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IN THIS SESSION:

- We've made your holiday check list for you!
- Are you buying unnecessary stuff at your holiday destination?
- Build your own first aid kit!

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Health Mentor Programme —

Bonus session 3

BONUS SESSION 3

Holiday toolkit

Going on holiday soon?

Remember how you promise yourself every year that you're going to make an exhaustive list of what to take with and you end up never making that list...?

In this bonus issue I'll be giving you nifty tips like:

- How to construct your own first aid kit
- How to avoid getting 'well done' in the sun
- Lists of stuff that are plain handy and really cool to take along!



Stuff that's great to have

There's always something you end up buying at an exorbitant price at some shady midnight store while you have several of the same article at home. Here's a list of those articles that just may come in handy, so be sure to pack them in.



-Flashlight (more than one). There are great wind-up torches available currently that need no batteries. I personally like to have a headlamp handy.

-Spare batteries

-Matches or lighters

-Sewing kit

-Pocket knife or multi-tool

-Nail clipper

-Map book (know the area that you're traveling to like where the hospitals are etc.)

-Car tyre kit. Make sure you can change your tyre if needed...and make sure you have roadworthy tyres for that matter!

-Tyre foam. This stuff is really cool if you want to inflate a punctured tyre without changing it. Ask at your local spare parts shop for it.

-Spare light bulbs for your vehicles lights.



Sun roasting...I mean bathing!

Yes, I know you're going to try to get as much tanning as possible but remember that healthy skin is **ALWAYS** from within and you thus need to be protected from sun exposure by doing the following:

1) Take a proper multi-nutrient while on holiday.

Sun exposure causes oxidative stress in your body and you need more anti-oxidants to combat this.

Important skin protecting nutrients are:

-Antioxidants like Vitamins A (Carotenoids especially), Vitamin E (Make sure you get a wide spectrum of Vitamin E like Gamma Tocopherol and Tocotrienols), Vitamin C, bioflavonoids, selenium, zinc and manganese.

2) Always take your oils.

Boost your levels of essential fatty acids. You can take the omega 3:6:9 blends or take salmon oil capsules (from a good source).



3) Other tips:

-Green tea has a powerful protective affect in the human body and specifically the skin as well. It can be taken as a tea or capsule.

4) Sunscreen:

Apply sunscreen to the exposed areas of your body early in the morning. If necessary re-apply sunscreen several times during the day.

Make sure your sunscreen contains zinc and if possible titanium oxide for better protection.

(Also use protective clothing, hats, and umbrellas during prolonged sun exposure.)

5) Indoor times:

Try to avoid being in direct sunlight during the hottest part of the day. (Usually between 10h00 and 14h00)



'I never expected to see the day when girls would get sunburned in the places they do today.'

Will Rogers (1879 - 1935)

Make your own first aid kit

First aid kit:

It's not always necessary to buy an expensive first aid kit. Here's how to construct your own.

Medication

-1% steroid cream for rashes and reactions to insect bites

-Antiseptic cream like 'Betadine' or other.

-Burn ointment like 'Flamazine'

-Antiseptic liquid like 'Savlon' or 'Dettol'

-Clear eye drops

-Throat lozenges

-Anti-diarrhoea meds

-Antacids (Use these with care. A tablespoon of honey on an empty stomach can also do the job nicely)

-Anti-Histamine tablets. Know when and how to use these.

-Pain medication:

Use natural products as much as possible for first line of pain defense. Buy a fresh piece of ginger before going on holiday and whenever you need pain relief just cut a few slices and use it in boiled water as a tea.



Special medication

-Make sure with your health practitioner that the area you're visiting is malaria free and, if not, that you use the right prevention strategy.

Note: One of the best strategies is to always have insect repellants with you!

-Meds for conditions: Make sure you have a good supply of your diabetes/high blood pressure medication before going away.

Infection control:

It's a good idea to always have the natural infection fighter trio of vitamin C, colostrum and olive leaf extract on hand no matter where you're going. (See session 4 on how to use these)

Other important consumables

-1 packet of gauze squares

-Cotton wool

-4 rolls of crepe bandage

-1 packet of plasters that cover a variety of small wounds

-A few pairs of latex gloves



Other handy tools

-Scissors

-Pocket knife

-Tweezers

-Thermometer

For the intrepid adventurers

Splints: Know how to use these if you're taking them along.

Snake bite kit: Outdoor Warehouse in South Africa stock a suction device that is small and easy to transport.

Have a clear understanding of how to use this.

Food issues

Battling the holiday bulge!

So you've worked hard to get in shape for the holiday season and you don't want to pick it all up again in record time?! (Some studies show people gain 2-3kg in the holidays...)

Sadly this is what happens to most people, so although I won't be able to cover all the issues regarding weight management take note of the following:

- Always surround yourself with healthy snacks and treats. We all feel to treat ourselves more during the holidays and thus we are at higher risk to consume 'bad' foods.
- Avoid heart attacks during the holidays! You would think that heart attacks only happen in a more stressed work environment but, believe it or not, they don't! Due to increased portion sizes, fat, cholesterol and salt intake some people definitely increase their risk of heart attacks during the holidays. Rest your heart, don't strain it!



See my sessions on weight loss to further arm yourself against the holiday bulge!



Food safety

If you're traveling into Africa and other destinations where food borne illnesses are more likely to occur, remember the following sentence: **'If you can't cook it or peel it don't eat it!'**

There's nothing like food poisoning to spoil a holiday and thus my advice is that you make sure of the hygiene before you eat anything anywhere, and that includes more westernised spots as well!

If you're doubting the hygiene of a food outlet then find another one - period.

Hydration

Flying to your holiday destination? Aircraft cabins are air conditioned and that spells rapid dehydration if you don't take enough water. I always have 1-2 of my own bottles of water to supplement the supply offered by the cabin crews.

Proper hydration is also crucial if you're going to be braving the sun on the beach.



Important phone numbers to have**Important phone numbers:
(This is for people traveling in South Africa)**

Emergency number from all cell phones:	112
Ambulance:	10177
Police:	10111
National Poison centre:	0800 333 444
Aviation rescue services:	011 928 6454
Weather bureau:	082 162

About Dr Anton



Dr Anton Janse van Rensburg is a practising medical doctor who has devoted himself to the study of unique, scientifically sound solutions to modern diseases. He is also a qualified metal toxicologist, has a master's degree in Applied Human Nutrition and is the South African programme director for the Robertson Wellness Brain Chemistry Optimisation Programme.

He has written on a variety of wellness topics for numerous South African magazines and newspapers and in 2009 co-authored the book 'Diamonds in the Dust – crafting your future landscape'.

Besides being a wellness coach to company executives Dr Anton is an established public speaker and no stranger to radio and television. He has provided guidance to scores of audiences with his passion for wellness education.

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