

the VOICE



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Connection is a huge part of our business. We want to connect with our clients; potential clients; like-minded nutritionists; and of course, fellow professionals of all sorts.

We recently added an Alternative Modality Directory to assist Members with finding interesting referral opportunities. If you refer, not only are you providing your client with expansive support, you are forging a relationship which may in turn, get you referred as well.

In many instances, particularly family and friends, individuals want to connect with a practitioner that they are less familiar with thus opening a whole new stream of potential business.

All referrals are important since they build trust. They save the client time and effort. They strengthen relationships, building goodwill on both sides. They create on-going opportunity.

When considering a referral, make sure that it is a good fit. This may mean doing a little leg work on your part. While CANNP has taken care of ensuring that the directory holds only professionals who have qualified as Members and all that entails, we have not researched them as they relate to their alternative modality.

Regardless, when you refer someone, with permission, you can do so using an email.

1. Introduce both parties
2. Explain the connection, "I discussed with X the benefits of Red Light Therapy for her X complaint and thought you might be able to assist her with that."

3. Highlight why this particular connection makes sense. "X has X years of experience within this modality and is supportive of what we are attempting to achieve nutritionally."

Then let the connection take place.

Be sure to personalize any message you are sending. All referrals or connections are a reflection of you. So be personable by mentioning their specialty and company if possible, as well as a shared interest.

The Alternative Modality Directory is also an avenue for you to connect with others who simply share interests. "I see we are both Members of the CANNP and work in similar areas. I would love to get together to learn more about your work/how you work." You won't get the same attention if you only reach out during times when you need something.

People will remember those who led them to succeed. It is helpful to think about building the relationship first and building opportunities second.

Free Database Access

The founders of Efficasafe have heard our crys for a similar, more direct and efficient access to the data we require.



They have rehailed the system such that within a few clicks you will find not only the drug interactions you are searching for but also the deficiencies these medications could be causing.

All the data is backed up by research studies — studies that may not be so readily available to you.

If you want to learn more about how to use the database, take some time to review our dedicated Power Hour.

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Updated Benefits

1. Alternative Modality Directory.

We have this available on the site right now in the Members Only area, under Business Tools. Our plan is to continue to accept the modalities which our Members partake in and to build this directory. We hope that it serves well as a point of connection and also of referrals.

If you would like to send us information on your alternate modality (not Holistic Nutrition) please complete the form on the right side of your weekly eblast.

2. Get a Buddy.

The Buddy System is based on the idea of pairing Members with others of about the same level of expertise and perhaps in the same province with whom you can share ideas and protocols. This is exactly how Wendy and Beth connected. Supply us with your name and contact information, years in practice and province and we will attempt to connect you with someone. (the assumption will be made that the information you provide can be shared.)

3. Interaction Database.

You need to check this out. It is so powerful and totally holistic in its approach. And it is FREE to professional members! We are so excited about this opportunity. So many Members have clients who are on medications — this is the information that you require. Here is what Member M. Smith said, “Thank you sooooo much for the database access. This is such a valuable tool for us ... I can’t thank you enough.”

4. Functional Lab Testing.

This helps nutritionists order the labs that clients may benefit most from including GI MAPS, DUTCH, Neurological health, Thyroid, Sex Hormones and more. Log into the Members only, Members and look under Research Tools for access.

5. Cookbook

Till March 31 we will be collecting favourite recipes. We plan to put them into a format for you to share — either for free or to make a little extra money.

Power Hours

Our very popular Power Hour series is just like one continuous conference. It provides a learning opportunity, and counts as continuing education, but is also a way for you to ask pertinent questions and just to connect with other Members. It is mostly informal with time for questions and always worthwhile.

In January we welcomed Marla Samuel back — she is an incredible wealth of information. She spoke on the extensive topic of Probiotics. Who knew there were so many kinds for so many purposes? It was highly informative as always.

