

# Herbal first aid kit for travel



## Course booklet

**This is a sample course booklet to give a snapshot of what the course covers.**

# Welcome

Hello and welcome to the course,

The aim of this course is to provide you with a basics on herbs for first aid.

This course is an introductory level course and is really a starting point in the exciting world of medicinal plants.

## Safety

### Herbs and medications

Herbs are often seen as 'safe' because they are natural but that is not the case, and when someone is taking medications they can interact with herbs (as well as a wide range of supplements and vitamins).

If you are taking any medication I do not recommend you take any herbs internally without first consulting a medical herbalist to check for interactions.

## **Herbs and particular medical conditions**

In these courses we will only be looking at self limiting conditions, things that you would generally not seek medical attention for. e.g. coughs and colds.

It is important to seek medical attention when appropriate, either through a local doctor or local medical herbalist.

## **Herbs, pregnancy and breastfeeding**

While there are some herbs that are beneficial in pregnancy and breastfeeding, they must be strictly controlled and for that reason I recommend anyone who's pregnant to see a medical herbalist for advice before taking any herbs (internally) at any stage of pregnancy (or breastfeeding).

External preparations can be used for pregnant women but if you are ever in doubt check with a local medical herbalist.

# What is herbal medicine?

Herbal medicine is the use of plant based medicines to restore and maintain health.

Herbal medicine is the oldest form of medicine in the world, with over 80% of the world's population using herbal medicine as their only form of medicine (WHO statistic).

In the UK, herbal medicine is often seen as a 'complementary' medicine, as it can be used safely alongside orthodox medicine.

Many orthodox medicines in use today originated from medicinal plants, for example aspirin from willow bark, and digitalis from foxglove.

Medicinal plants have been used for thousands of years for health and nutrition, and modern scientific research is now starting to explain how that works. For example, Valerian has been shown to improve sleep in several studies\* and is now available to buy over the counter as an alternative to sleeping tablets.

Ginkgo (*Ginkgo biloba*) is another herb that has been studied extensively in recent years, research has shown that Ginkgo can improve brain function in people with Alzheimer's and Dementia\*.

## Home pharmacy

You can find out more about how to make herbal home remedies in my free eBook [Kitchen pharmacy](#).

## Creating a first aid kit

### Making a home herbal first aid kit



I have a series of videos on making your own home herbal first aid kit.

You can take a look [here](#).

# Travelling with herbs – the law

## Taking herbs into other countries



This will depend on the country you are in as well as the country you are going to.

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**For more details sign up to the course.**

## Taking herbs on a plane

Having read the previous section and if you're sure you are able to take the herbs into the country with you, you now need to get them on the plane.

**Important note:** Essential oils expand in changes in pressure and so should be carried in a larger bottle than needed to allow for this.

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**I do not recommend carrying any herbs in your checked or hold baggage.**

## **Taking herbs on other forms of transport**



The same rules apply for customs of that country but if you are travelling by train or boat then you don't need to worry about where you pack it or pressure changes.

Temperature changes might be something you need to think about though and remember that essential oils are much less stable (meaning they break down) at lower and higher temperatures than between 5 and 25 degrees Celsius.

Tinctures, capsules and teas .....

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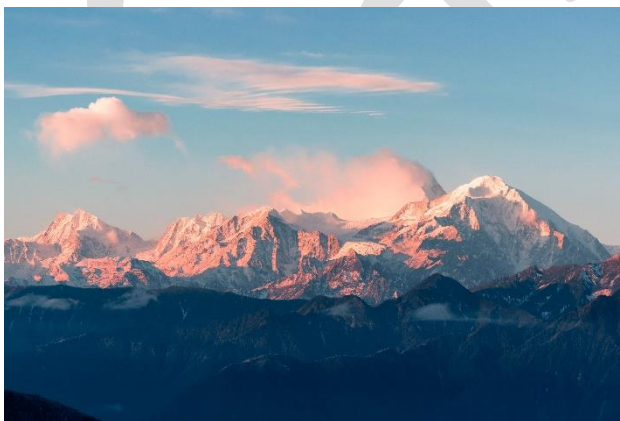
# Travelling abroad

## General first aid

Here are my simple additions to a travel first aid kit.

- Plasters
- Neurofen
- Paracetamol
- Immodium
- Sugar and salt sachets (1 L water, 3tsp sugar, 1tsp salt) – homemade ditalite
- Anti-histamines
- Lavender essential oil (can be used directly on burns, wounds, grazes and skin infections)
- Chamomile tea bags (in easy to read individual packets for customs) (Can be used for headaches, nausea, upset stomach and on insect bites)

## Altitude



I've talked about changes in pressure due to the plane but remember if you are travelling to somewhere with a big change in pressure (e.g. high altitude) then you

will need to consider what medicines you take and how they are packaged.



## Can you use herbs for altitude sickness?

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### Digestive travel remedy



When travelling to other countries it's easy to pick up a stomach bug or simply be 'upset' by the food or water.

To try to reduce this I recommend the following 5ml of this tincture added to a bottle of water and drunk each day.

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# Tropical Travel

## Insect bite repellent

(not suitable for children or pregnant women - Please see my e-book Summer remedies for ones suitable for them)

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## Insect bite treatment

Create a cream, ointment or tincture spray with the following herbs:

Plantain (as tincture or infused oil)

Chamomile (as tincture or infused oil)

Lavender (as essential oil)

Peppermint (as essential oil)

Nettle (as a tincture)

## What next?

### Other courses you may enjoy

If you've enjoyed this course I have lots more. You can take a look [here](#).