

These are **SOME** things **WE** have found useful for Fly 'n Camping :

1.

- WATER

- **Bottled Spring Water - 1.5 Liter bottles**

REALLY important to have ACCESSIBLE in the airplane ! Ideally, in an insulating jacket, to keep it cool. We all require 6 - 8 glasses of water a day. You should sip water at regular intervals, and especially about 15 minutes or so before landing, just to be sure you are not suffering from dehydration-impaired judgement. It can sneak up on you !

- OOooops !

If you are worried about the results of drinking too much water, we have a couple of solutions to show you - Unisex Travel John, and zip-lock freezer bags. If you are sipping regularly, these will not be necessary, because you will lose a lot through skin evaporation.

- FOOD

- ** **Trim Advantage Meal Replacement Food Bars - 7/box - \$ 23.80 Cdn.**

We have tried many different brands. **These** soft bars are our favourites !

<http://bpatterson.qhealthbeauty.com/Products/Thumbnail.aspx?ctg=13678&ast=417268&rtl=17394>

All give about 270 calories, many of the vitamins & minerals needed daily, and are tasty, filling, and satisfying. Much better for you than potato chips or chocolate bars !

Variety Pack - 706201F7, 15 Bars - \$51.00 Cdn.

- ** **Trim Advantage Protein Snack Bars - 10/box - \$ 20.90 Cdn.**

These come in several flavours, Chocolate, # 103625, and Lemon, 103624, are our favourites.

<http://bpatterson.qhealthbeauty.com/Products/Thumbnail.aspx?ctg=13684&ast=417276&rtl=17394>

They all have 22 grams of protein, and about 220 calories. Great for snacks or light meals, if you're dieting !

Variety Pack - 103627, 16 Bars - \$26.68 Cdn.

- **Nuts, Raisins, & Dried Fruit Mixes - (Trail Mix)**

Papaya chunks, Sugared Ginger slices, Walnuts, Almonds, Raisins, Sunflower seeds, Hazelnuts, etc. can all be mixed together or kept separately. We like to mix small batches and store them in zip-lock bags.

- **Fresh Fruits & Vegetables**

Apples, Bananas, Carrots, etc. - preferably organic. Again, stored in ziplock baggies, in soft cooler.

- SUPPLEMENTS, HERBS, & HOMEOPATHICS

- **Multivitamins**

Nutrilite - The best of nature - the best of science ! Nutrilite is the ONLY global vitamin and mineral company that grows, harvests, and processes plants on its own certified organic farms.

Multivitamin, multimineral supplement with phytonutrients, the ultimate dietary supplement :

Double X - 31 day supply (186 tablets) in refillable case, A-4300, \$89.55 Cdn.

- 10 day packettes, 60 tablets, are also available - A-4318, \$37.05

OR

Our favourite basic daily vitamin is **Green Source tablets** from **Puritan's Pride**, with 60/bottle, # 006220, for \$15.99 CDN.

- **Supplements**

Vitamin C - Redoxon 1000 mg., in plastic tubes - 'fizzy' - (like orange Alka-Seltzers)

Vitamin C-500 - daily prevention - **Puritans Pride** #000430, \$3.99/100 caplets

Vitamin E - 400 I.U. - **Puritans Pride** E with Selenium, #003840, \$ 13.49/ 100 softgels

Selenium - 50 mcg. - Swiss - protects cells from free radical damage.

Zinc - 10 mg. daily, - Swiss - or 50 mg. to help immune system fight colds & virii

Quercetin & C - 100 mg. -**Puritans Pride** - helps reduce allergic reactions. #008039 \$23.95/100 casules

Co-Q10 Enzyme - 100 mg.- reduces risk and damage from strokes. **Puritans**,#015593, \$19.89/ 60 softgels

- Supplements (cont.)

Papaya Enzymes - Swiss 90 mg. - *really* help avoid indigestion

Calcium/Magnesium+D - strengthens bones & teeth, anti-spasmodic, relaxant. **Nutrilite**, A-5880, \$ 29.25/180

Bromelain - 500 mg. - Swiss - helps digestion, relieves pain from bruises & strains, anti-inflammatory

Mild B Vitamin tablets - Mild relaxers, help the body replenish itself. **Nutrilite Stress B**, A-4205, \$16.90/100

Ocean Essentials Focus 425 - 425 mg. of DHA - 'brain food' ** A-8920, \$56.00/90 capsules

Swiss Glucosamine & Chondroitin - great for joints - 900 mg. 120 capsules

Nutrilite Rhodiola 110 - Mental & Physical performance - 3 (x10) tablets blister packs 719540F7 \$18.72

- Herbs

- **Nutrilite Sleep Health** - Valerian Root & Hops tablets, A-8992, \$35.10/90 tablets

These act to help you sleep naturally - strong enough to help you sleep, if you are really tense.

Many people have different reactions, so *test first*, before travelling !!

Nutrilite Siberian Ginseng Complex - for energy, improves circulation & memory. A-7923, \$ 63.40/ 180 tabs

Garlic & Cayenne - 450 mg. capsules - Swiss - antibiotic, lowers blood pressure – great after 'mystery meals'

Nutrilite Garlic Heart Care - A-5923, \$ 36.10 CDN / 120 tablets

Prosta-metto - anti-inflammatory, really helps the male 'water works'. **Puritans Pride** #006052, \$22.99/ 120 softgels

Vision Health w/Lutein -improves night vision, prevents cataracts & ARMD. **Nutrilite** 104144, \$47.90/ 62softgels

Nutrilite Tri-Guard Echinacea Spray - We've found this VERY effective. AA-0176, \$17.80/15 gram sprayer

- Homeopathics

Arnica Montana Cream/Gel - Boiron - relieves pain from bruising or swelling, deep relief for aching muscles.

Calendula Cream - Boiron - antiseptic for burns & cuts, speeds skin healing.

Nux Vomica tablets - settles stomach

- Insect Repellents

D-15 Spray - THE best ! Non-greasy, protects from mosquitoes & blackflies 602643F7, \$13.10/275 g. can

** You can order the **Nutrilite**, **Ocean Essentials**, **Trim Advantage**, and any products marked with "***" ,
on your credit card, by registering at our secure web sites, and adding the product numbers to your cart !
You might want to buy a catalogue too. Everything will be delivered to your door, 100 % satisfaction guaranteed !

- Free registration - shop online now ! -

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<http://apatterson2.qhealthzone.com>

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