In February the Efficasafe folks walked us through all the most recent changes to the database which CANNP is offering FREE to Members. They have reformat- ted the database to better meet the needs of our Members. The key high- lights are: 1. Faster decisions because key insights are now easier to get to with less scrolling; 2. Safety first with immedi- ate clarity on critical interactions to avoid vs those to monitor; 3. Actionable gains with clear identification of nutrient depletions — all backed by evidence.

Also in February we invited all Members to learn about Aromatherapy with a clear focus on the relevance to a nutritional practice.

Rita Savoia spoke to us about the importance of breath in an interactive Breathworks session. We practiced some specific breaths for anxiety relief as well as others. It became very clear how incorporating this into a consultation might be a game changer.

Upcoming Webinars

April 14, 11 am - Our own mentor and CANNP team member Eiman, will share some of her extensive technical knowledge with a special focus on “square” and how you can use it to enhance your business.

May 5, 11 am - Marla Samuel is visiting again with her take on functional lab testing

June 9, noon - Rachel Caven will discuss how to become the go-to nutritionist.

August 18, 11 am - We will explore how to make your offering better by taking advantage of what CANNP offers.

September 10, noon - Judith Cobb will share some of her extensive knowledge on Iridology.

October 22, 11:30 am - Join Shawn Persuad in discovering the value of Body Talk for your practice.

November 19, noon - Dr. Cobi Slater will share a discussion on hormones.

Save those dates!

Ready, Set, Chat

Our Whats App group is going strong. We welcome all Members to join in. Lots of questions get asked and answered — so far — nothing is off lim- its. Let’s face it, we all have questions.

Log into the cannp.ca site and go to Members and find Ready Set Chat. From there you can link to the group.

This is a great way to connect and get to know one another.

We love seeing so many chattering. Please join in! See you there soon!

Please Note

CANNP is pleased to bring you many discounts and opportunities; we encourage you to use your best judgement and discrimination when choosing to participate. We do not endorse programs; we simply make them available to you as a benefit of membership. We appreciate the generosity of all our supporters.

The content of this newsletter is for the purpose of sharing information only. Readers are encouraged to investigate all ideas, products and/or services before committing to them. CANNP will not be held responsible for any adverse consequences resulting from the use of any information in this newsletter.

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Challenge and Accountability

There is still a little bit of time to get in on the Next Challenge and Accountability, April and May.

For the 2-month period, Members meet to tackle business tasks that you should be pursuing to either start your business on the right track or refresh your existing practice. But that's not all – you will be accountable to complete them! You will be paired with a partner for support and we all meet as a group every two weeks to hone the results. For details about how it works, log into the Members only area and under Members go to Business Tools.

The Challenge and Accountability initiative is one way to be effectively mentored and gain real insight into how to make your business soar.

Please take advantage of this and all that the CANNP has to offer. If you are serious about partaking, email info@cannp.ca and let us know before March 27.

Amazingly Helpful Free Stuff

Who doesn't want something for free, especially if it's super useful!

If you are a Member in good standing and you have not attended a free Power Hour or requested a free giveaway or taken part in the Challenge and Accountability or any of the other great offers and benefits from CANNP — you are definitely missing out. Those who are part of these initiatives tend to be those who are most successful.

A quality product that you can share with your client does more than give them valuable information — it keeps your name around when you can't be. It makes a great marketing tool to remind them of you when they are not in immediate need of your services.

January we shared a very insightful article about the state of regulation in Canada. This one was for practitioners but provided facts which could be shared with clients who are seeking coverage.

February we offered a piece for clients again, "Pick a Peck." It was all about how to pick the best produce and what to look for.

March we reprinted a Voice article about AI — where it stands and what it might mean to your business in the near future.

If there is something in particular you would like us to produce and share, please let us know.

Free Tickets

We offered free tickets to the Vancouver Wellness Show Tradeshow. All you had to do was ask.

We were so pleased to offer these tickets — there has been a long hiatus since COVID. We are hoping that the health trade industry is waking up and that they will include us in any future plans so we can pass those along to you.

We were also able to give away tickets to the nutrition conference. We were given just a few for the in-person event and a few for the recordings. We opened it up to the Membership and it was first come, first serve.

Congratulations to all those who were fast enough!

