



AORTM
Advanced Orthomolecular Research

Travel Kit

Pre Travel

Focus on improving circulation, fortifying your immune function, and resetting sleep wake cycles. Start at least a month to 2 weeks before travel.

Know Before you Go

Understand risks: know what diseases are present in the region and know the climate you are traveling to. Health Canada offers travel advisories and outlines potential risks to travellers, be sure to look at these before you go. Know what immunizations will be needed, especially if traveling to high-risk areas. The Health Canada site offers guidance and a travel immunization clinic can assist you.

Sleep Support

Traveling can mean jet lag for some. Especially travelling across time zones east to west. There are things you can do to lessen the impact.

Upon arrival get as much natural light as possible if arriving in the daytime. If you arrive in the evening, then avoid stimulants and keep light exposure low.

Consider taking AOR Ortho Sleep about 1 hour before you plan to sleep.

Circulation

Get some compression socks for long haul flights and make sure you are doing simple leg exercises every 45 min to avoid varicose veins. Foods that promote good circulation include: fish, garlic and onions, blueberries, grapes and herbal remedies such as gotu kola, ginkgo and horse chestnut.

Respiratory Support

Airborne illness is very common in confined travel of airplanes, boats and trains. Add in the antioxidant NAC for respiratory support. Practice good disease prevention practices: cough and sneeze into sleeves, wash hands, clean surfaces, avoid sharing food, drinks and saliva.

Immune Support

Ensure you are getting adequate protein of 1.2g/0.8g per kg of body weight for males and females, respectively. Consider taking AOR Zinc-Copper Balance and AOR Vitamin C along with increased consumption of leafy green foods.

Proper sleep and staying well hydrated with fresh filtered water before you go will help fortify your immune system.

   @aorhealth

First Aid Kit for Travel

Specific support, fast acting and protective therapies

Digestive Enzymes

Help you break down starches, proteins and fats to avoid digestive discomfort that comes with new foods. AOR Zymes can help improve nutrient breakdown and help reduce gut inflammation.

Probiotics

A good quality shelf stable probiotic can help protect you against travelers' diarrhea. Examples of beneficial strains: *Bifidobacterium sp* and *Saccharomyces Boulardii*. AOR has two products to consider; Probiotic-3 and Saccharomyces Boulardii.

Antimicrobials

Prevent growth and infection of viruses, bacteria, yeast, and parasites. Also ensure to have mosquito and bug protection. Consider bringing a natural antimicrobial supplement such as garlic, berberine, oregano, black walnut or AOR Andrographis.

Topicals

Natural sunscreens including zinc oxide, muscle relaxants like magnesium, soothing balms like calendula and arnica creams for bruises and antimicrobial ointments are all necessary topicals to bring along on your travels.

Nausea relief

Nausea can be from foods, motion or infection. Ginger, rosemary and vitamin B6 are all excellent additions to help calm your stomach. Stretching and positional exercises, and acupressure can prevent motion related sickness. AOR P-5-P is an effective form of vitamin B6.

Hydration

Ensure adequate hydration with electrolytes to help with extreme heat and dehydration during travel. Consider AOR Magnesium Synergy powder to take along with you and mix with water at your destination. Avoid excess alcohol consumption which is dehydrating and may be hard to replenish.

Healthy Packing Checklist

Eye mask	Water bottle
Airplane foot sling	Water purifier for travel
Noise canceling headphones	Sunscreens
Probiotics	Antimicrobials
Digestive enzymes	Electrolytes
Nausea relief	B vitamins
Compression Socks	Mosquito spray

aor.ca