

# Avoid Traveller's Tummy



Natural health advice from CNM  
(College of Naturopathic Medicine)



Avoiding 'traveller's diarrhoea' whilst on holiday is not just about avoiding the local tap water. It's about ensuring the health of your digestion prior to travelling. The lining of your digestive tract is where our intestinal bacteria reside, and these bacteria provide the first line of defence against pathogenic bacteria, yeasts and parasites.



## Prepare your gut before holiday

Probiotic foods are those that 'feed' the good bacteria in the gut and include bananas, Jerusalem artichokes, whole rolled oats, and avocados. Garlic, cinnamon, onions, thyme, rosemary, oregano and fresh lemon juice not only make your food taste great, they also help to discourage the 'bad guys' from taking up residence. If you increase your intake of these foods and decrease your intake of any foods which upset your digestion such as wheat, dairy, caffeine and alcohol, you'll be well on your way to a healthier, happier tummy before you board the plane.

## Natural supplements

These two natural supplements can help build your defences before you go away:

1. A high quality probiotic supplement containing Bifidobacterium and Lactobacillus acidophilus. These are two key strains of bacteria which colonise your digestive lining, making the environment more acidic and much less favourable to occupation by unwanted microbes. Get advice from your nutritionist or health food shop.

2. Grapefruit seed extract is rich in antioxidants, and studies have shown that it can safely decrease populations of harmful bacteria, both in food product packaging and within the digestive tract.

## If you develop Traveller's Tummy

The most important thing to do is keep well hydrated and avoid any irritants such as alcohol and caffeine. Beyond this, the herb Goldenseal can be highly effective for helping acute diarrhoea that has been caused by microbial infection, provided that you take it at the recommended dose. A mix of bananas, browned grated apple and cinnamon can also help.

If diarrhoea persists for more than two days, or if you notice any blood in your stools, it's important to seek professional medical advice.



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