

Travel Protocol

Dear Patient,

The items listed below will help travelers from contracting common intestinal illnesses acquired while traveling abroad. It is also recommended that while traveling to only drink bottled water (mineral or spring water). Remember to use only bottled water while brushing your teeth as well.

Something else to consider if you're traveling to a third world country - take clothes you can leave behind or donate.

Probiotics (good bacteria): "High Delivery Acidophilus." Used to maintain intestinal health. Works well for digestive issues as well as intestinal "bugs."

Dosage: 2 capsules/day, or up to 12 capsules/day if you suspect you have contracted an intestinal illness

Digestive Enzymes: "Digestizyme Plus" by Energique is used to support proper digestion. With a high percentage of HCL, this product can aid in killing microorganisms that may enter your system through food.

Dosage: 2 tablets with every meal

Milk Thistle: Excellent for liver support. You may want to consider taking if you plan on drinking alcoholic beverages as well. Milk thistle helps your liver to process the alcohol more effectively. It's also important to drink bottled water if you drink alcohol in order to rehydrate your system.

Dosage: 30 drops twice/day in juice or water

Paracom or Olive Leaf Extract: "Paracom" by Energique is a combination herbal remedy that can kill most parasites. Olive leaf extract is a wonderful herb that is anti - bacterial, viral, mold, fungal, yeast, and can also kill a number of parasites.

Dosage: 30 drops 3-6 times/day in juice or water for acute conditions

Activated Charcoal Caps: Use ONLY if you contract an intestinal "bug" that is causing diarrhea and/or vomiting. Remember to take it at least an hour before or after any prescription medications, as it will absorb the medication. In a pinch, you can also use a piece or two of burnt toast.

Dosage: 2 caps every 2 hours until symptoms resolve

