

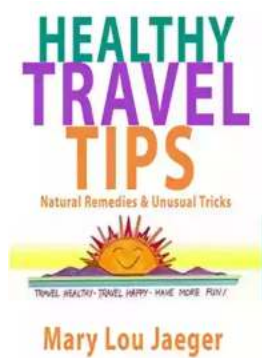
Healthy Travel Tips: Natural Remedies and Unusual Tricks

Traveling is undoubtedly an exciting experience that allows you to explore new places, immerse yourself in different cultures, and create incredible memories. However, it can also take a toll on your health if you're not careful. From jet lag to digestive issues, traveling can expose your body to various challenges.

Fortunately, there are several natural remedies and unusual tricks that can help you stay healthy during your travels. In this comprehensive guide, we will explore these tips and ensure that you have a pleasant and healthy journey.

1. Stay Hydrated

One of the most crucial aspects of maintaining good health while traveling is to stay hydrated. Dehydration can cause fatigue, headaches, and dizziness, among other symptoms. Carry a reusable water bottle with you at all times and drink plenty of fluids, especially when flying or spending time in hot climates.



HEALTHY TRAVEL TIPS: Natural Remedies & Unusual Tricks by Greater Than a Tourist(Kindle Edition)

★★★★★ 5 out of 5

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Text-to-Speech : Enabled

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Word Wise : Enabled

Print length : 122 pages

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4 Natural Remedies for Acne

LEMON JUICE

Lemon juice is antibacterial. Apply fresh lemon juice on acne helps improve skin condition, including lightening acne scars.



TURMERIC

Turmeric is both antibacterial and antiseptic. Make a paste with a small amount of water and turmeric powder. Apply to face like a mask and let sit for 20 minutes, rinse gently with cool water.



MINT LEAVES

Peppermint acts as a natural anti-inflammatory. Crush fresh mint leaves finely with a tiny amount of water. Apply to acne. Leave for 10 minutes, then rinse.



FRESH GARLIC

Garlic is a known antiviral, antifungal, antiseptic and antioxidant. Crush 2 cloves of fresh garlic in some cheesecloth to get the juice out. Apply the juice for 5 minutes on the acne area. This can also help prevent future breakouts. Rinse off with cold water and apply daily till acne lasts.



Visit [RawganicVegan](#) on FB for more helpful tips!

2. Boost Your Immune System

To prevent falling ill during your trip, it's important to boost your immune system. Start by incorporating immune-boosting foods into your diet, such as garlic, ginger, citrus fruits, and leafy greens. Additionally, consider taking natural supplements like vitamin C, echinacea, and probiotics to strengthen your body's defense mechanisms.



3. Combat Jet Lag

Jet lag can disrupt your sleep pattern and make you feel groggy and fatigued. To minimize its effects, adjust your sleep schedule a few days before your trip to match the time zone of your destination. During the flight, try to fit in some sleep, stay hydrated, and avoid excessive caffeine and alcohol consumption.



4. Eat Healthy and Mindfully

When you're traveling, it's easy to indulge in unhealthy fast food or neglect balanced meals. However, maintaining a healthy diet is crucial for your overall well-being. Look for local food options that include fresh fruits, vegetables, and lean proteins. Eat mindfully, savoring each bite, and try to limit your consumption of processed and fatty foods.

mindful eating

Here are a few tips you can try at home:

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1 Always try to sit down at a table to eat.
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2 Before you sit, clear any clutter that may be on the table.
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3 Set a place for yourself, even if you are eating alone.
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4 Use tableware and utensils that appeal to you.
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5 Take a moment to adjust the lighting so it feels pleasant to you.
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6 Consider playing some soft, relaxing music while you eat.
- 

7 Try to minimize multitasking while eating.

5. Stay Active

Being active while traveling can help you stay fit and energetic. Explore your destination on foot, opt for active excursions like hiking or biking, or find local fitness classes. Additionally, incorporate stretching exercises to relieve any tension from long flights or extended periods of sitting.

10 Healthy Travel Tips

1 Research

Will there be a meal served on your flight? Are you planning to eat at the airport? What are the dining options near your hotel? Plan ahead by calling the places you'll be visiting and researching the area.



6 Order Smart

Planning to eat at the airport? Be sure to choose plant-based, high fiber, zero-cholesterol meals. To find out which airport restaurants offer plant-based meals, use the Airport Food Review. Visit AirportFoodReview.org.



2 Drink Water

Bring an empty water bottle to fill up once you get past security at the airport. Staying hydrated prevents your sinus cavities from drying out on the plane. Eating fresh fruit will also help you with hydration.



