



YOUR GUIDE TO BETTER LIVING

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IT NEVER HURTS TO BE PREPARED

It never fails...you go on vacation or have a big business event and it happens. Your kids start to get a runny nose or "crackly" cough or you start to get that "tickle" in your throat. What do you do? Run out to the pharmacy to get a decongestant, some aspirin or a throat lozenge? Some of these over the counter medications can have serious side effects [see our March 2006 newsletter].

We do some traveling ourselves and there are some supplements that we carry with us in addition to our normal regimen, just in case.

1. **Lauricidin:** we never go anywhere without this product. It is a very strong antiviral/antibacterial product. We don't take the whole jar with us unless we are away for an extended period of time. We will typically pour some out into a zip lock bag and take the blue scooper with us. "Just in case" when traveling, we will take a couple of scoops per day [for a 150lb adult] to help boost the body's defenses when we travel. Each full scoop is 1 teaspoon. For children [weighing about 40-60lbs], we give ½ scoop, twice per day. When you travel, you are exposed to different environmental factors that you would normally not see. This can overwhelm an unhealthy immune system. This product could give your body the boost it needs to kill any virus' and bacteria' it is exposed to. There's nothing worse than being sick while away from home. At the first sign of cold or flu, we recommend doubling the dose of this product recommended above. This product is only available thru Professionals. Contact our office for purchase.
2. **Vitamin C:** this product is one of the most heavily researched natural products on the market. Vitamin C is used as an immune builder, antihistamine and anti-inflammatory. When traveling, Vitamin C is great to have on hand for runny nose or sore throats but it is one of our favorites to use as an anti-inflammatory for joint injuries or cuts. As a preventative, a 150lb adult could take 2000-3000mg per day. Children [weighing 40-60lbs] could take 250-500mg per day. In the case of cold, flu or infection, double the dose or take it to bowel tolerance. "Bowel Tolerance" means taking 1000mg per hour and if you take too much vitamin C, you will experience gas, bloating or diarrhea. Some never reach this tolerance but it is still something to be aware of. This means you will need to back off the dose until these symptoms return to normal. "Emer'gen-C" is a great product that includes vitamin C and some electrolytes and will pack easily into your briefcase or purse. This is a powder that you mix with water for a tasty drink. It's very good in helping to prevent dehydration if you are experiencing vomiting, etc. We will also take Vitamin C tablets packed in a zip loc bag. Vitamin C and Emer'gen-C can be purchased at any health food store or in our office.
3. **Zinc Lozenges:** this product has been proven to cut the severity and duration of a cold in half. Take enough with you on your trip so that if you do get sick, you can take 6 per day [for a 150lb adult]. For children [weighing 40-60 lbs], if they start to get sick, give them 2 whole lozenges per day [break them into halves and give throughout the day]. This product can be purchased thru any health food store or in our office.
4. **Inflavonoid by Metagenics:** natural anti-inflammatory and great for joint injuries but have you ever eaten something you shouldn't and your face and hands are swollen the next day? We're not talking "anaphylactic" reactions...just the "puffy" eyes and stiff finger joints. We also recommend taking it before flying to avoid the stiff/achy joints from sitting for longer periods.

It's always good to help your body get that inflammation out of the system. This product will do it. There are a number of "natural anti-inflammatories" out there but this product does the job every time. Take 6-10 per day depending on the severity of the inflammation. This product is only available thru Professionals. Contact our office for purchase.

5. **Betaine HCl:** natural digestive aid...take this 'just in case' you get stomach upset [gas, bloating, constipation/diarrhea]. Take 2 Betaine HCl at the first sign of stomach upset and then one every hour until gas and bloating are gone. Take 2 Betaine HCl per meal thereafter. This product can be purchased thru any health food store or our office. **If you suspect food poisoning**, drink ¼ to ½ cup of vinegar [preferably unfiltered, apple cider vinegar]. The vinegar helps to neutralize the toxins causing the food poisoning symptoms. This one works every time! Think you ate something that won't "agree" with you and you forgot your Betaine HCl. Ask a waiter for some vinegar and take 2-3 tablespoons to aide in digestion.
6. **Eating habits:** No, this is not a product you can buy but it is very important in preventing colds, flus and stomach upset while traveling. OK...we all "cheat" from time to time but there is one food that you do want to minimize as much as possible if you want to reduce your chances of getting sick while on vacation. This food is DAIRY. Congestion and runny noses can be mostly prevented by strictly avoiding this food. Even if you do allow a little sugar to creep into your diet while on vacation, too much dairy can really put a negative spin on your vacation. Second thing to concentrate on is making sure you drink PLENTY of filtered water. We prefer Aqua-Fina or Arrowhead brands because it uses "reverse osmosis" for the filtration (if you have access to a Costco the Kirkland brand also uses "reverse osmosis" filtration). We recommend 1 liter per 50lbs of body weight per day. Drinking lots of water helps to "flush out" inflammation as well.

There are more products to consider taking when pondering the 'worst case scenario' but how much can your suitcase hold? This is a great start and an excellent way to be prepared for the most common health-related travel issues. We never leave home without these products. Sometimes, they may not totally "knock out" the symptoms, but they will help in preventing the illness from becoming severe and save your vacation.

Why did you get sick? It's always nice to be prepared but if you do tend to get sick every winter, you may want to ask yourself if you are doing everything you can to prevent your body from succumbing to illness. Virus' and bacteria tend to thrive on diseased and dying tissue. If you are eating poor quality food, not exercising and/or not supplementing your diet, you will get sick. Remember, the only way to know exactly what course of action you need to take to prevent or alleviate chronic and infectious disease, is to get tested to see exactly what supplements YOU need and exactly what diet YOU need to follow. Save time and money by taking the guesswork out of your health choices.

Don't Guess About Your Health... Schedule a Nutritional Consultation Today!

Dr. Gensel gives monthly nutrition seminars in Monterey at SLIM and TONE, 465 Pacific St. The next seminar will be Thursday, April 27th, 6:30-7:30PM **"Dairy and Soy: The Good, The Bad and The Ugly"**. Come learn which dairy and soy products are OK and which are harmful to your health!

Email gensel@redshift.com or call 831-649-6336 to register!

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1. The information provided in this article is for educational purposes only.
2. Your individual health status and any required health care treatments can only be properly addressed by a professional healthcare provider of your choice. Remember: There is no adequate substitution for a personal consultation with your chosen health care provider. Therefore, we encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.