



Travel Tips For The Health Conscious and Chemically-Sensitive

Message from Milly

Greetings to all,

Summertime is in full swing and in all its glory.

If that means travel plans for you and your family, this newsletter has some excellent tips.

My recent sailing trip to Bora Bora reminded me of the rich array of blessings travel offers, from connecting with loved ones to opening one's mind and heart to different cultures, people, and places.

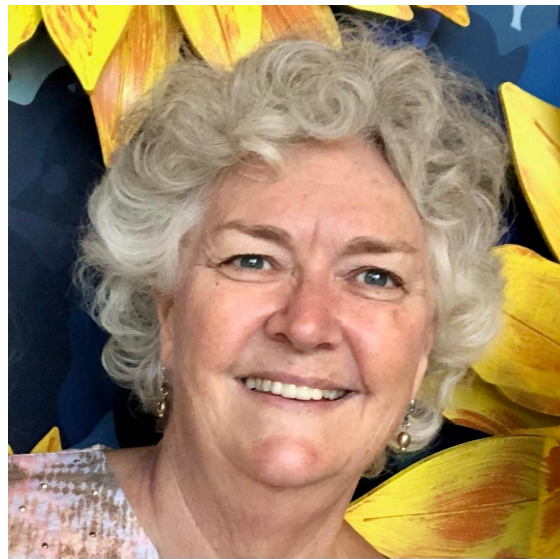
I find there is no better way to disconnect, reset, and gain helpful perspective than through travel.

However, it can also come with its share of headaches, especially for the health-conscious or those with chemical, food, or EMF sensitivities or concerns.

In this newsletter, we'll look at how to stay healthy while traveling from a holistic health perspective (beyond hand sanitizer and first aid kits).

Including tips on:

- Avoiding preventable chemical and excess EMF exposure, within reason
- Stocking up on travel-friendly



supplements + how to pack them

- Optimizing nutrition, hydration, and air quality while on the road, in the sky, etc.

Finally, as you read through this information, remember, the point of traveling is to enjoy yourself!

So don't get hung up on doing everything perfectly.

The mere fact you're taking time off to relax, destress, and enjoy yourself will counteract many of the potentially harmful aspects of travel.

In other words, do your best and have FUN!

Wishing you a safe, healthy, and adventurous summer and a happy Fourth of July!

-Milly



Be Mindful Of (but not crazy about) Preventable Chemical & EMF Exposure on the Road

I don't know about you, but the idea of EMF (electromagnetic field) radiation exposure while traveling never crossed my mind until those body scanners came out after 9/11.

Now, there is also evidence that air travel packs a hefty EMF punch from cosmic radiation[1]; and with Wi-Fi everywhere these days, it is something to keep in mind

The good news is, that although we cannot avoid all EMF radiation while traveling (or any other time), we can take steps to reduce exposure, including:

1. Opting out of body scans at the airport.

This is perfectly legal and within

your rights. All you have to do is tell them "opt-out", and they'll have a same-sex TSA agent do a pat-down right there or in a private room if you prefer.

Sure, the pat down is a little annoying, but it's much better than subjecting yourself (or your children!) to unnecessary radiation from airport scanners.

2. Turn off Wi-Fi in your hotel room, Airbnb, etc.

Most hotel rooms have WiFi coming from phones next to the bed, Smart Televisions, Alexa-type devices, etc.

My best advice is to use them when you need them and unplug and disconnect them when you don't.

Simply unplug the devices to reduce your exposure, especially at night.

3. Download podcasts, audiobooks, movies, music, etc., and use airplane mode

Did you know you can enjoy EMF-free or very low-EMF entertainment on devices?

Download your entertainment of choice (vs. streaming), switch your phone to airplane mode, and play.

I also recommend disabling BlueTooth in favor of plugging in your phone.

Want more tips like this?

I've recently become a fan of [Tech Wellness](#) for advice on all things EMF-safety, the latest research on why and how EMF radiation is harmful, and helpful tools.

Check out their information at: techwellness.com.

Tips for Reducing Chemical

Exposure On The Road

Traveling can expose us to various chemicals we wouldn't normally encounter at home.

Although we cannot avoid all chemicals, there are steps you can take to reduce exposure, including:

- Pack your own food.
- Pack your own non-toxic personal care products, including hand soap, wipes, sunscreen, bug spray, and hand sanitizer
- Look for eco-friendly rentals that do not use chemical cleaning products
- Open windows at your destination! This can make a world of difference to indoor air quality.
- Look for fragrance-free rentals or request hosts do not use air fresheners, scented detergent, etc.
- Bring your own sheets, sleep sack/pod, and/or pillowcase.
- Take off your shoes at your destination to eliminate the risk of tracking in all kinds of chemicals and pesticides from airports, planes, trains, sidewalks, parks, etc.
- Avoid plastic water bottles where ever possible or reasonable,".
- Choose organic foods and/or avoiding foods from [the Dirty Dozen list](#).

Few of us think to request things like "no chemical cleaners", "please don't spray pesticides before our arrival," or "no fragranced products" at vacation rentals.