Quotable

About 80% of the food on shelves in supermarkets today didn't exist 100 years ago.

Brian Wansink

Mindless Eating: Why We Eat More Than We Think

1,000 Reasons Why

With everything else going on we wanted you to know that we are still collecting reasons to share with the insurers and government when the time is right.

Please remember that these are reasons that YOUR CLIENT is seeking your services. There is a list of reasons for you to help assist your client in the For Your Use section.

If we all were to ask just 2 or 3 of our clients to partake we would far exceed the desired number.

Other Fabulous Benefits

Remember to take the time to check out the Interaction Database. It will make you much more thorough and therefore more professional.

Also, Trueview is the symptomology tool you need to be using especially now that we have the optional add-on of the Vagal Tone Trueview. Using these tools will help you pinpoint your starting position with any client. You still need to apply your knowledge and client info, but it can be very helpful in providing direction.

Daily Habits that May Help You Become More Successful

According to several sources, there are some consistent rituals that successful people do daily. Perhaps these contribute to the ability to be productive, focused and healthy.

1. Rise early

Apparently rising before the others in your home for example, presents fewer distractions, providing more quiet time to efficiently plan your day. Decide early what your day will be like; develop a positive mantra to embrace at the start of your day.

2. Plan the day

A clear to-do list will help you keep focused and organized. Create your agenda — that list of what you hope to accomplish in the day. Set your priorities for the day and do this before you even open your email, which could derail a well thought out plan. Remember to do the most important tasks first — get them done. That way you know you have accomplished some important items by the end of the day. Think about which accomplishments will advance your business today. Set clear goals for the day, even if that means dividing larger tasks into more manageable bites. Avoid unnecessary meetings and build in alone time to complete “deep work.” Remember too many meetings interfere with your time to do the real work.

3. Rehearse

As you are preparing for your day, run through certain situations which you expect to face. This will give you an idea of how to perform in advance which also gives you the opportunity to amend before the real event.

4. Plan focussed work or deep work

This is the time for uninterrupted thinking. It is the time to turn off all notifications and avoid multi-tasking. Take the time to focus on one larger or important task that requires your undivided attention.

5. Maintain a Calendar

Track everything because as you get busier you are more liable to forget one thing or

another, which can prove to be less than professional. You can colour code categories between personal, work and consultations remembering that while you are busy in your business (consultations) you also want to be working on your business (marketing, publicity, building relationships.)

It may be helpful to time-block your calendar, assigning specific hours to particular tasks and then play the mind game that nothing will interfere with the tasks as laid out. This is how you can work in exercise or meditation and make it a daily priority.

6. Procrastination

Procrastination is your enemy and should be avoided — remove it as an option. This requires a personal commitment on your part — under all circumstances. Get the task done and move onto the next. Put your focus into the action.

It will help to dive right in once you reach your office — how you start your day is important. That approach will carry into every other part of your day. You always want to be ahead and never behind.

7. Learn to say no

Saying no, especially when you are just building your business is tough. But sometimes, it is necessary in order for you to stay on track. As you become sure of where you are and where you want to go, this will become easier. Evaluate how saying no will contribute to your long-term goals.

8. Avoid multi-tasking

Like procrastination, multi-tasking gets in the way of efficient productivity. Focussing on one task at a time will ultimately lead to a better product and less stress getting there. You will have one job done well as opposed to two or more that are not that terrific. Develop some reasonable rules around this premise.

9. Allocate mundane time

Be sure to allocate and build in time for reading and answering emails or phone calls — and stick to it. Batch these tasks together, tackling them once or twice

throughout the day. The same can be done for administrative work.

10. Buffer time

Consider building in some excess time between meetings. This may only be 10 or 15 minutes but it provides you with a moment to reset emotionally; to finalize any notes you require; and to prepare for the next meeting. It also will help you avoid engaging in personal interruptions.

11. End of day

Just take a few minutes to think about the next day. Prepare a rough task list — determine what time you need to start.

Take a moment to review the tasks you accomplished during the day and move what still needs to be tackled to a new to-do list. Be mindful of adjusting or deleting tasks that might be redundant or you determine to be unnecessary altogether.

