

HealthCures101.com

TRAVEL

This information is a collection of studies, observations, research and practical advice written for the purposes of helping people help themselves become disease-free.

MEDICAL DISCLAIMER: Please note these statements have not been approved by the Food and Drug Administration. This information and the opinions contained therein are not intended to diagnose, treat, cure, or prevent any disease. Statements are opinion and not constitutable as facts or medical evaluations. This material is for information purposes only and is not intended as medical advice. Since there is always some risk involved with publishing alternative works, the author, publisher and distributors are not responsible for any adverse effects or consequences resulting from the use of any suggestions or procedures described hereafter.

THINGS TO TAKE WHEN TRAVELING:

1. **Never leave home without an enema bag.** It's the fastest way to get rid of food poisoning, headaches, constipation, congestion, feeling not right. It's saved my ass many times- literally !

Olive Leaf extract** - effective against hundreds of illnesses, even serious infections like tuberculosis and pneumonia.

OREGANO OIL** - powerful antiviral, antibacterial, anti-parasite, antifungal, anti-everything. Also a powerful antioxidant. Really effective against candida yeast infections. Helps protect travellers from parasites, foreign bacteria and fungal nail infections. Can be used internally or externally.

GRAPEFRUIT SEED EXTRACT** - this is another very successful germ fighter. This is the main ingredient in all-natural anti-bacterial cleansers. Good for diarrhea.

ASTRAGALUS - classic immunity herb that boosts immune system to fight germs. Really good for respiratory illnesses and breathing problems.

When eating, remember- these foods contain FOS (fructo-oligosaccharides) , which are great for fighting stuff-

Onions

Garlic

asparagus

Nutritional Yeast- full of amino acids (protein), B vitamins, helps liver detox, gives energy and helps brain so you feel good

Colloidal silver is a centuries old protector of the body to fight anything that doesn't belong in us.

CHARCONITE- for food poisoning, toxin removal (too much alcohol, drugs) my combination of Charcoal, Bentonite and herbs to move things out of body. It's a powder so it's allowed on airplanes. You can get it [HERE](http://www.BodyForceProducts.com) <http://www.BodyForceProducts.com>



CHARCONITE

A super powerful combination of Charcoal and Bentonite to absorb ANYTHING toxic inside you, plus some herbs to help push it out through your digestive system. Perfect for gas, food poisoning, toxic environmental poisons, bad food, and even toxins created by illness and parasites. It goes through your system absorbing anything bad.

FREE-COLON- my formula for moving all that vacation food out of your body and preventing the predictable vacation constipation blues. It's a powder so it's allowed on airplanes. You can get it [HERE](http://www.BodyForceProducts.com) <http://www.BodyForceProducts.com>



FREE-COLON

Cleaning out the colon is the **FIRST** thing you should do before anything else. This formula helps get things moving without giving you the runs. It has lots of fiber to brush your insides, it absorbs toxins, has Aloe to soothe the intestines, ginger to ease the digestive system, citrus flavonoid antioxidants and Cascara Sagrada to push it all out. Works great !

TOCOTRIENOLS(rice bran solubles)*** is best source of complete B vitamins, also major source of vitamin E and amino acids (protein). In a pinch, some of this stuff in water can be a meal replacement.

You can get Rice Bran Solubles (Tocotrienols) at

http://www.cliffscott.com/Rice_Bran.htm

800-569-4340

ALWAYS get bottled water when traveling. Make sure the lid is still sealed when they give it to you.