However, hosts are often happy to accommodate (after all, fragrance is one of the world's top allergens), and/or you can search and research eco-friendly rentals to avoid any back-and-forth.

These often don't cost much more and will help ensure a healthier stay.

You generally have less leeway with hotels and resorts.

However, unless you're very chemically sensitive, you can work around that by bringing your own sleep sack, opening windows, taking off shoes, etc.

Choose what works for you and your family, and enjoy your trip!

References:

1:<https://www.independent.co.uk/news/health/cabin-crew-cancer-risk-flight-attendant-radiation-exposure-sleep-cycle-obesity-smoking-a8416166.html>

2:

<https://www.fda.gov/cosmetics/cosmetic-ingredients/allergens-cosmetics>

Stock Up on Travel-Friendly Supplements

Unless you're following a specific protocol for a pressing health concern, or are traveling overseas for an extended period of time, there is no need to travel with a suitcase full of supplements.

However, there are some supplements I do not leave home without, including:

- **Activated charcoal or bentonite clay**, in case you eat something that doesn't agree with you
- **An immune-support supplement**, such as XenoForce (this is a great choice because it's not a liquid), Core Olive Leaf Extract, Cat's Claw, or Core Berberine Blend.
- **Arnica pellets & PhytoGel:** For bumps and bruises---Phyto Gel is also awesome for sunburns.



- **Digestive Enzymes**, like Catalyst-7 or Catalyst-U to help with eating out or other indulgences.
- **Melatonin**, to help with resetting the sleep cycle.
- **Probiotics**, for digestive support
- **ReHydration**, supports hydration levels during travel.

You don't necessarily need *all* of these for every trip.

However, I would highly recommend at least an immune-support supplement and probiotics.

Additional tip: If you suspect you'll consume more alcohol than usual, a liver-support supplement such as Core Milk Thistle or Core Dandi Blend is another good take-along.

Adding lemon to your water is another excellent way to support your liver and hydration levels.

How To Pack Supplements For Air Travel

Remember, all liquids must be in 1-ounce bottles for air travel.

Therefore, you may wish to purchase some re-fillable 1-ounce glass amber dropper bottles for your trip OR choose supplements that come in 1-oz bottles.

A pill box is excellent choice for capsules. Just make sure you clearly label which supplements are in each compartment.

Homeopathic pellets can be taken as-is.

Note: Some people worry about EMF radiation hitting their supplements or homeopathics.

If this sounds like you, you can try and opt to remove them from your bag (pack them in a large ziplock) and take them through the metal detector, although this may or may not work depending on the TSA agents.

If you're only packing a few items, you

may be able to put them in your pant pockets.

However, given our supplements are typically exposed to many forms of EMFs during shipments, while sitting in warehouses, next to our computers, etc. I wouldn't worry too much about the suitcase scanners.

Purchasing supplements while traveling

Most places have a natural foods or health food store where you can purchase herbs, vitamins, or homeopathics.

My best advice is to research some brands ahead of time so you know you're getting a high-quality product.

You can also ship supplements to your destination.

However, if you're traveling outside the country, this may pose challenges.

Some countries, including Canada, do not allow all of the same supplements we have the freedom to buy in the United States.

So always check on local laws before you ship!

Note: Many of the brands we carry at QHC are professional-only brands you cannot buy in stores.

However, we can ship or drop ship for you. [Email Holly for details.](#)

Think Ahead About Food, Drink, and Air

Sampling new foods and cuisines is one of the great pleasures of traveling.

However, it's easy to over-indulge, especially if you plan on eating out a lot.

Plus, if you have food sensitivities or



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are easily triggered by certain foods or ingredients you'll need to think ahead.

Here are some tips to help:

1. Consider booking an Airbnb or vacation rental vs. a hotel to give you access to a kitchen

Even just making your own breakfast can help you avoid copious amounts of sugar, gluten, dairy, unhealthy fats, highly caffeinated coffee drinks, additives, excitotoxins, etc.

Plus many vacation rentals have water filters, an added bonus.

2. Set on a hotel? Make sure it has a fridge

You will be less likely to overeat if you can store some healthy foods and bring leftovers back to your room.

3. Consider a portable water filter if traveling domestically

There are dozens of small, portable water filters you can bring along to provide yourself with clean water and avoid the perils of plastic water bottles.

I know some families keep a small gravity-fed water filter, like a Berkey, for road trips, RV travel, etc.

If you must buy water, try to get spring water in glass bottles (of course, plastic is OK for the plane--- better hydrated than not!).

If it's one or the other, I'd take whatever is available in glass to avoid the plastic chemicals.

4. Scout out restaurants, grocery stores, food trucks, and farmer's markets ahead of time

This can save a lot of time and stress for those interested in eating out but eating healthy.

Local farmer's markets can be a great option for specialty foods like gluten-

free baked goods, pastured dairy, healthy breakfasts, etc.

5. Worried about air quality?

Consider a portable air filter

It's true, you can now find HEPA air filtration units designed for travel.

This can be very helpful for anyone with allergies, chemical sensitivities, or if you'll be staying somewhere with air quality alerts.

Look for a HEPA system without smart features or ozone, and make sure it's quiet and the right size for your needs.

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