



## The Rooted Rx Travel Herbal Kit: Evidence-Based Essentials for Immunity, Digestion, and Calm 🌿✈️

### Why Bring Herbs on Your Trip?

Travel can disrupt digestion, immunity, sleep, and stress levels. Herbs offer natural, evidence-based support to keep you balanced and well no matter where you go.

### Top 7 Herbal Essentials with Science. How They Work. Dosing & Safety

#### **1. Ginger (*Zingiber officinale*)**

**How it works:** Gingerols and shogaols modulate serotonin receptors in the gut and central nervous system to reduce nausea and inflammation.

**Evidence:** Randomized controlled trials (RCTs) show 500-1000 mg daily ginger extract effectively reduces nausea and motion sickness.

**Dosing:** 250 mg capsules 2-4 times daily or 1-2 g fresh ginger tea.

**Side effects:** Mild heartburn or gas; caution with bleeding disorders.

**Contraindications:** Avoid with anticoagulants (e.g., warfarin).



## 2. Peppermint (*Mentha piperita*)

**How it works:** Menthol relaxes smooth muscle in the GI tract and acts as a mild analgesic, easing cramps and headaches.

**Evidence:** Peppermint oil capsules (0.2-0.4 mL/day) improve irritable bowel syndrome symptoms and tension headaches.

**Dosing:** 1-2 peppermint tea bags daily or enteric-coated peppermint oil capsules 2-3 times daily.

**Side effects:** Heartburn in GERD patients; allergy possible.

**Contraindications:** Avoid in severe reflux disease.



## 3. Elderberry (*Sambucus nigra*)

**How it works:** Rich in antioxidants and flavonoids, elderberry boosts immune cell activity and reduces inflammation.

**Evidence:** Elderberry extract (175-300 mg 4 times daily) shown to reduce flu symptom duration in RCTs.

**Dosing:** 300 mg standardized extract 1-4 times daily or 1 tablespoon syrup 3-4 times daily.

**Side effects:** Generally safe; raw berries toxic if uncooked.

**Contraindications:** Avoid raw/unripe berries; use caution with autoimmune diseases.



#### 4. *Chamomile (Matricaria chamomilla)*

**How it works:** Apigenin binds to GABA receptors in the brain, promoting relaxation and sleep.

**Evidence:** Chamomile extract (220-1100 mg daily) shown to reduce anxiety and improve sleep in clinical studies.

**Dosing:** 1-2 cups chamomile tea daily or 220 mg extract capsules before bedtime.

**Side effects:** Allergic reactions in ragweed-sensitive individuals.

**Contraindications:** Use caution with anticoagulants.



#### 5. *Echinacea (Echinacea purpurea)*

**How it works:** Stimulates macrophages and cytokine production, enhancing immune response.

**Evidence:** Meta-analyses show echinacea reduces cold incidence and duration.

**Dosing:** 300-400 mg extract 3 times daily or 2-3 mL tincture 3 times daily.

**Side effects:** Possible GI upset or rash.

**Contraindications:** Avoid if autoimmune disorders or allergies to Asteraceae family.



## 6. *Lavender (Lavandula angustifolia)*

**How it works:** Linalool and linalyl acetate modulate GABA neurotransmitters, reducing anxiety and improving sleep.

**Evidence:** Aromatherapy and oral lavender capsules reduce anxiety and improve sleep quality in RCTs.

**Dosing:** 2-4 drops essential oil inhaled or 80-160 mg oral capsules daily.

**Side effects:** Rare skin irritation; generally safe orally.

**Contraindications:** Avoid during pregnancy unless supervised.



## 7. *Turmeric (Curcuma longa)*

**How it works:** Curcumin inhibits inflammatory enzymes NF-kB and COX-2, reducing inflammation and oxidative stress.

**Evidence:** Studies show 500-2000 mg daily curcumin reduces inflammation and supports immune health.

**Dosing:** 500 mg capsules 1-3 times daily with black pepper extract for absorption.

**Side effects:** GI upset in some; caution with gallbladder disease.

**Contraindications:** Avoid with gallstones or on blood thinners.



### **Tips for Traveling with Herbs:**

Choose capsules or tinctures to save space.

Check airline rules for liquids and powders.

Pack airtight, labeled containers.

Start herbs a few days before travel for best effects.

### **Herbal Travel Kit Checklist:**

Ginger capsules or tea bags (250 mg, 2-4x/day)

Peppermint oil capsules or tea (0.2-0.4 mL/day)

Elderberry extract or syrup (175-300 mg 4x/day)

Chamomile tea or extract (220-1100 mg/day)

Echinacea extract or tincture (300-400 mg 3x/day)

Lavender essential oil or capsules (2-4 drops inhaled or 80-160 mg capsules)

Turmeric capsules with black pepper extract (500-2000 mg/day)

### **Where to Buy Your Herbs:**

Visit [TheRootedRx.com](https://TheRootedRx.com) for curated, trusted herbal brands with easy online shopping.

### **Medical Disclaimer**

The information provided in this guide is for educational and informational purposes only and is not intended as medical advice. The Rooted Rx does not diagnose, treat, cure, or prevent any disease. Always consult with a qualified healthcare professional before starting any new herbal supplement, especially if you are pregnant, nursing, have a medical condition, or are taking prescription medications. Herbal supplements can interact with medications and may not be suitable for everyone. Use herbs responsibly and discontinue use if you experience any adverse reactions.

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