

TIPS for HEALTHY



TRAVELS



- * Get enough rest. Sleep supports both the stress system and the immune system. Going into a trip rested and healthy increases your stress resilience.
- * Wash your hands frequently. This is still one of the best ways to prevent the spread of disease.
- * Drink plenty of water. This keeps the mucus membranes in your nose and throat hydrated and able to resist bacteria and viruses.
- * Eat healthy foods. Don't use vacation as an excuse to eat all things sugar, which also impairs your immune system.
- * Travel with immune support. Herbs like echinacea, oregano and thyme can aid an immune system under attack.
- * Learn to roll with the punches. Travel invariably brings unknowns and surprises. By accepting these changes as part of the adventure you keep your stress—and the resulting immune changes—to a minimum.