

Other ways to keep mozzies away:

A good quality Vitamin B1 (plus B complex), starting one month before travel, may be a good preventative, as Vitamin B1 changes the blood acidity and makes you less appealing. Also, eating raw garlic is believed to help.

Ledum 30c taken 3 times each week may help prevent bites. If you are especially prone to being bitten, you may also take Caladium 6c and Staphysagria 12c in addition.

We also stock:

ANTI-BITE TINCTURE

A combination of; Plantago, Urtica, Rumex, Ledum and Feverfew mother tinctures.

For prevention, add 10 drops of the tincture to one cupful of water and apply the mixture to all areas of exposed skin, using some cotton wool soaked in the lotion.

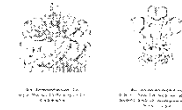
If they still get you, apply one drop to the bite as soon as possible, repeating as necessary.

Take Apis 30c if the bites become hot and inflamed. Histamine 200X taken twice daily can help reduce an allergic reaction to bites.

**AINSWORTHS
TRAVEL KIT**

An indispensable aid for
your holiday.

10 important remedies in a
pocket leather wallet, at a
special price of **£33.00**
(value of separate items
and wallet over £66.00).



Ainsworths

Homeopathic
Travel
Prophylaxis

HOMEOPATHIC PROPHYLAXIS

Conventional holiday vaccination involves injecting a foreign protein into the blood. Homoeopathic prevention is more subtle and relies on an oral dose of the same material in a highly diluted and potentised form.

We offer homeopathic alternatives to conventional travel immunisations, depending on which areas you are travelling to.

Examples of diseases travellers often encounter are: Typhoid, Diphtheria, Tetanus, Polio, Yellow Fever, Meningitis, Japanese Encephalitis, Tick-Bourne Encephalitis, Dengue Fever and Malaria.

Since these remedies have not been tested in clinical trials we are

unable to make claims for the effectiveness of this method of disease prevention. Instead we rely on the anecdotal evidence of those who have chosen to use them successfully throughout the world.

SUGGESTED DOSE

One tablet to be sucked or chewed three times a day on one day per week only, starting one week before departure and continuing for period of exposure. If in contact with active cases increase to one tablet daily for up to one week.

If preventatives are required for longer periods, e.g. more than one month, we suggest you reduce the dosage intervals to every fortnight, but if in contact or increased risk of exposure, revert to a weekly dosage.

Take Chelidonium 6X and Ceanothus 6X to maintain liver and spleen health and improve natural immunity when travelling

MALARIA

In the case of prevention against malaria continue treatment for four weeks upon return.

For additional protection against malaria, take Chininum sulph 6c daily for 6 days each week, in addition to the once weekly malaria prophylaxis regime.

It is essential to reduce the risk of infection by using insect repellents wherever possible and wearing long-sleeved clothing at dawn and dusk when mosquitoes are about.

For more information, please read our leaflet entitled *Homoeopathy and Malaria Prophylaxis*.