

➤ **90%**

Almost 9 out of 10 cases of melanoma could be prevented by using sunscreen and avoiding using sunbeds

Source: Cancer Research UK

➤ **30%**

Men who don't take an annual holiday have a 30% greater risk of death from heart disease

Source: Global Ageing Coalition

➤ **30-70%**

Travellers who suffer from holiday diarrhoea, depending on the destination and season

Source: patient.info



Staying healthy on holiday

Regardless of whether a holiday destination is within the UK or the other side of the world the anxieties, health issues and protective factors remain the same. Nutritional Therapist **Susie Debice** gives an overview of the natural remedies that help with the before, during and after phases of holiday health...

When it comes to holiday season there are a few key areas of health that are worth looking into. Even though holidays are supposed to be relaxing they often come with a high level of stress and anxiety. On top of this there are the typical tummy troubles of being bunged up or needing to run to the loo and of course the sunshine that we all crave means we need to take extra special care of our skin and hair. Doesn't matter if you are in 5-star bliss or camping up in the wilderness – both situations require attention to insect repellent and bites! Read on for natural ways to stay safe and healthy this summer.

Travel anxiety

Pre-holiday anxieties can start to build up in the weeks leading up to departure time. Nature's Plus Rhodiola contains an adaptogenic herb that supports the adrenal glands and keep stress hormones in check. Two brain chemicals GABA and serotonin help to calm the mind and dissolve anxiety and L-theanine (green tea, lemon balm), taurine and vitamin B6 help to support GABA and L-typtophan (5-HTP) help support serotonin. Biocare NT Intensive Sachets and Higher Nature Positive Outlook combine all these nutrients in simple formulations offering both GABA and serotonin support. When it comes to 'in-the-moment' fear it's worth turning your attention to homeopathic and flower remedies for emotional support.



Rescue Remedy by Nelsons contains the famous combination of five flower essences for providing emotional support in any emergency situation and the Rescue Gummy Stars are great for helping kids.



Deep vein thrombosis

By far the most common medical condition on-board flights is Deep Vein Thrombosis, commonly called DVT, where a blood clot forms in a deep leg vein. Limited movement and the cramped aeroplane seating arrangements causes the circulation to become sluggish.

Recommended advice is to drink plenty of water, avoid alcohol, get up and move around as often as possible and wear compression stockings. Studies have shown that vitamin E, ginkgo biloba and fish oils also help support healthy circulation.

Cabin colds

According to a study published in the *Journal of Environmental Health Research*, you may be more than 100 times as likely to catch a cold on a



plane than in your normal daily life. The most likely reason for the increased susceptibility to infection when flying is extremely low cabin humidity. The dry air disrupts the normal protective mechanisms employed by mucus membranes in the throat and nose increasing susceptibility to viruses and bacteria that cause upper respiratory tract infections. When it comes to inflight protection the dynamic duo of Altrient C (a liposomal vitamin C with far superior absorption and bioavailability compared to non-liposomal C's on the market) combined with Higher Nature's Colloidal Silver Spray which work together to boost the immune system and destroy common respiratory infectious organisms.

Insect alert

It doesn't matter if you are in Scotland or the Bahamas, mosquitoes can be a real holiday pest. There are plenty of natural insect repellents which tend to be based on the activity citronella, one to look out for is JASON Quit Bugging Me or incognito, which is made from completely

natural ingredients and whose main active ingredient is an extract of the *Corymbia citriodora* tree.

Despite not containing DEET or other chemicals, it is said to be 100% effective against mosquitoes and effective against all other insects when used as directed.

It is also gentle enough to be used on children and babies. Mosi-Guard Natural insect repellent is another good choice for those who want clinically proven protection without harsh chemicals such as DEET.

The active ingredient of Mosi-Guard is citriodiol, a natural extract of Lemon Eucalyptus Oil, which gives Mosi-Guard a fresh fragrance. The

London School of Hygiene and Tropical Medicine found that Mosi-guard is as effective as the strongest available DEET insect repellent, and studies have shown protection lasts for over 10 hours. Available in a spray, roll on, cream and stick form, all of the range is safe to use on adults, children and babies over 3 months old.

Alternatively you can make your own DIY insect repellent by combining 20 drops of Absolute Aromas citronella, lavender and tea tree oils in 100ml of aloe vera gel. If insect bites make you itchy and scratchy then apply Weleda Insect Bite Spray full of herbal extracts that calm irritation, swelling, redness and pain – a great first aid for the whole family.

