

Some Help For Travel Woes

The gallbladder is closely connected to the liver as the liver dumps toxins through the bile released by the gallbladder to digest fats. It would be beneficial to make sure the gallbladder is functioning well and has free flowing bile to help release these toxins.

When we think of Summer, we often think of spending more time out in the sun and going on vacation. This can bring the dreaded motion sickness for some planning long car rides, boat trips, or flying on airplanes. A congested gallbladder has been known to contribute to motion sickness and can be indicated in nausea. A well-functioning gallbladder is also important in digesting fats and having the right balance of essential fatty acids helps protect against sunburn. Here are some ideas to help you in your travels.

[Beta-TCP](#) is excellent when used for nausea and the sick stomach that accompanies it. It has worked within minutes to prevent vomiting, decrease nausea, and dissipate that queasy stomach. It is recommended taking Beta-TC daily before your trip, especially if motion sickness is a problem for you. Beta-TC contains vitamin C, the amino acid taurine, pancrelipase (porcine), an organic beet concentrate, and the antioxidant enzymes superoxide dismutase and catalase, for gallbladder support and bile stasis. If you are traveling abroad to different countries this Summer, it can be useful to take Hydro-Zyme and IPS (Intestinal Permeability Support) with you.

Taking [Hydro-Zyme](#) with meals will increase stomach acid and help kill any pathogens or bugs that your stomach may not be used to while drinking water and eating out in a foreign country. Hydro-Zym contains 2 mg of vitamin B6, 150mg of Betaine HCl per tablet, with pancreatin and pepsin for protein digestion.

A bottle of [IPS](#) will be handy if you happen to get a case of food poisoning accompanied by diarrhea, say if you drank some contaminated water in Mexico, as IPS is very soothing to the digestive tract. Supplied with soothing L-Glutamine, Jerusalem artichoke, Spanish moss, lamb intestine, glucosamine sulfate for structural integrity, gamma oryzanol and L-Glutathione for antioxidant support, and cellulase. This is a good intestinal healing supplement.

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