7 Rest Well zzz

Getting a good night's rest is optimal for long travel days. Being well rested will help your immune system stay at the top of its game.

3 Pack a Snack

Apples, oranges, and bananas are the original fast food! Toss a few in your carry-on for a snack.



8 Sanitize

Pack hand sanitizer (TSA-approved 3.4 ounces or less) or bacteria-killing wipes in case you can't get to a sink to wash your hands before eating.



4 Stay Active

Get up and stretch or walk around to keep circulation going on a long flight. If you get to the airport early, take a lap around the terminal before boarding.



9 Hydrate Your Skin

Applying a great moisturizer or hydrating oils will help you combat the dry air in the airplane's cabin. Flying can dry out your skin due to the lack of moisture on the plane.



5 Avoid Salt and Sugar

Don't rely on salted nuts or processed foods while traveling. The extra sodium will dehydrate you during the flight. Also, avoid excess sugars, caffeine, and alcoholic beverages to minimize travel-related health conditions.



10 Eat Breakfast

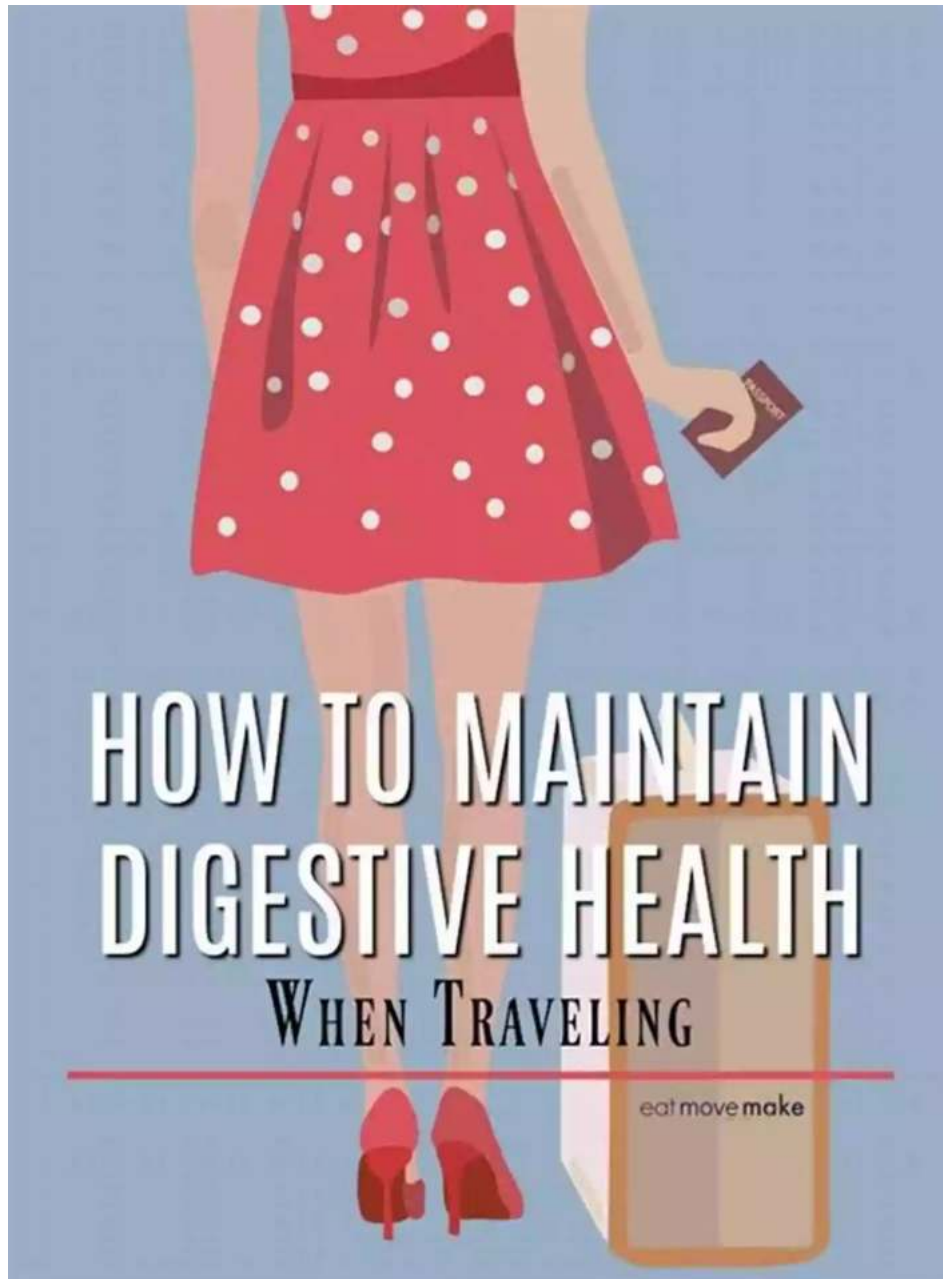
Start your day off by fueling up on a hearty plant-based breakfast. Choose whole grains and foods high in fiber to fill you up and give you energy.



