



healthcare for the whole family

Travel Tips

A: I am taking a trip to Thailand this summer. Any suggestions on how I can stay healthy while I am abroad?

Q: Whether you're flying as far as Timbuktu to ride camels or as near as West Edmonton Mall to ride the waterslides, there are several steps that you can take to ensure that you and your family stay healthy on your vacation this summer. On the airplane, make sure you drink plenty of water and stretch your legs frequently. If jetlag is a concern, melatonin or the homeopathic cocculus can reduce the impact of a time change. The correct dosage of melatonin is extremely important and differs from person to person. For anyone who is prone to clotting, vitamin C and bromelain can be taken prior to the flight. Because the air in planes is recirculated, you're more likely to catch a cold or flu. Vitamin C is also a great preventative measure because it boosts your immune system. At A New Leaf, we can personalize an immune boosting protocol that works for you and your family. If you are traveling to exotic areas where traveler's diarrhea might be an issue, a good probiotic and citricidal should be used. Be informed. Find out what parasites are prevalent in the area and how they are transmitted. Know the signs and symptoms and how to get help if you need it. Come in to A New Leaf and we will help set you up with all the ingredients for a healthy holiday!