

Week 22 (2016)

Packing To Go?

I was reading this week about yet another cruise liner that had to cut short the cruise after a breakout of sickness and vomiting. I realize it is perfect conditions for this to spread quickly as it is a close environment but it does not stop my frustration when I know it is so simple to prevent or stop this condition even after it has started – with a powerful probiotic supplement such as Prescript Assist.

The whole subject of spoilt vacations needs clarification, so this week's newsletter is a step-by-step guide on what to pack.

Firstly, always pack [Prescript Assist](#) for any trip or better still start to take it as per bottle recommendations before the trip to strengthen your Immune and especially your Digestive System. If you are taking Prescript Assist then it is extremely unlikely you could get any problems.

If you did get food poisoning of any kind then immediately:

1. Stop eating any food and only drink water until clear.
2. Take 4 or 5 capsules every hour for 2-4 hours or until it has cleared. Then take 1 capsule x3 times per day for a few days.
3. If your digestive system is especially sensitive to food poisoning then pack some Happy Tummy Charcoal Capsules, as charcoal is great for absorbing poisons from the digestive system.



Why Prescript Assist and not any other probiotic?

Only Prescript Assist has had double blind human clinical studies, peer reviewed, with a 12 month follow up. Also it has been tested to be still viable when stored at room temperature for two years. When I say it works I mean it really works. It is the best probiotic available hands down.

There are other problems that can spoil a vacation:

1. The main problem is poor blood flow when flying or sitting for long periods, caused by: junk food, lack of water, lack of movement and poor breathing as a result of this lack of movement. The solutions: Drink 500ml (16oz) of water every hour of flying. Don't wait for the water to be served to you. Walk to the galley to get some exercise while you get the water as well.
2. Don't eat junk food. Take your own prepared food ([Really Healthy Pasta](#)) or at least purchase a takeaway salad at the airport if it's a long flight. Avoid sugary foods and drinks.

3. Keep alcohol to a minimum.
4. Do the breathing exercises you will find in any of my downloadable books.
5. Do take [OxySorb](#) if you have existing breathing problems.
6. Take [BlockBuster AllClear](#) to keep your blood flowing as healthy as possible. Take two capsules before flying, two every three hours (or mid-flight) and two after landing.
7. Red itchy eye problems are quickly and easily solved with my own solution of essential [MSM/Silver Drops](#) – for dry eyes and itchy ears.
8. Overdosing on sunshine is prevented by taking [AstaXanthin](#) before and during your vacation. Still, take care if you are not used to getting daily sunshine onto your body.
9. Wear loose clothing and stick to natural fabrics as these are the most comfortable and can prevent constricted blood flow. Avoid wearing compression stockings if you have a family history of blood clots. It's advisable to wear clothes with plenty of abdomen space to allow your body to expand naturally with the pressure, so pants with a drawstring or elastic waistband are best.

Finally, the regular supplement to ensure you get your complete range of vitamins and minerals is [Active Life Multi-Vitamin Capsules](#), as this contains x130 nutrients in one capsule...I'm not sure you will have much room for anything else!

The whole point is to recuperate and enjoy your holiday, feel good while you are there and relaxed when you return.

Happy holidays!