

DR. GAZDA'S TRAVEL TIPS TO STAY HEALTHY

STOCK UP ON:

Vitamin C: while traveling aim to take 1000-3000mg daily

- **Emergen-C:** the effervescent, travel-friendly powdered drink mix that now comes in an immune-boosting formula with 1,000mg of vitamin C, vitamin D and zinc.
- **Quicksilver Vitamin C**
- **Airborne** - contains vitamins A, C, and E, minerals like zinc, selenium, and magnesium, amino acids, and a blend of herbs including echinacea, ginger, and Chinese vitex
- **Pure Synergy Pure Radiance:** whole food C powder -If you do end up getting sick or feel something coming on, take this 3x a day. This will give you about 3000 mg of vitamin C a day.

Vitamin D: Take 10,000 units daily while traveling.

Zinc:

- **Therazinc Spray:** use it several times a day the minute you feel under the weather
- **Zand** makes a great zinc and elderberry combination lozenge

Elderberry

- anti-fungal, anti-viral, & anti-bacterial properties. Take 1tsp 3-4 x a day for 7-10 days if someone in the house is sick. Can take 1 tsp 1x a day for prevention
- **Pure Synergy Rapid Rescue:** take at 1st sign you are getting sick or when exposed to sickness. 2 capsules, 3x a day for 7 days. Combines herbs such as elderberry, olive leaf, oregano and more.

Probiotics

- Such as **Megaspore**

Binders

- 2 GI Detox or Activated Charcoal once a day

Transfer Factor

- 2 gelcaps, 2x daily (**ENVIRO**) when traveling or exposed to someone who is sick; 1 gelcap, 2x daily in general.

WASH YOUR HANDS



Soap & water is best but while out & about choose sanitizers made with essential oils.

WIPE DOWN YOUR AIRPLANE SEAT



Seat belt buckle, tray table, headrest, & seat back pockets

KEEP STRESS LEVELS DOWN



Meditation, calming music, prayer, & deep breathing can help

1.
EAT REAL FOOD

2.
STAY HYDRATED

3.
GET SOME REST

4.
HAVE SOME FUN