12. Prepare surroundings

File documents that need to be stored and tidy your surroundings. It will help you feel less chaotic in the morning. Keeping your workspace void of unnecessary clutter will help your mind stay clear as well. And an uncluttered mind can work more effectively. Everything should have a home that makes sense to you.

13. Close work day

When you close your work day, determine what you plan to wear the following morning and gather those clothes to save you the effort in the morning. Your day now has a clear start and direction.

14. Pad and pencil

It may sound old fashioned, but sometimes we develop our best insights or our best results as we relax for the night. Consider having a pad of paper and a pencil by your bedside so you can jot thoughts down as they come to you, preventing you from having to try to remember them till morning.

To summarize, it seems to become more successful depends on planning, prioritizing and protecting your time.

Paul Fink, BA, MBA, CPA (former), is a graduate from the University of Michigan and worked as a CPA at Peat, Marwick, Mitchell (now KPMG) in Detroit, Michigan, before moving to Toronto and becoming a leader in Commercial Real Estate Brokerage.

Paul shares his extensive experience in business and his expertise in financial matters with the CANNP board.

Think Outside the Box

To become successful requires more than a polished website, credentials and a shiny business card. While the more traditional tools work well, if you want to grab attention and leap ahead, you need to think a little differently.

We are often caught in a routine — inertia has taken hold. This is the perfect time to get creative; to put in a little effort to be innovative; to get the juices flowing; to break the paradigm.

Here are a few ideas that are simple to implement and will help you stand out from the crowd:

1. Identify a pool of like-minded alternative modality professionals who will allow you to feature an informative piece in their waiting rooms. Produce small but legible cards with 1 minute nutrition tips that can be displayed and then taken away. Have a variety of them each sharing something of value, displaying your name, contact information and web site.
2. To further think outside the box, explore where else you might wish to display these cards. A local hair salon for example or organic coffee shop. Be sure to go to where your ideal client may frequent.
3. How about suggesting to that same group of practitioners, that you all meet for a coffee chat. Exchange information and start making those all important referral connections.
4. Partner with a local restaurant and offer your services to recommend particular offerings as nutritionally sound. Present this as a win-win opportunity. You provide them with a service and approval designation for certain dishes and they allow you to promote your business either by way of a poster in the restaurant or a card on each table.
5. You can do something as simple as changing your client meeting location. If it is a beautiful day, instead of your basement office, meet on the patio with a pitcher of iced tea.
6. If you are working on connecting with allopathic medical professionals, consider dropping by their office with something relevant. By this I don't mean a poster or business card — something that will leave an impression. Perhaps gather a collection of herbal teas in a basket with an introduction letter or a collection of quick lunch recipe cards. The staff will appreciate this gesture and be more inclined to recommend your services.
7. Consider an event but not just for your clients. In order to attend, your clients are asked to bring a friend. Present something that would be relevant to all attending. How about the 10 things you can do right now to improve your digestion? Make the gathering low key, casual and without pressure. Building connections is what it is all about.
8. What about approaching your local book club and conducting a chat about brain health, highlighting the practices to maintain an engaged brain and the impact of nutrition.
9. Use the thinking outside the box principle for your regular business building ventures as well. When referring, always send a thank you but perhaps send something a bit unusual and memorable. Keep your eyes peeled for deals that will fit the bill. Journals, pill boxes, tea sets, stationary are all good ideas.
10. When following up — a must do — take the opportunity to stand out. Maybe a relevant recipe card or a short video of encouragement.

Marketing doesn't always have to be the loudest. It is much better if it is memorable.

For more hints on how to become top of your business game and to connect with others who are experiencing what you are, please consider attending the next Challenge and Accountability initiative. Request to be put on the wait list by writing to info@cannp.ca.

