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Protect Yourself Before You Travel

Paula's cousin recently visited friends in Arizona, and after she flew home, she got a fever with all the trimmings of the flu. After last week's posts on boosting the immune system to deal with colds and allergies, there's a little more you need to know.

Spring break is right around the corner and if you're traveling, you need to prepare for it. It's especially true if you're going to foreign countries but any time you travel, you should do one more thing besides use the [1-2-3 immune boost](#) approach I gave you last week: take a probiotic supplement with prebiotics every day for a week before you go and every day you're there.



Your immune system starts in the gut; if your gut is healthy, your immune system will be stronger. **Probiotics** are the good microbes that help us digest food and do thousands of other things to help our overall health. **Prebiotics** are the fiber and sugar that feed these bacteria. Adding a probiotic to the 1-2-3 regimen, beginning a week before you travel, will help when you eat foods you don't normally eat and are exposed to viruses and bacteria that are not in your everyday environment.

After all, the idea is to relax and renew, not be forced to the sidelines.

What are you prepared to do today?

Dr. Chet

WGUV FM 88.5/95.3 **npr** ***Straight Talk on Health***

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