

Travel Supplements

1. Use SSKI before and after the plane trip. Saturated Solution of Potassium Iodide thins secretions and is germicidal. Take 10 drops in water, juice or tea before and after your plane ride. Take just the two doses. This is a great way to prevent getting sick from any airborne diseases.
2. Nattokinase is a natural fibrinolytic supplement derived from soybeans. It has no hormonal activity. It will keep your blood from clotting. Take two caplets twice daily for one week before and three days after you fly.
3. Enzymes and probiotics are great to keep your digestion and immune system healthy while preventing problems during travel. Take the enzymes with every meal and take the probiotics in the morning and evening. I recommend Similase digestive enzymes and Lactobacillus Sporogenes, which is a probiotic that does not need to be refrigerated.
4. Many people have a change in their bowel habits while traveling. In this case take two tablets of Cascara Plus in the evening to insure a morning bowel movement.