

## Travel Healthy: 8 Tips from Grove Members on How to Stay Healthy While On the Go

**Tip 1:** When traveling to countries where GI issues are a high potential (e.g. Mexico), take Pepto-Bismol as a prophylactic.

Start 2 days before the trip and continue 1 day after. Take 2 tablets 4 times a day (breakfast, lunch, dinner, bedtime) for 8 tablets a day. Pepto is actually an anti-bacterial drug.

**Tip 2:** Bring anti-bacterial wipes on the plane. Wipe down the tray table, arm rests, seat belt, etc. The planes might not be thoroughly cleaned between flights.

**Tip 3:** Pack AYR Saline Nasal Gel. Works like a Vaseline barrier for your nose. Place in small baggie with a few Q tips. Use in both nostrils before take off. Keeps nasal passages hydrated and protected. Better than the spray because it creates a seal against germs.

**Tip 4:** Wash your hands frequently and pack hand sanitizer.

**Tip 5:** Drink lots of water.

**Tip 6:** Soothe allergies and irritated nasal passageways. Limit or avoid dairy to reduce nasal inflammation. Take 5 mg of Zyrtec each night (cut the over the counter 10mg in half). Drink water with lemon to hydrate and facilitate great breathing.

**Tip 7:** Pack probiotics and Emergen-C.

**Tip 8:** Exercise and eat healthy leading up to the trip.