Orange ess. Oil	2 mL	improve flavor,

Dr. B's Wonder Salve:

Calendula	anti-inflammatory, anti-bacterial, speeds wound healing
Comfrey	increases speed of skin cell growth
Stellaria	relieves itching
Mo Yao / Myrrh	antimicrobial, speeds healing
Ru Xiang / Frankincense	antimicrobial, speeds healing, stops bleeding
Ku Shen / Sophora root	eliminates parasites and other toxins from skin
Shu Di Huang / Rhemannia	nourishes skin, speeds healing
Dang Gui / Angelica	nourishes skin, speeds healing
Zi Cao / Arnebia	treats burns / scalds / blisters
Huang Lian / Coptis	resolves heat and bacterial infections in skin
Bo He Bing / Menthol	cooling, relieves heat sensation and pain
Tea Tree Oil	Anti-fungal, anti-bacterial
Vitamin E	Nourishes skin, preserves salve
Vitamin A	Nourishes skin, anti viral, preserves salve
<u>In a base of:</u>	
Sesame Oil	
Coconut Oil	
Castor Oil	Aids in penetration of formula thru skin
Bees Wax	