

## OPINION COLUMN

# Good health key to successful travel



By Melissa Carr, Special to 24 hours  
Thursday, February 6, 2014 5:34:16 PST PM



When visiting places where you wouldn't drink the water, forgoing the ice in drinks is also recommended for health reasons. (FOTOLIA)

Have you ever been on a trip ready for the time of your life and instead suffered through an awful cold or stomach bug?

It doesn't have to be that way if you plan ahead to be healthy. To do so, there are many things to consider when travelling and here are two main health issues.

### Immune System

The moment you step on a plane, undoubtedly you will be exposed to recycled air and coughing, sneezing, sniffing passengers — and you haven't even left the airport.

Being on a plane can really dehydrate you and render you more susceptible to catching a cold, so drink lots of water and limit your alcohol intake. You can also add vitamin C mix to your water to further boost the immune system.

Other suggestions include bringing a small spray bottle with filtered water and a few drops of tea tree oil and lavender to spray into

your face as you inhale to help ward off viruses. A small bottle of your favourite natural cold remedy is also a good idea.

## Digestive System

It might be known as Montezuma's Revenge, but Mexico isn't the only place to get food poisoning. When travelling, there's a balance to find between being adventurous and playing it safe with food choices.

Again, know the basics. If you're somewhere where the water is unsafe, forgo the ice. You may even want to avoid salads and fruit or other non-heated foods that would have been washed in water.

I like to take some grapefruit-seed extract or other natural fruit and veggie cleaners to clean those foods myself because I don't want to miss out on the fresh tropical fruit. If the water is really unsafe, use bottled water to brush your teeth.

Other ways to avoid parasites (and viruses and bacteria) is to carry a small bottle of oil of oregano. A few drops daily will help kill them off.

If you've got the space in your luggage, I also recommend a temperature-stable probiotic. Acidophilus is one of the most common probiotics and it, along with some of its other good bacteria friends, can strengthen the digestive system and relieve symptoms of diarrhea or constipation.

## Be Prepared

When I pack my suitcase for any trip I always make space for some natural health remedies. I understand luggage real estate is prime, especially when you have to pay for all baggage on flights, but if you're sick when travelling, will that extra pair of shoes matter?

---

## Reader's comments »

If you already have an account on this newspaper, you can login to the newspaper to add your comments.

By adding a comment on the site, you accept our terms and conditions and our netiquette rules.

Comments for this thread are now closed.



0 Comments

Vancouver 24 hrs

 Login ▾

Sort by Best ▾

Share  Favorite ★

Be the first to comment.

---

 Subscribe

 Add Disqus to your site