



# TRAVEL TIPS

## Keeping Healthy While On The Go

(NAPSA)—Whether hitting the ski slopes, vacationing in a warmer climate or spending quality time with family and friends over the holidays, for many, winter is a time for travel.

Unfortunately, traveling by plane, train or even in the comfort of your own automobile can weaken your immune system. The good news is that there are practical steps you can take to help keep yourself healthy.

- **Wash your hands**—To keep your immune system strong, frequent hand washing is a necessity, especially after traveling in high-traffic areas such as airplanes and public transit. Wash your hands vigorously with soap and warm water for 10-15 seconds and try to use liquid soap along with disposable paper towels to dry.

- **Relax**—Let's face it, on top of traveling, the holidays are a high-stress and fast-paced time. Find some time to relax and make sure to get a full night's rest. Sleep deprivation reduces the activity of essential immune system cells by 30 percent.

- **Skip the borrowed bedding**—Bring your own blanket and pillow with you. There's no telling how long it's been since that airline blanket and pillow have been replaced or washed.

- **Strengthen your immune system with supplements**—To help keep your immune system



**There are a number of steps travelers can take to help keep their immune system strong.**

working at peak performance, many people take nutritional supplements, such as vitamins and herbs.

For example, there's a product created by a schoolteacher to help boost her immune system.

Called Airborne, it contains 17 natural ingredients, including antioxidants, electrolytes, amino acids and herbal extracts. To make it even easier to take while traveling, it comes packaged in convenient, individually wrapped packets—Airborne On-the-Go. The powder can be poured into any size water bottle, is ideal for travel and can easily fit into a pocket, purse or briefcase.

For more information—and a free sample—visit the Web site at [www.airbornehealth.com](http://www.airbornehealth.com).