



## Staying Healthy on the Road

Traveling seems to knock everyone out of sync. Disruptive sleep patterns, changing time zones, unhealthy food or new foods (especially lack of fiber), dehydration and stress often contribute to travelers' digestive discomfort.

### Making smart eating choices when you're away

- In a restaurant, ask the waiter questions about the menu to help you make smart food choices. Before leaving call ahead to the restaurant to see what the chef can do to make your meal gut-friendly.
- For a long stay, find a local store to stock up on some favorite foods.
- When traveling to a non-English speaking country, search the internet in order to translate a list of your food preferences and intolerances prior to your departure.

### Keep exercise in your day even if your routine changes

- Pick a hotel that caters to your well being. Today, many have gyms, saunas and/or pools.
- Bring a DVD with Yoga, Pilates or stretching exercises such as T'ai Chi to use in your room.
- It's not stress itself, but how you handle it. Find ways to unwind that work for you like visualization or quiet time for yourself.

### Create your own good gut travel kit

This will pass any security checkpoint – it's a handy collection of natural remedies for an on-the-go lifestyle. This "nutritious prescription" tackles common digestive health problems. You can take it on the plane, in your gym bag or car. It includes:

- **Sunsweet® Ones™**: Helps maintain digestive health and regulates the digestive system; provides important vitamins and minerals, including potassium, magnesium and fiber.
- **Chamomile Tea**: Settles the stomach and reduces cramps.
- **Raspberry Leaf Tea**: Helps with diarrhea.
- **Crystallized Ginger or Ginger Capsules**: Helps control nausea.
- **Ground Flax Seeds**: Can help with regularity.



#### ONLINE RESOURCES FOR A HEALTHY LIFESTYLE

[www.sunsweet.com](http://www.sunsweet.com)  
[www.webmd.com](http://www.webmd.com)  
[www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus)  
[www.eatright.org](http://www.eatright.org)  
[www.choosemyplate.gov](http://www.choosemyplate.gov)

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