

# TRAVEL HEALTH UPDATE

## Stop Traveler's Tummy Before It Stops You

(NAPSA)—If you are planning to travel abroad this year, you're not alone. According to some estimates, nearly half of all American travelers to foreign countries will be struck with traveler's diarrhea (TD). This is a temporary but disruptive condition that results from the body's adjusting to unfamiliar organisms present in certain regions of the world, such as areas of Latin America, Africa, the Middle East and Asia.

While vacationing, many people take risks by indulging in local foods and drinking tap water. Often bacteria found in food and water may be foreign to your body, thus causing traveler's diarrhea. Typically, symptoms of TD can include at least twice the number of bowel movements, diarrhea, nausea, abdominal cramping, low appetite and/or bloating.

According to experts, TD is largely preventable and need not be a cause for vacation distress. To help prepare travelers, Roberta Lee, MD, an internist and specialist in botanical medicine at the Continuum Center for Health & Healing at Beth Israel Medical Center in New York, offers advice on preventing TD with some smart food safety tips, plus information on a dietary supplement that may prove to be an intrepid traveler's best friend.

Dr. Lee recently learned about a new dietary supplement that can help quickly control diarrhea and send travelers back to enjoying their vacations. The ingredient *Croton lechleri* is a natural botanical derived from the South American rainforest. This ingredient is now available in a new GNC supplement called Preventive Nutrition® Bowel Support™. In



**An important new weapon in the fight against traveler's diarrhea contains a natural ingredient from the rainforests that has been used for centuries.**

a recent study, all patients who received *Croton lechleri* improved dramatically within hours, and more than 90 percent experienced partial or complete improvement within 24 hours.

In addition to carrying along a supplement, all travelers heading to high-risk destinations should try to follow these important, common sense food safety tips to reduce the risk of getting TD:

- Do not drink tap water.
- Do not drink bottled water if the seal on the bottle has been broken.
- Do not use ice that has been made from tap water.
- Do not drink milk or eat dairy products that have not been pasteurized.
- Do not eat raw fruits or vegetables unless they can be peeled.
- Do not eat raw or rare meat or fish.
- Do not eat food from people who sell it on the street.