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for Responsible Medicine PhysiciansCommittee.org

6. Manage Digestive Issues

Traveling to new destinations often exposes your stomach to unfamiliar cuisines and changes in water sources, which can lead to digestive issues. To manage these problems, carry over-the-counter medications for diarrhea or constipation. Additionally, consider consuming probiotics regularly to maintain a healthy gut flora.

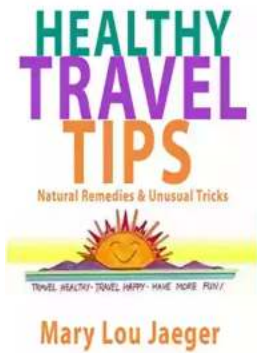


7. Reduce Stress

Traveling can be stressful, especially when dealing with delays or unfamiliar environments. Take breaks when needed, practice deep breathing exercises or meditation, and be open to new experiences. Remember to prioritize self-care and find activities that help you relax and unwind.



Traveling doesn't have to negatively impact your health. By following these natural remedies and unusual tricks, you can ensure a healthy and enjoyable journey. Stay hydrated, boost your immune system, combat jet lag, eat healthy and mindfully, stay active, manage digestive issues, and reduce stress. By implementing these tips, you'll be able to fully immerse yourself in your travels without compromising your well-being.



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A powerful collection of fun, inexpensive, non-medical, practical remedies designed for happy and healthy traveling! Within the pages of HEALTHY TRAVEL TIPS, you'll find effective ancient techniques and tried and true Grandma's favorites, mixed appropriately with some who-would-believe-it wonderful new and innovative answers, all designed to counter the most common tourist complaints. Whether on vacation or traveling through life: Travel healthy. Travel happy. Have more fun!

Highlights:

- Constipation – don't let it plug up your plans.
- Sleep deprivation - no more walking zombie syndrome.
- Travel related pain – feel better in seconds with only a touch.
- Obsessive worry – free your mind so you can have more fun.
- Headaches – more than 10 ways to drain the pain.



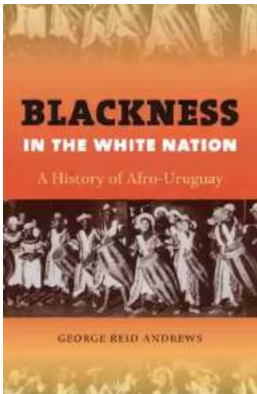
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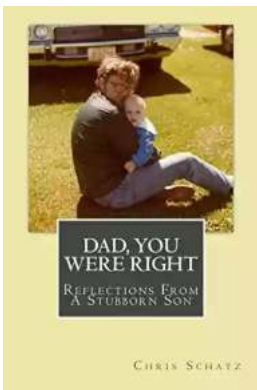
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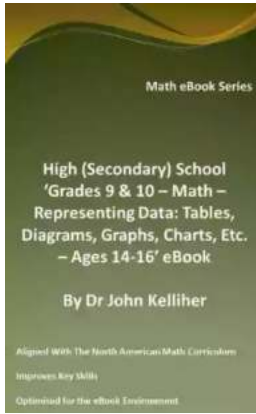
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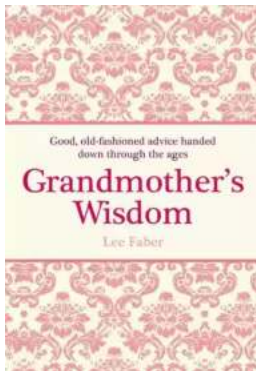
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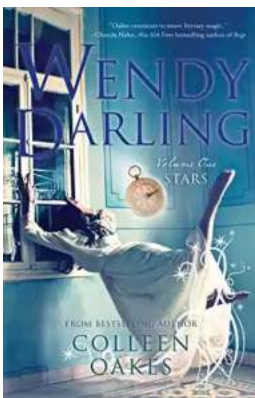
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