

Health Choices

WELLBEING SOLUTIONS
For your body and mind

Holiday Tummy

The Conventional Way

Avoid ice cubes Traveller's diarrhoea affects four in 10 Brits abroad and is usually caused by exposure to unfamiliar germs, particularly in drinking water. 'Adopt a no-ice policy unless you make your own cubes with bottled water,' advises travel-health expert Dr Jane Wilson-Howarth (wilson-howarth.com). 'It's the most common cause of traveller's diarrhoea because freezing doesn't kill most bugs, it simply preserves them and extends their life.'



Take action Drink plenty of bottled water to avoid dehydration and, for short-term relief, take antidiarrhoeal medication such as Imodium Liquicaps. These contain loperamide

and work by slowing the bowel, stopping diarrhoea within an hour. If symptoms are severe, take an electrolyte solution, such as Dioralyte. If symptoms persist, seek medical help, as antibiotics may be required.

Recover gently Avoid caffeine and alcohol, which can irritate the gut, and stick to bland foods which are easy to digest, such as bananas, rice and toast. Avoid fatty, spicy or heavy foods.



The Complementary Way

Be prepared Start taking Bimuno Travelaid pastilles (£9.99, Boots) a week before travelling and continue while away. A clinical study revealed that it reduced the risk of contracting traveller's diarrhoea by 34%. It works by feeding the gut's good bacteria and getting rid of the bad.

Pack a gel Silicolgel (£8.29, Holland & Barrett) creates a protective lining in the stomach and intestine which binds with toxins, irritants and pathogens, rendering them harmless. One tablespoon, three times a day, has been shown to normalise the function of the bowel.



Grate an unpeeled apple and leave to turn brown then eat, suggests Dr Rob Hicks, author of *Old-fashioned Remedies From Arsenic To Gin*.

'Pectin in apples firms the stool. Apples also contain malic and tartaric acids, which regulate stomach acidity, but they're better released when the fruit is brown.'

Try ginger Renowned for its stomach-settling properties, ginger has long been used as a remedy for digestive problems ranging from nausea to wind. It works by neutralising acids and boosting digestive fluids. Try crystallised ginger (£3.75 for 400g) or ginger root capsules (£8.39 for 100) from Holland & Barrett.

How The Experts Keep Healthy



Charlene Hutsebaut,
personal trainer and
fitness expert for
Vavista.com

**What's in your
medicine cabinet?**
Epsom salts for

evening baths. They allow for absorption of sulphur and magnesium to help tired muscles recover from workouts and active days, and they also calm the body to prepare you for a good night's sleep.

What's good in your fridge?

Loads of fresh vegetables, some berries and a bottle of good-quality omega-3 oil capsules.

What's your favourite form of exercise or relaxation?

I love walking – it keeps my heart healthy, my legs toned and it gives me some 'quiet time'. Weight training keeps me strong and I also do Pilates to keep my back healthy and my abs flat.

What's a special treat?

An amazing tiramisu dessert from our local Italian restaurant, Rustico, in Stockwell, South London.

Any childhood remedies you still use?

My mother used to give me a can of Canada Dry Ginger Ale when I had an upset tummy. I don't want the sugar nowadays, so I have a cup of hot water and fresh ginger instead.

Not As Good As It Seems

Eating lots of fruit

Although fruit contains many nutrients and vitamins, it also contains natural sugars, says fitness expert Scott Laidler (scottlaidler.com). 'Stick to high-water-content fruits, like apples and melon, and up your veg intake instead,' he advises. 'Vegetables contain a more diverse source of minerals and vitamins and typically have lower GIs (to keep blood glucose levels steady).' If you're aiming for the new seven-a-day target, make the ration five portions of veg, two fruit.'

