

# Vacation Preparation is More than Packing... Plan for Health!



## Healthy Bon Voyage

Summer vacation is almost here for a lot of us... and I am sure we are all antsy to get a break from work and our daily routines.



But before heading out the door, you may want to take some time to consider **necessary precautions that can make or break your trip.**

If you are already starting to plan your vacation, this is the newsletter for you! Discover **simple ways of protecting your family on vacation**, no matter what exotic destination you may be traveling to.

Also in this month's issue, you can discover helpful ways to **minimize the discomforts of allergy symptoms** for you and your family. Did you know that allergies can exacerbate in warmer weather?

No matter where you go, allergens are lurking in just about everything-- trees, plants, dust, and insects-- are just a few. However, allergy sufferers shouldn't have to sneeze their way through a city or country tour. There are many ways to **manage and even prevent certain allergy symptoms.**

Road trip, anyone? Many families will be on the highway this summer, and driving long distances can be an adventure in itself, full of spontaneity and fun. However, be careful not to let your carefully-planned trip be spoiled by preventable things.

# Here's To a Happy and Healthy Vacation!

## *How to Avoid Health Hazards on Your Holiday*

Whether you travel for business or for pleasure; whether you love it or you hate it; whether you travel by plane, train or automobile; travel --in all its glory-- can significantly **alter your daily routine**.



**For most, the least** desirable aspect of traveling is how it can affect so many different areas of our lives such as sleep patterns, diet, [digestion](#), and many other bodily functions. It can also expose us to a number of illnesses.

Recently a Canada-bound airplane was forced to land in Florida because there were 8 sick passengers on board. This was a good reminder of how **important it is to consider the odds of someone becoming sick** during time away from home.

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While no one wants to **think about illness interfering with a dream vacation**, the reality remains that **getting sick while traveling** is an extremely common and bothersome occurrence-- especially during **air and sea travel**.

Both air and sea travel expose the body to jet lag, sea sickness, and other maladies. Exotic destinations offer new foods that the **digestive system may not be accustomed to**, as well as numerous pathogens and disease. To combat these known problems, a healthy immune system should be the first line of defense.

For many, travel places an **enormous amount of stress** on the body. **Travel anxiety is a common affliction**, which can lead to the natural immune responses present in the body to become compromised —among other things.

Frequent travelers are also aware of the **risk of contracting contagious diseases** due to the close proximity to other passengers, especially when **immune systems are weak**.

**Children are particularly sensitive to changes in their environment**, and often experience unsettled [nerves](#) and [digestive upset during travel](#).

Children are also **very susceptible to illness**, so it is important to take the necessary precautions to support their systemic health.

### Related Products

[CanTravel](#)™ Maintain digestive comfort during air, sea, or car travel\_

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[The Calm Within CD](#)™ Improve relaxation, support balanced emotions and reduce stress levels\_

[MindSoothe](#)™ Promote balanced mood, emotional health and feelings of well-being

[ImmunityPlus](#)™ promote immune system support\_

A **healthy immune system** should be the first line of defense against disease.

The time of year and destination are both factors that influence the likelihood of **contracting influenza** on a cruise ship or airplane. Norovirus, also known as the "cruise ship virus" is the genus name given to a group of viruses that cause gastroenteritis in humans. It has an incubation period of about 24 to 48 hours, and infection causes **acute abdominal cramping**, vomiting, nausea, and diarrhea.

Air travel is so common nowadays that most people have experienced **symptoms of jet lag** to a certain extent. Travel by sea presents its own set of challenges. The most prevalent **diseases present on cruise ships** are [Influenza](#) and Noroviruses.

Young children and adults over 65 are far more vulnerable to developing **complications from influenza**, (ranked as one of the highest vaccine-preventable traveler's disease along with Hepatitis A).

In addition to air and sea travel, many families enjoy a long car journey to the vacation destination of their choice. **Traveling by car with children and sometimes even pets** is no easy task.

However, there are many steps that can be taken to make it more enjoyable for the entire family, such as games to keep children entertained, snacks to avoid unnecessary crankiness, and plenty of stops to stretch the legs and get some fresh air can make a huge difference.

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### **Tips for staying healthy while traveling:**

- Avoid using tap water. Contaminated tap water and ice are the most common culprits of sickness for travelers. Use bottled water for everything (even to brush your teeth). When ordering bottled water at a restaurant, make sure it is opened in front of you.
- Visit your doctor approximately 6 to 8 weeks before your vacation for necessary immunizations and general advice according to your destination.