Here is what Celine/The Health Detective had to say, “*The Challenge and Accountability program was a turning point for me — it's actually what pushed me to refine my offering and rebuild my brand. So, thank you for that.*”

Recent studies have shown that honeybee venom, particularly a compound called melittin, can effectively kill aggressive breast cancer cells, including those in hard-to-treat types like triple-negative breast cancer. “The venom was extremely potent,” says Dr. Ciara Duffy, who led the research. “We found that melittin can completely destroy cancer cell membranes within 60 minutes.” The study also showed that venom from bumblebees, which contains no melittin, did not kill the cancer cells — even at high concentrations. Remarkably, the toxin left healthy cells unharmed. However, while these findings are promising, further research is needed to determine if this can be developed into a safe and effective treatment for humans.

<https://www.nature.com/articles/s41698-020-00129-0>

A study published in *Nature Medicine* found that a minimally processed diet led to greater weight loss and better health outcomes compared to an ultra-processed diet, even when both diets followed healthy eating guidelines. Participants lost about twice as much weight on the minimally processed diet, suggesting it may be more effective for maintaining a healthy weight long-term. The 8-week MPF and UPF diets met UK dietary guidance. These findings highlight the importance of food processing in public health policy and dietary guidance in addition to existing recommendations. The minimally processed diet resulted in better health outcomes in addition to weight loss.

<https://www.nature.com/articles/s41591-025-03842-0>

The optimal eating window for time-restricted eating (TRE) remains unclear, particularly its impact on visceral adipose tissue (VAT), associated with cardiometabolic morbidity and mortality. Researchers used three TRE schedules with 197 overweight or obese participants over 12 weeks. The findings suggest that adding TRE, irrespective of eating window timing, offers no additional benefit over a Mediterranean diet alone in reducing VAT. TRE appears to be a safe, well-tolerated and feasible dietary approach for adults with overweight or obesity

<https://www.nature.com/articles/s41591-024-03375-y>

Findings of a study by researchers from the Harvard T.H. Chan School of Public Health in Boston, Massachusetts, were published in the *Circulation Journal* of the American Heart Association. Researchers followed participants from two large, long-term cohort studies, each conducted over 30 years. Dietary habits and mortality cases from the studies were analysed. Researchers found that eating fruits and vegetables is inversely associated with mortality. Higher fruit and vegetable intakes was linked to lower mortality. They determined that eating 5 servings of fruits and vegetables per day (2 fruit servings and 3 vegetable servings) resulted in the lowest mortality rates. Eating more than 5 servings per day did not seem to offer additional health benefits. Eating starchy vegetables, as well as drinking fruit juices, had no beneficial effects on mortality rates.

<https://www.acc.org/latest-in-cardiology/journal-scans/2021/03/09/16/15/fruit-and-vegetable-intake>

*CANNP takes no responsibility for any outcomes that present from using any of the information on this page and encourages all readers to investigate further to ensure their best experience.

www. Wild, Wacky, Wonderful

yuka.io/en/

These days we tend to lump websites and apps together just like we do here. If you download the app, grocery shopping becomes so much fun. If for example, you have 3 similar items to compare, you can scan the code of each and Yuka will score the product out of 100.

Then you can explore the pros and cons of why it got that score. You can read the label to delve further but this is really wonderful or wacky!*

tasteatlas.com

Explore foods by regions of the world. Let's say you are planning to travel and partake in local cuisine. This is where to learn about which foods the country is known for and it even includes a list of the best restaurants in the region. You can get a list of the best food and drink products, and even local food events.

Be sure to download this one for your trip!*

ratemyplateapp.com

Have you ever visited a restaurant a second or third time and forget what you had there but you know that you really enjoyed it?

This app is one that allows you to keep track of restaurants you eat in and what you eat. Once you record the restaurant and your meal choice, you can rate the experience and add comments for next time.

This would be particularly handy should you have guests or when you are seeking an enjoyable meal out.*

*Be sure to do your own due diligence when you are downloading from the internet as some seem free but may not be and others issues could possibly occur.

Let's Connect Survey

Thanks to all of our proud Members who took the time to respond to our quick survey.

Conducting these little questionnaires is particularly helpful to us so that we can continue to offer the Membership what is most desired. Over the years we have learned a great deal and acted upon a number of suggestions.

