

# Homeopathic Guide for Travelers: Remedies for Health and Safety

*Ravi Roy, Carola Lage-Roy*  
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## HOMEOPATHIC GUIDE for TRAVELERS

Remedies for Health and Safety



### First-aid Information

Sting and bite remedies  
Poisonous plant reactions  
Altitude change or sunburn  
Jetlag and motion sickness  
Common injuries and illness  
Tropical or cold conditions



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**Ravi Roy, Carola Lage-Roy : Homeopathic Guide for Travelers: Remedies for Health and Safety** before purchasing it in order to gage whether or not it would be worth my time, and all praised Homeopathic Guide for Travelers: Remedies for Health and Safety:

0 of 0 people found the following review helpful. HelpfulBy KristieI think this would be handy for travels. I did hope

to see a broader range of ailments. Much time was spent on diet considerations, but if you're traveling for vacation, I doubt you want to eat fruit and yogurt. Overall, it's a good book and I definitely learned some new things. 0 of 0 people found the following review helpful. An amazing form of medicine By Diane S. Must reading for anyone with serious interest in homeopathy. 0 of 0 people found the following review helpful. Five Stars By cynthia massa GREAT REFERENCE for travelers.

Ravi Roy and Carola Lage-Roy present a wealth of strategies for using homeopathic medicine to stay happy and healthy while traveling. A bestseller in its original German edition, *The Homeopathic Guide for Travelers* is equally useful for backpackers, business travelers, and even luxury vacationers. It provides all the preparation needed for a journey, whether a short outing, far-off holiday, or challenging trek. The homeopathic remedies profiled here many of them effective even when taken last-minute address everything from exhaustion to altitude change, from jet lag to climate shifts to the side effects of unfamiliar foods. Drawing from the latest research, the book describes which homeopathic medicines work best against infectious diseases, such as malaria, hepatitis, and Lyme disease, and details remedies for injuries sustained while backpacking, climbing, or diving. Roy and Lage-Roy also explain how to treat stings and bites from poisonous animals and reactions from plants like poison ivy. An introductory chapter features a basic travelers first-aid kit.

*Homeopathic Guide for Travelers* offers a guide for health on the road All issues a vacationer might encounter along the way, from altitude sickness to jetlag and infectious diseases, are covered with a homeopathic perspective. Midwest Book About the Author Ravi Roy and Carola Lage-Roy, practitioners of homeopathic medicine for thirty years, lecture at homeopathic congresses and manage several Internet forums for homeopathic practitioners. They are cofounders of Lage Roy Verlag, a publishing house focusing on homeopathy, and the Surya Foundation, a nonprofit homeopathic association that publishes Surya magazine. They live in Murnau-Hagen, Germany.