



Tips for Healthy Travel:

Support your Immune System

Before your trip, it is advised to balance your immune system to help you fight unwanted infections. Recycled air on airplanes, crowded airports and hot, humid climates are breeding grounds for viruses and bacteria to spread and overwhelm the immune system.

- Eat nutrient dense foods packed with antioxidants, such as berries, cocoa, chia seeds and whole fruits and vegetables.
- Take herbs such as [Echinacea](#) or [Astragalus](#), Vit C & D, Zinc and homeopathics that are individualized to your constitution to support the immune system before and during your trip. Consider bringing a natural throat spray to prevent respiratory tract infections - available at health food stores or your naturopathic doctor.
- Get sufficient sleep and rest before the trip.

Stay Energized throughout your Flight

A good start to your trip starts in the flight - spending hours in the air, restrained in your seat can leave you feeling drained.

- Try doing gentle exercises in your seat, or getting up to walk frequently in the aisle - this promotes circulation, oxygenation and allows the muscles to stretch.
- Practising meditation and breathing techniques are very beneficial to promote mental well-being and reduce the effects of travel fatigue.
- If you experience anxiety or difficulty falling asleep, herbs such as [passionflower](#) or oatstraw, and supplements such as [melatonin](#), may be very beneficial if they are individualized for your personal use.
- Stay hydrated ! Avoid drinking alcohol, pop and coffee which dehydrate the body. Ask the flight attendance for water or bring an empty bottle to fill up after security.
- Eat light meals to optimize digestion. Consider packing your own meal to eat on the flight - usually security does not have an issue with this as long as it is not liquid.



Naturopathic Foundations



Support your Digestive System

The digestive system is a complex yet delicate system in our bodies, and is most commonly affected while travelling when we are consuming new foods in new environments. Common concerns include [indigestion](#), [gas and bloating](#), [nausea](#), Traveller's [diarrhea](#) and [constipation](#).

- Electrolytes are a must when travelling in hot climates or when experiencing diarrhea, as they help rehydrate the body and provide mineral salts.
- Digestive enzymes and herbal bitters can support digestion, assimilation and elimination of food.
- [Probiotics](#) are critical in supporting intestinal flora - how much, when and which type should be customized based on your travel destination and your current state of health. There are many options of probiotics that are shelf-stable which can remain viable on your trip. If you experience chronic digestive issues, probiotics are a must for any traveller.
- Additional support may be required to prevent or treat [parasitic infections](#) if travelling to the tropics. Herbs such as neem, black walnut, wormwood, berberis and clove can be customized and taken under the guidance of your naturopathic doctor.
- Other herbs such as [slippery elm](#) or [marshmallow root](#) can be taken to soothe the digestive tract if there is inflammation or irritation.

Prevent and Treat Insect Bites & Burns

Help reduce your risk of contracting insect-borne illness by preventing insect bites!

- Wear thin, long sleeves and pants in tropical regions. Bring natural insect repellent and use a mosquito net while sleeping.
- Pack a small "first-aid kit" with homeopathics such as [Arnica](#) or [Calendula](#) and topical ointments to treat bruises, cuts, burns and bites.
- [Essential oils](#) such as Lavender and [Tea tree oil](#) are excellent [antimicrobials](#) and can be used topically for bites, burns and fungal infections.

Hygiene Matters

"An ounce of prevention is worth a pound of cure" is particularly relevant in travel scenarios. Unpleasant health concerns can be minimized with stringent prevention.



- Be sure to wash your hands frequently, especially before eating and after contact with your surroundings. Bring hand sanitizer or wet wipes to use when water and soap are not available. There are many non-alcohol based hand sanitizers on the market which are made of aloe, grapefruit seed extract and essential oils.
- Only drink water that is boiled and filtered or properly sterilized. If drinking bottled water, ensure the safety seal is intact, and avoid any drinks with ice cubes unless you are 100% sure of the source of water. There are many products available today to help sanitize your water while travelling.
- Avoid raw foods such as salads which may carry a host of unwanted organisms - choose boiled, peeled or cooked foods, and avoid street vendor food despite its tantalizing appearance !

Research & Plan Ahead

Know your medical and travel insurance coverage, local medical facilities and the health risks in your destination.

- If you think you are going to be exposed to viruses or other pathogens, talk to your naturopathic doctor about ways to ward off pathogens.
- Some countries have required vaccinations upon entry - if you require vaccinations, naturopathic medicine can provide adjunct support. If you are in an area where malaria is prevalent, know your risk and options for prevention and treatment.
- If you are travelling with children, bring supplies such as bandaids, creams and naturopathic medicine that are relevant for them, and know your options if acute medical care is required during your trip.
- If you are pregnant, know your options of delivery abroad in case of a pre-term birth. Delivering a baby abroad could have many implications, including an unexpected hospital bill.
- Just because the locals do it, doesn't mean it's ok for you. Locals often have immune systems that have adapted to their environment and may be fine drinking tap water and unwashed vegetables. However, coming from abroad, your immune system may not be well-equipped to handle different pathogens. Have a plan and stick to your hygiene rules during your trip.

Bring Healthy Snacks



- Pack healthy, portable and non-perishable food with you such as protein or granola bars and individual protein powder packets – they may come in handy if food is not readily available. Dry packaged snacks such as trail mixes come in handy during travel.
- If you have any blood sugar issues, hypertension or vascular problems, it is always advisable to discuss what is best for you before you travel. Specific clothing or exercise may be advised by your naturopathic doctor.
- If you have allergies or food-sensitivities, research ahead what food options are available at your destination. You may need to inform your airline/hotel/restaurant/resort beforehand of your diet requirements. You may also consider shopping for groceries and cooking your own food to help cater to your dietary needs.

Pack Smart for hassle-free boarding:

Generally, carry only what you need for your trip.

- If you want or need to carry your supplements on board with you, ask your naturopathic doctor to write out your supplements on a prescription pad. Medications and supplements that accompany a doctor's note or a prescription can safely be carried on board.
- It is recommended to keep supplements in their original containers with the label for easy identification.
- For ease of mind, keep carry-on supplements and tinctures under 100ml in the clear plastic ziplock bag at security, and avoid carrying unlabelled powders.
- If you are concerned about your homeopathic remedies, you may present them to the security officer prior to screening to request them to pass, though some may insist that they are screened. However, homeopathic remedies are generally resistant enough for their potency not to be affected by the xray machine.
- If you are carrying herbs or unprocessed plant material, it is always best to check with the destination country's laws. Australia & New Zealand and other countries have strict biosecurity laws to prevent introduction of foreign pests and diseases into their ecosystem.

For information specific to you about travel, please speak to your naturopathic doctor.