The results this year were as follows:

1. The majority that answered, almost 40% have been with us for 5 or more years. The rest were relatively new to the association.

2. The most popular initiatives taken advantage of over last year were no surprise. Let's face it — everyone loves something for free! More than half of the respondents take advantage of the new interaction database which is great news. The more that take advantage, the more likely we can continue to bring it to you for free. (Check out Efficasafe through Members Only.)

Free Power Hours and monthly giveaways were also quite popular. (Watch your eblasts in order to save your spot.)

The majority by far, read *The Voice*. We love to know that because a great deal of work and effort goes into producing this informative publication.

3. When we asked which initiatives you would like to see us include, a great number we already do. We offer a GoodLife gym discount. We have marketing materials to share and every week we post upgrading opportunities. So, we are hitting the mark on those fronts.

One individual suggested a modality directory and we have acted upon that already. (See the directory under Business Tools and complete the form to the right of the eblast.)

4. The benefits which you seem to find of most value are a behind the scene team to cheer you on — we love that we do that for you!

Another is a way to connect with other Members through Power Hours and the

Ready, Set, Chat group for example. (Whatsapp group can be found in the Members Only area.)

And the new database was also named.

5. The initiatives that were rated highest in encouraging Members to stay with CANNP included the credibility which we bring to our Members and the motivation particularly to those who take advantage of all that we offer. (Join Challenge and Accountability.)

6. There were others who asked that we offer more opportunities to connect, but in delving further we concluded that those individuals are not using the resources that

we offer. Since we service both coasts of the country having an in-person situation is not realistic for us so we remain remote allowing people the opportunity to connect on line. (Power Hours, Challenge and Accountability, Find a Buddy, and Ready, Set, Chat are all ways to connect.)

7. The majority of the respondents felt that they were getting great value for their Membership which makes us feel wonderful.

8. The majority also thought our response time was very efficient.

Thank you again for your input and should you have further ideas for our consideration please forward them to info@cannp.ca.

Special Thanks for These Book Reviews

Supplied by Proud Member K. Notwell

Life in the Fasting Lane by Dr. Jason Fung, Eve Mayer, Megan Ramos

This book is an excellent introductory guide to fasting, written from 3 points of view., which is very helpful. Dr. Fung presents the science behind fasting, and Eva and Megan present anecdotal evidence. The book explores how fasting affects blood sugar, hormones, cell atrophy and apoptosis, the health conditions it may it may benefit and who may benefit from and who should not participate.

Anecdotal evidence provides results from real people that show the power of various types of fasting and how the process has worked in real life to help those with conditions such as PCOS, insulin resistance, type 2 diabetes, metabolic syndrome, obesity, chronic inflammation and more.

Intuitive Eating by Evelyn Tribole, Ellyse Resch

This book explores the concept of intuitive eating with a focus on healing relationships with food and creating a healthy body self-image. Topics discussed in this book include rejecting diet mentality, 3 eating personalities, finding satisfaction in eating, emotional eating, hunger and fullness, and the 10 principles of intuitive eating. It is a well-researched, well-written and informative look at intuitive eating and how to incorporate it into everyday life. It has provided to be great help with clients in getting them to look past numbers and focus on proper body function and how to recognize how the body feels when it comes to food.

Glucose Goddess by Jessie Inchauspe

This book is a well-researched, easy to understand book on blood sugar balance. Written by a biochemist, the illustrations showing the effects of very specific foods and food ordering on blood sugar and insulin levels is very applicable to real life situations. The author presents the latest research behind post-prandial blood glucose levels and packages them as blood sugar “hacks” that can be used in everyday life to help bring blood sugar into balance while still living a life without restriction or guilt. I praise this book for not only its foundation in legitimate research, but also the way in which this knowledge can be applied in real life.

Travel in Health

Summer travel is around the corner, so it is not too soon to start to prepare. The heat, crowds, long travel days and different food and water can take its toll.

Here are some travel tips to help but remember, it is best to start taking care of your health well before you leave with good sleep, nutrition and hydration.

