

Make the Most Out of Summer Fun

Hopefully, longer days and the ability to get outside to enjoy the sunshine also translates to increased activity. Swimming, running, cycling, gardening, kayaking, paddle boarding, and hiking are all things we hopefully have a chance to enjoy in the Northwest summers. Here are some basic suggestions to consider for overall health and enjoyment while trying a new activity or traveling this summer.

- [A.D.P.](#) is a micro-emulsified, sustained release (for optimal intestinal exposure and absorption) oregano oil. [A.D.P.](#) is a proven anti-microbial activity against gut dysbiosis, toxic bowel syndrome, candida, intestinal parasites, yeast, fungus, anti-viral, and anti-bacterial.
- [Betaine Plus HP](#) is a high potency (700 mg per capsule) hydrochloric acid and pepsin for gastrointestinal upset, chronic indigestion, bloating, gas, poor protein and/or mineral absorption, food allergies, and bacterial or parasitic infection

Have you ever wondered why some people are more susceptible to insect bites than others? Mosquitos and fleas are attracted to lactic acid. People higher in lactic acid typically have diets higher in refined carbohydrates and hydrogenated fats. As you know, this type of diet depletes b-vitamins and trace minerals, which in turn promotes an increase in lactic acid. Since the blood can only handle so much, it uses the skin as a source of elimination and you smell like a treat to those annoying bugs. The antidote: reduce refined carbohydrates and hydrogenated fats and supplement with a B complex high in thiamin. People who are on high blood pressure medications and diuretics are almost always low in Thiamin. Also, if someone has low blood pressure, chances are extremely high they are Thiamin deficient.

- [Bio-Multi Plus](#) is a versatile, balanced multiple vitamin and mineral supplement, that supplies unique forms of important micro-nutrients available exclusively from Biotics Research Corporation. Three options are available for this multi; Bio-Multi Plus containing both Iron and Copper, Bio-Multi Plus Iron Free, and Bio-Multi Plus Iron & Copper Free.

For bee stings or reactions to bug bites, such as excessive itching or swelling add:

- [HistoPlex-AB](#) is a natural antihistamine, with Chekiang Fritillary (antitussive, astringent, expectorant), European Goldenrod and Baikal Scullcap (anti-inflammatory modulators), Eyebright, Platycodon grandiflorum (anti-inflammatory and expectorant), Silk Tree (Albizia antioxidant), White Mulberry (quercetin anti-oxidative and anti-atherogenic protection) formulated for its immune-modulating effects in exogenous airborne allergies and sensitivities.
- [Bromelain Plus](#) is a lactose-free Bromelain (100 mg) with Papain (10 mg), Inositol (10 mg), and Cysteine (5 mg) for inflammation.
- [Liquid Iodine Forte](#) can be applied topically to acne, bug bites, athlete's foot, and psoriasis. It reduces swelling, itching, and skin irritation very quickly and has no sting to it as it is being applied. Keep a bottle nearby while enjoying outdoor outings. Apply

with cotton swab or tissue. [Liquid Iodine Forte](#) supplies 150 mcg per drop of potassium iodide. Apply topically (5-10) drops as soon after bites occur as possible. Repeat several times during the next 48 hours.

Hopefully some of these tips can help make your summer even more enjoyable.

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