

# Bon Voyage

Holidays equal excitement, though anxiety always finds a way of creeping in too. Here are 10 basic tips on how to eliminate the stress factor from your vacation and stay in picture perfect health throughout the trip.



Model: Sonam Kapoor; Photograph: R Burman

**H**oliday travel inevitably gets everyone excited, but it also adds to the stress levels. This can make you more prone to holiday illnesses. Here are some tips on how to keep your travel experiences as healthy as possible and make your trip more enjoyable.

#### 1. Boost your immune system before your trip

A strong immune system can prevent a myriad of travel illnesses. Start taking a good immune boosting formula such as Comvita's Olive Leaf Complex at least a fortnight before your trip. Other alternatives include a good antioxidant complex such as Higher Nature's Immune Max or Bioforce's Echinacea Complex. These supplements are worth their weight in gold, so make sure they travel with you!

#### 2. Give yourself tummy loving care

Stomach problems are the most commonly experienced problems on holiday. Try BioCare's TravelGuard capsules that contain a probiotic, garlic and antiseptic herbs, which are a natural defence against diarrhoea and urinary tract infections. For best results, start taking them two weeks before your trip and continue during and after your holiday.

#### 3. Soothe an upset stomach instantly

Keep up your fluid intake – that is, drink at least three litres. Adding a tablespoon of fresh lime juice to one cup of hot water and drinking the mixture every 15 minutes will stop the symptoms within a few hours. Eliminate foods that make the condition worse such as sugar, dairy products, colas, coffee and soft fruits. Include toast, carrot soup, brown rice, garlic, apples and ginger tea instead. Add fibre, such as ispaghula, as it absorbs any excess fluid in the bowel and gives consistency to stools.



#### 4. Treat food poisoning

For quick relief, take 1-2 charcoal tablets with 1-2 tablespoons of undiluted apple cider vinegar (after you have emptied the contents of your stomach). Charcoal tablets will absorb the poison, while apple cider vinegar will get rid of the nauseous feeling. To soothe your gut, make a tea out of equal parts of anise and caraway and drink 3-4 cups a day. Keep yourself well hydrated. Alternatively, try a black walnut or grapefruit seed extract tincture. If the symptoms persist, seek medical advice.

#### 5. Ease bloating

Eat slowly with your mouth closed to avoid gulping down air together with your food. Avoid foods that make you bloat such as beans, cabbage and foods you are intolerant to. Include papaya, pineapple, celery, globe artichokes, and drink fresh fennel or mint tea.

#### 6. Eat smart to beat constipation

Make sure you drink plenty of water. Eat foods rich in fibre such as fresh fruits, vegetables, hummus, lentils and beans. Dried fruits such as figs and prunes are a natural laxative. For a stubborn constipation, try ispaghula or soaking a tablespoon of linseeds overnight and drinking it with some yoghurt in the morning.

#### 7. Get instant ache and pain relief

Bioforce does the most fantastic Arnica Gel called AtroGel, which provides targeted relief for muscular aches and pains in the neck, shoulder area, back and knees.

#### 8. Tackle bites and stings naturally

Calendula cream is well-known for its healing

properties. Alternatively, mix some lavender and vegetable oil to make a great lotion for tackling itching and swelling. If you don't have any of the above, aloe vera gel will do the trick too!

#### 9. Wave goodbye to travel sickness

Take one or two ginger capsules before your trip. Sip on a ginger tea or smell a freshly cut lemon during your journey.

#### 10. Beat jet lag

Take arnica or ginseng; they are a better antidote to jet lag than melatonin. Once you've reached your destination, try to adjust to the local time and stay awake until night. Take herbal remedies such as lavender drops on your pillow or passiflora tablets for a good night sleep.

**Note:** Always consult your doctor before taking any of the above mentioned supplements! I wish you a healthy and happy holiday!

■ With a flourishing private practice on prestigious Harley Street in London, Akcelina Cvijetic is Nutritionist and Life Coach to the royal family, celebrities and business people