[Candidate™](#) Maintain routine control of candida & balance probiotic flora\_

[Digestion Tonic™](#) Promote health & balance in the digestive tract and support healthy digestive functioning

[Natural Moves™](#) Support healthy open bowels and naturally maintain bowel regularity\_

[Gastronic Dr.™](#) Promote healthy digestion and encourage comfort after meals\_

[DigestAssist™](#) Promote healthy digestion and comfort after meals\_

[SerenitePlus™](#) Natural sleep tonic for a restful night\_

[Serenite Jr.™](#) Promotes healthy sleep patterns in children and babies\_

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[Skin Dr.™](#) Support skin strength, health and functioning from the inside

[SOS HistaDrops™](#) Clears symptoms of allergies, hayfever, and allergic rhinitis without drowsiness\_

- Avoid raw vegetables and fruits that can't be peeled since they may have been washed or in contact with contaminated water.
- Avoid raw or undercooked meats and dairy products that haven't been pasteurized.
- Carry waterless soap or hand sanitizer and use before meals and when using public transportation or restroom facilities.
- Stock up on insect repellent with active ingredients DEET (N,N-diethyl-m-toluamide) and Picaridin (KBR 3023)
- Make sure your prescriptions are in original container in a safe dry place.
- If you suffer from allergies, Epi-Pen or other doctor-prescribed medications are a must.
- Have a local doctor's contact information

[Pure-Heal Gel™](#) Promote the natural healing process of the skin

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Native Remedies wants to help ensure a **healthy and safe vacation**. Recognizing the special **needs of travelers**, Native Remedies recently added a new category to the website dedicated solely to helping [reduce travel-related issues](#).

The full line of travel products were designed to help the family (and pet) maintain healthy sleep cycles, balanced nerves, digestive support, and other common conditions associated with travel.

After all, vacation from work and school is meant to be a time for rest and relaxation, which are essential for systemic health. Check out the tips section for additional helpful advice and precautionary measures to make this vacation unforgettable. And remember, nature's resources are available to help all the way!

*"I wanted you to know that we have used your **CanTravel** granules for my little girl with great success.*

*CanTravel is wonderful because it works so well and is amazingly easy to give to children..." —Fiona J.*

*"I wanted to write in and thank you for recommending your **Triple Complex Digestion Tonic** salts and **Gastronic Dr**. I have been taking them for three weeks now and the difference is remarkable!*

*Thank you for helping people like me to enjoy life again!" —Doris*

## Can You Take a Vacation from Your Allergies?

With summer fast approaching, vacation planning is an exciting break from the routine that many people look forward to. But for millions of allergy sufferers, summer vacation planning is a difficult task since **warmer weather can actually**



## make allergy symptoms even more intolerable.



For people who don't suffer from allergies, it's hard to understand how severe and disruptive the symptoms can be. In **it is estimated that an astonishing 20 to 30 million Americans suffer from allergies**, and heading out on your dream vacation doesn't necessarily mean you will be **leaving your symptoms behind...**

Most people **learn to cope with allergy symptoms** but when you are exposed to new environments and allergens, symptoms can be even more severe and disrupt the long awaited vacation. Some may even experience allergies for the first time. And most importantly, some allergic reactions especially to certain foods can be fatal if not treated in time.

If you are an allergy sufferer and you want to make the most of that precious time off, there are proactive steps you can take to be prepared.

**Careful planning is essential** and should include detailed research about where to go considering factors such as pollen and spore counts and the **availability of medical attention and facilities in case of an emergency**. This is especially important when traveling to remote locations that are extremely popular as vacation destinations.

Experts recommend **beaches and mountains as the best option for those with allergies**. Ocean breezes are mostly clear of allergens and dust mites are not able to prosper at elevations above 2,500 feet.

On the other hand, a tropical climate during rainy season will probably not be the best vacation spot if insect bite allergies are a common affliction.

If it's the first time visiting a certain destination, it may be possible to suffer from an **allergic reaction for the first time** when traveling abroad. Popular travel destinations in Europe such as Italy, Spain, and the Netherlands, have numerous plant and tree species which are not found in the United States. The same can be said for European travelers visiting the United States.

