



Creating a Natural Vacation Travel Kit

MAILING ADDRESS:
19950 Sun Valley Road
Colfax, CA 95713

PHONE: 530-878-1119, FAX: 530-878-1119
E-MAIL: iridology@netzero.net
WEB PAGE: <http://www.joyfullivingservices.com>

Vacation time brings pictures to our minds of relaxing, having fun and being more active. We travel to exciting remote places or to hidden treasures near our home, taking time to relax, have fun or just clear our mind. One thing we don't want during this time is unexpected health concerns to hinder our special time away. I would like to share with you some helpful natural products that you can take along to make your trip more enjoyable, or to be prepared for unexpected illness or injury during your stay. Preparing your natural travel kit depends a lot on where or how long you will be traveling. Look over the list below, and consider your individual health concerns during travel. You can choose from the suggestions below to put together your own personal travel kit.

Digestive problems: Whenever we change our routines or the type of food we eat, we can expect our digestive system to speak up about it. Irritable bowel, constipation, and digestive upsets are not unusual during travel. Luckily we have several formulas that can help... Digestive enzymes help to ensure good digestion of our food during travel so we do not experience digestive upsets that can upset our travel fun. **Proactazyme Plus** (#1525-0) helps to digest carbohydrates, fats, and proteins. It is a vegetarian formula of plant enzymes that helps give our body the extra support we need to digest new unfamiliar foods. Take 1-2 per meal. **Lactase Plus** (#1655-2) helps to digest dairy products, take 1 with a meal that contains dairy if this food is hard to digest for you. **Food Enzymes** (#1836-9) is a stronger full spectrum digestive enzyme with hydrochloric acid and bile salts. It really helps to digest heavy meals and meats. Take it along when you go for that fancy steak dinner! 1-2 per meal.

Constipation: a sluggish colon is very common during travel the formula **LBSII** (#990-1) is a good laxative formula that will stimulate peristalsis in the colon. For those prone to have spastic bowel, use the formula **LB-X** (#1226-3) instead. This formula has the bowel stimulants along with powerful muscle relaxing herbs to stop spasms in the colon. Take 2-3 capsules of either formula in the evening with your dinner meal. Take more often if needed.

Irritable bowel: New foods, or travel stress can cause our digestive tract to over react resulting in loose stools or diarrhea. **Intestinal Soothe and Build** (#1106-2) formula will soothe the irritated digestive tract, break up gas, and relax intestinal spasms. Take 3-5 capsules with a glass of water 2-3 times daily as needed.

Parasites: **Herbal Pumpkin Combination** (#915-2) is Anti-parasitic, antibacterial, soothes and heals, helps constipation. This formula would be good to take during travel as it contains anti-parasitic herbs, they are antiseptic as well, and have laxative properties. I like this formula as it also contains slippery elm, marshmallow and mullein which soothes and heals the intestinal lining in cases of loose stool. This formula is gentle enough that people could take 2-3 twice a day if they are prone to sluggish colon during travel, and in the case of suspected parasites, you can take 6-9 daily. **L-Reuteri** (#1559-0) A probiotic formula which provides good bacteria for your colon that are perfect for travel. This probiotic prevent the growth of many types of microorganisms. This includes Cryptosporidium, salmonella, and E. coli (the bacteria responsible for food poisoning). L-reuteri also protects against fungi, protozoa, both gram positive and gram negative bacteria. It greatly helps in the healing and recovery of bacterial diarrhea. L-reuteri helps to heal the gut lining from food allergies and irritable bowel. Take 1 per day 2 weeks prior to travel, and 2 per day during travel.

High Stress: Perhaps you're nervous about travel, or need to stay a few days with someone you not entirely comfortable with. **Stress Pack** (#3022-1) can help to calm your nerves, improve your ability to handle stress, and improve your sleep. Each Stress Pack packet, contains 2 Stress-J (a calming chamomile and passion flower blend), 2 SUMA combination (an adaptogen formula that helps you handle stress, and boosts your immune system), 1 Nutri-Calm tablet (a B-Complex formula with Vitamin C in a base of calming herbs), and 1 hops capsule (a relaxant herb that soothes the nervous system). Take one packet as needed 1-3 times daily

Sleep: For adjusting your sleep cycles due to change of time, or for jet lag take one **Melatonin Extra** (#2830-4) 30 minutes before you go to sleep. This natural compound helps to restore your natural sleep rhythm, and promotes a restful night's sleep. **Herbal sleep** (#940-8): Enhances your ability to fall asleep, relaxes your nerves and muscle tension. If you have trouble sleeping well when you travel, take 3 - 4 capsules at bedtime. This formula will not cause you to feel groggy in the morning like over the counter or prescription sleep aids.

Air travel sickness: Ginger (#300-6) take 3-4 capsules ½ hour before travel and then as needed. Ginger is a very warm herb, it sometimes feels hot in the stomach if you are not used to it. So if you plan to use it to reduce motion sickness during travel you should start using it ahead of time to get used to it. I suggest you take 1-2 ginger before meals for a week prior to travel. Ginger helps to improve digestion so taking it before a meal is very beneficial.

Endurance while Exercising: Target Endurance (#2809-8) a unique formula designed for those who are partaking in strenuous physical activity. Provides nutrients to increase stamina and endurance, and improve oxygen uptake by the cells. Take 3-4 capsules prior to physical activity. **Recovery drink mix** (#3662-2) is a great alternative to sports drinks. This well balanced orange flavored drink is packed full of electrolytes and energy producing nutrients. Drink this while exercising or playing sports and you won't believe how well it works. It is a real energy saver for those who have to work outside in the heat every day as well. It comes in a convenient powdered form so you can mix it up as you need it and don't have to carry along so many bottles.