Gut reaction

A staggering 50% of traveller's experience stomach upsets and diarrhoea when on holiday. Taking a course of probiotics before the holiday helps to boost your natural gut defences. The pre-holiday probiotic Udo's Choice Super 8 Hi-Count Microbiotics is excellent as each capsule contains 42 billion active bacteria spanning 8 different species. However,

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this needs to be kept in the fridge which isn't practical for a hot holiday destination. Switching to Viridian Travel Biotic on holiday is a smart move as this contains the friendly gut bacteria *Saccharomyces boulardii* that does not need refrigeration. If gut infections do take hold then grapefruit seed extract is the holiday hero here. Higher Nature Citricidal tablets have anti-bacteria, anti-fungal and anti-parasitic properties, an absolute must-have for exotic holiday destinations.



Keep regular

There is nothing worse than being 'bunged up' on holiday. The additional bloating is hardly what you want when you're spending time in swimwear. Change in diet, not enough water, too

little fibre, stress and anxiety all impact on bowel function. The Chia Co. Chia Shot Sachets are perfect to take on holiday as a daily fibre supplement, simply stir into juice or yoghurt. Nature's Best Peppermint Oil capsules are a great digestive travel aid.

Peppermint oil soothes and relaxes intestinal muscles and is particularly helpful for bloating, wind, cramps and IBS.



Staying fresh

Keeping body odour at bay naturally in hot and humid conditions is easier now Salt of the Earth has introduced a range of deodorant travel sprays. The award-winning Pure Aura: Lavender & Vanilla, Pure Aura: Melon & Cucumber, Pure Armour: Explorer and the unscented Natural Deodorant Spray are now available in a convenient 50ml travel size – ideal for gym kits or wash bags and just in time for the holiday season. Comprising 100% natural ingredients, including organic Aloe Vera and botanical extracts, Salt of the Earth deodorants won't block



your pores like traditional antiperspirants, but instead work by leaving a thin layer of mineral salts on the skin, which inhibit the growth of odour-causing bacteria.

The range is free from harsh chemicals such as aluminium chloride, parabens and alcohol, is gentle on skin and won't leave embarrassing white marks on your clothes.

Sun kissed skin

A holiday tan might appear glamorous, but skin cancer affects over 6,000 people a year and is on the increase so it's essential to pack a good SPF sunscreen. When it comes to natural sun creams you'll find it hard to beat the award winning Green People's Sun Care range which includes effective broad spectrum UVA and UVB protection sun cream, lotion and after sun for adults and kids with and they even do a Pressed Powder SPF15 (in three colour tones) for a flawless complexion with sun protection.



Heat rash

Prickly heat can turn a hot summer's day into an itchy nightmare. Also known as miliaria, this itchy rash of small, raised red spots can cause a stinging or prickling sensation on the skin. Usually, prickly heat develops when a person sweats more than usual, such as during hot or humid weather, so you are particularly susceptible while on holiday. Taking vitamin C combined with vitamin E at least 10 days before travelling to a tropical climate or when expecting a sudden change in weather conditions, may help to protect the skin from damage caused by sudden sun exposure. A topical cooling cream like Neal's Yard Lavender & Aloe Vera Cooling Cream is soothing, calming and healing for this skin.



After-sun care

The sun's rays contain harmful UVA and UVB rays which can cause considerable damage to the outer and deeper layers of the skin. Being in the sun raises concerns regarding skin damage, fine lines and wrinkle and skin pigmentation spots.

When it comes to protecting the skin from within and repairing skin damage Pharma Nord Ubiquinone CoQ10 and Altrient C come to the rescue with their

antioxidant and collagen boosting properties.



Hair care

We are so geared up to think about skin protection that we often forget to care for our hair. Chlorine, UV rays, salt water and hair colourings leave the hair frazzled, frizzy and lifeless. One way to reduce the damage is to use a hair dye that contains fewer harmful chemicals. Nature's Dream Naturtint range has a great range of "less chemicals" hair dyes and it's important to pack a hair UV protection spray like JASON Thin to Thick Spray and use some nourishing hair masks, my favourite is Palmers Deep Conditioning Protein Pack with coconut milk, keratin and silk protein.



Holiday hangovers

It's not unusual for holidays to mean an increase in alcohol consumption and a more relaxed diet with BBQ meats, sugary treats and high in fat foods. The tendency to over indulge while kicking back and being less active means that while you are in holiday mode your liver is working overtime!

It's worth supplementing with a liver support such as Biocare Artichoke Complex containing artichoke, dandelion, turmeric and burdock extracts to help support detoxification and reduce fluid retention.

Summary

Wherever your holiday destination or length of stay there are plenty of natural ways to ensure that you can manage your pre-travel anxieties and maintain the best possible state of mind and health so you can thoroughly enjoy your holiday!



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