

## Travel Support

Grippe HP - Homeopathic remedy	As needed for diarrhea and/or throwing up.
Multi Probiotic	2 at bedtime for adults and 1 at bedtime for kids
Frankincense essential oil	Apply to Kleenex or below nose and sniff/inhale on airplane to boost immune system. Apply to throat and lymph area to boost immune system daily.
Peppermint essential oil	1 drop on tongue for nausea, upset stomach or motion sickness
Thieves essential oil	1 drop on the bottom of each foot daily Apply to throat and lymph area with a carrier oil daily.
Lemon essential oil	1 drop in water to help alkalize the water for proper absorption.