

# Wellness Traveler's Guide



## Packing List

- Protein bars or powder, pre-made protein filled salad, nuts(especially raw almonds), jerky
- iTerra wand for water, pain and revitalization (international adapter if needed)
- Sprays-essential oils, Biocidin® throat spray, colloidal silver nasal spray
- Glass water bottle for wanded water and a filtered straw, electrolytes
- Protective gear like blue blocker glasses, EMF blockers, ear plugs



## Before

- Boost your immune system with immune-builder blends herbs. Vit D, C etc.
- Try to go sugarless a week before you go because nothing suppresses your immune system faster than sugar
- Ask the venue or hotel if they have ever had a mold problem
- Ask the hotel if they have an ozone machine-most do. Ozone room if it has moldy smell
- Ask venue or hotel to not use fragrances in room or on linens
- Use saline or silver nasal spray (follow instructions from Clear Mold for GSE or Biocidin® as an additive) for trip, start using one week ahead
- Use anti-fungal shampoos and body products like Head & Shoulders®
- Drink club soda or fresh lemon water to boost your pH
- Travel nebulizer-add glutathione and/or Biocidin® (contact the help desk for directions)



## During

- Breathing exercises, yoga or grounding so you can be present during your trip
- Don't be afraid to ask for another room if it's not up to standard
- Drink club soda or fresh lemon water to boost your pH
- Go alcohol free or trade out yeast filled wine for low carb cocktails
- Consider a small ozone plugin for your room or an ionizer necklace



## After

- If you think you've picked up mold spores-ozonate your travel items for 5 to 10 mins before storing
- Ozone bath
- Continue to use Anti-fungal products for a period of time
- Continue sugarless for a period of time
- Continue nasal spray for a period of time



Enjoy your trip!  
As always, there is affordable help available at  
[www.clearmold.org](http://www.clearmold.org)