The dreaded Poison Ivy!!!! Nature has provided us with some great cures for all types of pests around us, and poison ivy is not exception. The first thing to have on hand is **Lemon essential oil** (#3908-2). We have found that if you apply lemon oil to the little itchy bumps that first appear from the poison ivy (Fred gets this every summer), that you can dry them up and stop the itch in a couple applications. Only apply the oil just to the bumps. Often we don't figure out we are covered in poison ivy until we have already broke the skin from itching so badly. In this case the pure lemon oil will irritate the condition and burn the skin too much, so a second plan is needed. Keep on hand the following ingredients: Pure **Aloe Vera Gel** (#1679-2), **Eucalyptus essential oil** (#3904-9) and **Roman Chamomile essential oil** (#3901-6) Place a teaspoon of aloe vera in the palm of your hand; add 5 drops Roman Chamomile and 3 drops eucalyptus oil. Blend together and apply to any itchy areas of poison ivy that you have already itched and broke the skin. You can add a couple drops of the lemon oil to this as well. Do not use the lemon oil if the skin is very inflamed. These oils are also great for other things, the combination of Eucalyptus and Roman Chamomile are great for repelling insects, rubbing on sore muscles, or rubbing on the chest to loosen a tight chest and relieve congestion from a cold. Roman Chamomile is wonderful to help you fall a sleep, mix a few drops into some of the aloe vera and rub it onto your feet and back just before bed. It is a great for relaxing muscles, and I have used it to relax the abdomen and colon in babies and children suffering from colic or gas. A few drops mixed in the aloe and rubbed on the abdomen and back will work wonders in minutes in most cases. It helps the child go quickly back to sleep as well.

Insect bites: Tea Tree oil, repels insects as well as killing germs and promoting healing. **Natural bug spray recipe:** 15 drops tee tree oil, 10 drops lavender, 5 drops eucalyptus oil. Mix in 2 ounce spritzer bottle (3936-9) with water. Spray on body to repel insects.

Cuts & abrasions if there is an accident Tea tree oil kills germs, fights infections. **Lavender** essential oil (#3907-8), and **aloe vera gel** (#1679-2) heals and soothes burns and injuries. **Healing AC Cream** (#8723-1) for soft tissue injury, swellings, bumps, broken bones, works better than ice. Apply every 30 minutes as needed. Takes down swelling quickly, minimizes bruising.

Sunscreen: For a all natural (no synthetic ingredients) sunscreen with a soothing aloe vera base, try **Natria Sun Screen** by NSP (6018-2). This formula feels great going on, soaks into the skin with no greasy residue and provides excellent protection from harmful rays of sun (SPF 30).

Immune Strengtheners: **High Potency Garlic** (#292-9) is anti-bacterial, anti-viral, anti-fungal, anti-parasitic herb. It strengthens the immune system and gives your blood a smell that helps to repel bugs and insects. 1 tablet twice daily, start a few days prior to travel.

Infections and Viruses: For the most powerful infection and virus fighter out there **Colloidal Silver** (#4074-7) is my choice. Use as a preventative in small doses, or as a remedy for fighting infections both internal and external. You can take this in addition to the garlic if you know you are coming down with something. Caught at the first signs of an infection most of the time it will minimize the symptoms and shorten the duration of illness, so you can still enjoy your trip. Silver can be applied topically for abrasions, cold sores, staph infections, or ringworm. You can use a couple drops in the ear for ear infections, or directly in the eye for eye infections, or after you get something in your eye to help prevent infection. It may sting for a second, but then the eye feels better. Use in a douche for yeast infections. For suspected viral or bacterial infections, take 1 tsp. 3 times daily for adults (including children).

Allergies: When you travel to a new area you often encounter pollens and other allergens you may not be accustomed to. If you tend to get seasonal allergies you need to travel prepared when you go to new places. **HistaBlock** (776-1) is a great allergy formula that has anti-histamine properties. It will help the itchy eyes, and runny nose associated with allergies. Are you staying with someone who has pets and you are bothered by them? HistaBlock is a great formula for cat and dog allergies. Take 2-4 capsules several times daily as needed. **ALJ** (#774-3) is another great formula that helps relieve allergy symptoms. If you tend to get plugged up and congested from your allergies, then this formula may be the best choice. I always have both formulas on hand and often combine them. Each family member or exposure to different allergens may call for using a different formula. ALJ is also available in liquid form, for children. **Sinus Support** (#1250-3) is another great allergy formula which helps to fight sinus infections as well. It is particularly good if you are traveling somewhere that has a different climate from the one you live in. The formula contains burdock which helps your hypothalamus gland adapt to the change in climate, which helps stop the drainage in your throat common with weather changes. I know 3 allergy formulas can be confusing, they are each a little different and developed by different herbalists. But since each person is affected a little differently by the allergens I find it is best to try all three over time, and find out which helps you the most.

I hope these tips help you to have a happy vacation and a great summer! Valerie

www.HerbalAnswersForHealth.com

Disclaimer: The information contained in this publication is for educational purposes only. It is not intended to diagnose illness nor prescribe treatment. We do not claim or imply that any instruction, advice, counsel, recommendations or products that we provide will cure, treat, prevent, or mitigate any disease condition. They are provided solely for nourishing and strengthening the natural function of the various body organs and systems so that they will have a greater capacity to heal themselves.

Written by Valerie Greguire, Natural Health Consultant, CH
www.HerbalAnswersForHealth.com
Used by permission of Herbal Answers for Health
copyright 2008 all rights reserved