

## Notes for the Stomach Flu and Spring Vacation

Spring 2007 - An e-note written to my clients

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The Stomach Flu is whirling about Telluride and people are more than ready for their spring vacation. Some tips for you:

### Stomach Flu

The health and functioning of your digestive tract is your first line of defense for the stomach flu. Once you chew your food and it passes into the stomach, the acidity of the stomach should kill any critters off. The acidity of the stomach then triggers the proper pH of the small and large intestine.

Two ways to help protect and restore proper pH: 1) **Zypan** 1-2 or 1 tablespoon apple cider vinegar diluted in a little water at the end of the meal. 2) **Zymex** capsules / wafers or **Lact-enz** to add flora to the intestines, which then in turn corrects the pH of the intestines and act to keep invaders in check.

Kids do not usually need the Zypan – adults, because of the stress they carry (which inhibits hydrochloric acid production in the stomach), often do. **Zymex** is great to have in your medicine cabinet to take preventatively if the stomach flu is hitting town. It is good to take also if / when you do get the flu to turn it around quickly and to restore intestinal flora.

A recent reporting: that on a ski racing event for the kids, one in which many people came home with a violent stomach flu – that the family on Lact-enz and Congaplex (a multivitamin for the immune system) stayed well. I love such stories. ☺

### Mexico prevention

Telluridians love to go to Mexico for the spring break and off-season. Many of my clients ask what to take to prevent 'the touristas'. It is the same as above, for the very same reasons – to have your digestive tract acting on your behalf: **Zypan** and **Zymex** or **Lact-enz**. I recommend that travelers start taking the Zymex or Lact-enz 5-7 days before heading off to Mexico.

Secondly...in case you do get the trots – take a bottle of **Cholacol II** along. Cholacol II is made in part with Bentonite clay. When you have diarrhea, it is your body's way of getting rid of the invaders and the toxins that they are creating. The Bentonite clay in Cholacol II adsorbs 2000 times its weight in toxins, thereby firming up the bowel as it adsorbs the toxins and takes them healthfully out of the body. Anti-diarrheal drugs such as Lomotil work to inhibit the natural peristaltic action of the bowel which then stops the body from properly eliminating the invaders and toxins.

I have had clients who partake of their Zypan and Zymex as recommended and then pass out the Cholacol II to their traveling buddies when the friends are the ones who get the touristas ☺

### Cleansing

Telluridians also love to use the down time to their advantage by doing the **Standard Process 3-week Purification Program**. If you haven't tried it, you don't know what you are missing. I have clients who repeat it once or twice a year just because they love how they feel on it and how much better they feel overall when they are done (weight loss, elimination of sugar cravings, better sleep, better mood, improvements in skin, etc).

Email or call me if I can be of help or guidance.

Enjoy your vacation!