1. Stay Hydrated

Dehydration can sneak up on you when you are busy enjoying the surroundings. Remember to drink frequently and limit alcohol, caffeinated and sugary drinks that can dehydrate. Consider a reusable bottle that you can take with you as you tour.

2. Sun Protection

Too much sun can lead to heat exhaustion, heatstroke or heat rash. Be sure to wear a broad spectrum natural sunscreen that you reapply every 2 hours. A wide brimmed hat, long sleeves and sunglasses are worth considering as well. Be mindful of the hottest part of the day, especially in tropical climates.

3. Food and Water Caution

Stomach issues for travellers is not uncommon — new water and strange food choices. Food that is meant to be cooked and served hot, should be. Raw and under-cooked sources, particularly meat and fish, could cause problems. Avoid water consumption in some parts of the world, including when brushing your teeth! Always wash or sanitize hands prior to eating.

4. Watch for Mosquitoes & Bugs

Some destinations have mosquito-borne diseases and may require the use of bug repellent. Wearing long sleeves, particularly at dusk, and sleeping with a screen or netting may be helpful.

5. Sleep and Exhaustion

Lack of sleep can wear on your immunity. Try to get 7-8 hours of sleep taking into account a gradual adjustment to a new time zone. Particularly at the beginning of a trip, try not to overpack your days. You are out

of your regular routine despite time zone issues. Take breaks when you need to and indulge in short naps if necessary.

6. Small Travel Health Kit

It is worth investing in a health kit — just in case. This may include a pain reliever, an antihistamine, an antidiarrheal medication, hand sanitizer, bandages, and electrolyte packets. You may also wish to bring along your favourite homeopathics and natural remedies. These items may be less readily available in other countries.

Some to consider taking are Aconite which is great to ward off illness. Also Arsenicum is a good one for stomach upset. Apis is good for stings and Arnica is always the go to for trauma to the body and especially helpful for bruising or bumps.

7. Wash Hands Often

Everywhere you go — airports, buses, cruise ships, and tourist sites — germs are easily spread. Hand hygiene helps prevent illnesses like Norovirus infection and Influenza. Every time you get back to your landing spot and before you consume anything, remember to wash your hands thoroughly.

8. Supplements to Consider

There are two main factors to consider when travelling — you want to support your immune system and you want to have what you need to perhaps shorten the duration of any illness that befalls you.

9. Disinfect

It seems that airports and planes are not cleaned as well as we might expect. Take disinfecting wipes or alcohol wipes and clean off your area. Pay special attention to the seat belt including the material portion and the tray and lock and don't forget the bathroom door etc. When you get to your room you may wish to also disinfect handles, light switches and the TV remote.

Immune Support

Vitamin C is the obvious first choice with some evidence also showing that it may reduce the duration of colds as well. Split

your dosage into two smaller doses throughout the day. If the result is stomach upset or a loose stomach, then you need to cut back on dosage.

Vitamin D is also important for immunity. You may be particularly low if you are indoors for long periods of time or if you don't absorb well from sun exposure. You may require more than you think and should check with a medical professional.

Zinc plays a major role in immune defense. It can also help shorten the duration of a cold if taken at the first sign of illness. Consider taking lozenges when you feel a throat tickle.

Probiotics are helpful in preventing stomach issues and reducing the stomach effects of on-going antibiotic use. If you don't take a probiotic regularly, begin several days prior to your vacation to get used to them.

Electrolyte packets are helpful if you are experiencing dehydration or diarrhea in particular. Intense activity or any time when you are losing hydration, dive into water with an electrolyte supplement. Remember flights can also be dehydrating,

If you are feeling an illness coming on then there are other supplements to consider.

Elderberry is great to have on hand as studies indicate that if taken at the first sign of an illness, it may help to reduce the duration of a cold or flu.

Ginger is well known for its effect to reduce nausea and motion sickness. Make yourself a ginger tea perhaps or ginger lozenges can help with boat or plane travel or driving a winding road.

Quick Safety Tips

Try starting any new supplement well before parting a journey. Particularly something like a probiotic may take some getting used to.

Check with your medical professional before taking anything, since some supplements interfere with medications.