Stomach issues on vacation? Try this Transcript

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Intro to travel diarrhea first aid

Hey everybody, today I want to give you a tour of my first aid kit for what to do if you're traveling and you have a diarrhea. So this is super helpful for if your going somewhere tropical or if we're going camping or backpacking.

A shout out to Jackie for this, because she gave me this idea of what to do when you're not at home and you have tummy troubles. So thank you, Jackie.

And for today, I want to give you three tips for what do if you've got diarrhea, and then a bonus tip for constipation. So my first aid kit, I love this thing so much.

I curate it for each trip because each term is going to have different needs.

Activated charcoal for suspected food poisoning

But there are things that I always travel with are activated charcoal being number one. Activated charcoal, even take this to restaurants. This acts as a binder.

So if you suspect that you have food poisoning, you ate something that wasn't very good, or you're feeling something come on and you are not really sure what it is, Activated charcoal will bind up toxins and it's quite effective.

The piece to be mindful of with activated charcoal is it is a binder, so it will find everything. It will buy the good, the bad, be ugly. So, if it binds everything, that means it also binds medications and supplements.

When you take activated charcoal to get two hours away from anything important two, hours, away, from medications and supplements, but take it as soon as you feel something going on digestively.

As soon, as, you suspect that you ate something wrong or consumed something, wrong, take your activated, charcoal now. You probably know this already, but disclaimer, activated charcoal is not a substitute for proper medical care.

None of these things are. So if you suspect that you have Giardia or a parasite or something persists for more than two days, please go see a physician because that can be very serious.

These are great things to do if don't have access to a position right away and you need to be comfortable. So first thing, activated charcoal. Second thing.

If activated, charcoal is just not quite cutting it or you want an extra bonus lactobacillus from gnosis. I'll put the link in the bio for one of my favorite options of lacto bacillis for gnosus.

It's very tasty and easy to travel with.

Lactobacillus rhamnosus for acute diarrhea

I like the chewable version because it absorbs really quickly. Lactobacillus rhamnosus is a probiotic and it is very effective for acute diarrhea. So acute meaning it comes on fast and its not going to last long.

It's especially helpful in kids, but the studies show that it reduces the length of diarrhea by 15 to 24 hours. These chewables tablets work really well and there's virtually no side effects.

So lactobacillus or amnosis, activated charcoal. Those are my first two things because they're natural. They support the body system. If those aren't quite cutting it and there is very much things happening and they are happening quickly.

Then I go to pharmaceuticals. Now story about this one. This is the first time that I had to use this. It's this little pyramid. Now the promide is an antidiarrheal and thankfully you can find it in almost any country and it's spelled almost the exact same way.

Now this is the English version that I just happen to have now, but the first time that it used it was my first in Mexico. I was having a great time.

Loperamide for severe diarrhea control

Things were going really well for the first six days. I would be there for a week. The first 6 days, I'm doing great, being really careful, drinking good water, and being mindful of produce.

Then on the last day, something happened and it was one of those situations that I wouldn't wish upon anybody and we all probably hope that it doesn't happen to us.

But it happened. When bowel movements are coming very frequently and you're almost needing to stay in the bathroom. This is when I pull out the big guns and go to the pharmacy and get yourself something to slow that down.

That's how the paramyte works is it helps with the motility. So it will slow things down and it'll make it so that you can sleep comfortably. You can hop on a plane comfortably as I was in that situation.

We were flying the next day. It's like, I don't know that I'll be able to fly with this kind of system going on. So the permamide is a great thing to have in your back pocket and travel with it if you can.

And if don't have it already, easy to find at the pharmacy over the counter. So those are my three things for diarrhea. What about constipation? Now, this is, I think of more typically that people can get constapated when they're not at home, when there just traveling, even for simple things like staying at your family's house for vacation.

Now with this kind of constepation, what I'd recommend is looking more at the gut brain connection. Like let's think about what's going on so that we can prevent this from happening in the future.

But sometimes if you're especially camping or backpacking, You might be getting some slower digestion and it's getting uncomfortable. So, ninja check.

Bronner's Castile Soap. Now, if you're backpacking or camping, you probably traveling with a little bottle of soap anyways. Get the Dr. Bronner soap because, because a drop or two actually works wonders for constipation.

Dr. Bronneru2019s soap for constipation relief

I know it's crazy. You just put a little bit in your water. If you're a glutton for punishment, you can just drink it down with a spoon, but a bit goes a long way in terms of getting things regulated.

Now story for you on this, I always travel with this when I'm backpacking because it is easy. Doing dishes, maybe you are going to have a wash and want to some soup.

So most people have something like this candy. Oh, backpacking and I accidentally dosed myself with browners. I was making breakfast, had some oatmeal ready for breakfast.

So had the little, the oatmeal sachets. It's getting things ready. Got a spoon and once the boiling water was gone, I

started, started stirring, starting stirring.

And I noticed that there was a substance on the spoon. Um, it's like, Oh, maybe that was like something with the Oatmeal. So I started a little bit, a bit more looked at the spoon again, there's still a substance.

Wow. There must be like a lot of. something caked on to that, that spoon. I assumed it was something to do with the oatmeal, like the Oatmeal and the water got stuck and congealed.

So we kept going, kept on going. After a little while, it wasn't completely coming off, so I wiped it off and ate my oatmeal only to realize it tasted just like lavender, lavender gas-fired soap.

It was disgusting. So disclaimer that it's not necessarily going to taste good. You are eating the soap, but if you're very backed up and you want some relief, it will do the trick.

Hope you hope this is helpful. I'd love to hear in the comments below. If you'd like to see more of these, if he'd, like a more detailed tour of my first aid kit or things that you can help to do digestively when you are traveling or camping, we'll have fun out there.

Be safe. And I hope they sell.