When **food allergies are present**, it is important to ask detailed questions about the ingredients used to prepare a specific dish, and

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[PureHeal](#)<sup>TM</sup> Promote the natural healing process of the skin\_

[CanTravel](#)<sup>TM</sup> Maintain digestive comfort during air, sea, or car travel\_

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[Candidate](#)<sup>TM</sup> Maintain routine control of candida & balance probiotic flora\_

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[Natural Moves](#)<sup>TM</sup> Support healthy open bowels and naturally maintain bowel

even minute details in the preparation. This is very important since sometimes an ingredient may not have been used "in" the meal, but other ingredients used to prepare it could have **come in contact with an allergen**. Always err on the side of caution and avoid unnecessary risks.

Preparation is of utmost importance, and natural remedies can be used as a preventative measure and to address many of the **most common symptoms of allergies**. Below are some helpful tips on making the best of a vacation.

### Tips for allergy sufferers

- Know what you're allergic to and do your homework. Check weather and pollen forecasts for your U.S. vacation choices and plan accordingly.
- Best places if you suffer from allergies? The beach or the mountains. Ocean breezes are mostly clear of allergens and dust mites are not able to prosper at elevations above 2,500 feet.
- If you are planning to travel overseas, ask your allergist-immunologist about any vaccinations or immunizations you might need, and schedule them before you leave. If you are traveling for more than a few weeks, ask your allergist to provide a treatment dosage to take along with you. Make sure to also get the name of a local allergist who can administer the shot in case you need one.
- Make sure to pack prescription medications in their original bottles to avoid delays when passing through customs.
- If you or someone in your family suffers from food or insect sting allergies, make sure to bring along an epinephrine kit.
- When traveling by car, it is preferable to keep your windows rolled up and use your air conditioner. Getting your automobile's air conditioner and filters cleaned in advance will also reduce allergens.
- When traveling by air, it's a good idea to take an antihistamine in advance. Notify the airline of any food allergies and drink plenty of bottled water. Avoid caffeinated beverages and alcohol.

regularity\_

[Gastronic Dr.™](#) Promote healthy digestion and encourage comfort after meals

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*"I would like to take a moment to announce the results that **AllergiClear** has had on my daughter and I. We both used your AllergiClear tablets and have not looked back. What an effective product this has*

turned out to be!. Thank you once again!"

—Amy, PA

"Your **Itch Dr.** was the only thing that helped to soothe within seconds. I used that cream and also your Candidate drops and diet - What a relief- thanks!" —Judy A.

"What a magical potion. I have been giving this to my son who is 5. He has been taking the **SOS HistaDrops** along with the occasional **AllergiClear**, and boy, what a huge difference. Not only are his allergy symptoms virtually GONE, but his skin complexion is much improved also. It makes a huge difference for him at school as well as just before basketball games. I have recommended it to several of my friends. These products are fantastic. Thanks so much!" —Sulianna, GA

"These drops are fantastic! **SOS HistaDrops** works quickly and I can say that I feel more awake, rather than half asleep (which is how the antihistamines made me feel). Thanks for a great remedy!!!!!!" —

Alison, Redhill

## Road Trip Anyone? Checklist & Tips...

Although simple, these tips can take your road trip from frumpy to fabulous. Have fun hitting the road!

- **Car safety:** Check that your car's lights, tires, and brakes are functioning properly as well as the air pressure in your tires and get an oil change or tune up if you need one. If your car has dashboard A/C filters, have them checked too.
- **Emergency plan:** Make sure you have one in place- Let relatives or friends know your itinerary. Also when traveling long distances, make sure you have a first aid kit as well as an emergency kit in case you are get lost or stranded. Flashlight, flares, blankets, clothing, non perishable foods and water are a must.
- **Maps:** Make sure you have reliable maps of the areas you will be driving through.



- **Cell Phones:** Cell phones can be a life saver. Make sure you have a car charger for it.
- **When traveling with children:** Make sure they have plenty of age appropriate things to keep them entertained.
- **Avoid alcohol:** Alcohol consumption, even in small quantities, can impair your judgment and make you drowsy.
- Make frequent stops so everyone can catch some fresh air, stretch their legs, and use the restroom.
- Wash hands as frequently as possible and carry a waterless hand sanitizer – many times public restrooms are poorly stocked.
- Have all of your remedies reordered before leaving



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