

HYGĒA HERBS



# The Traveler's Gut Survival Guide

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*A naturopath & clinical herbalist's checklist for staying regular on the road*

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*You are your own doctor.*

## Why travel wrecks your digestion

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*Travel is one of the most stressful things you can do to your digestive system.*

*Your gut runs on rhythm — and travel disrupts every part of it. Here's the biology:*

- **DISRUPTED CIRCADIAN RHYTHM.** Your bowels run on the same internal clock as your sleep. Cross time zones and peristalsis — the muscular wave that moves stool — slows or skips entirely.
- **DEHYDRATION.** Cabin humidity sits at 10–20%. Add a glass of wine or coffee on the flight and your stool becomes hard and difficult to pass.
- **DIET CHANGES.** Restaurant food, refined carbs, more salt, less fibre — your gut expects greens, fruits, and the rhythm of your home meals. It rebels when those disappear.
- **SITTING FOR HOURS.** Movement stimulates the bowel. Long flights and car rides shut that down completely.

## Before you fly

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*Prepare your gut 48 hours before you leave:*

- Drink 1 litre of green smoothie daily — one dark leafy green, 1–3 fruits, filtered water.
- Eat a large rainbow salad the day before you travel.
- Snack on raw crudités with celery — featured for digestive and stomach support.
- Hydrate with filtered or reverse-osmosis water. No soda, no diet drinks, no sweeteners.
- Begin Intestinal Action 1 the morning of your flight.



## On the road

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*Daily habits that keep your bowels moving away from home:*

- Choose salads, raw vegetables, and fresh fruit at every meal — your gut expects greens.
- Drink 500 ml of water for every hour spent flying. Bring a refillable bottle.
- Walk 20 minutes after each meal. Movement is the most underrated digestive aid.
- Avoid the four gut-killers: refined sugar, soda, processed foods, fast food.
- Take Intestinal Action 1 & 2 daily — the cleansing duo, working together.

## The naturopath's travel kit

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- Reusable water bottle — *filtered water only*
- Herbal tea bags — *chamomile, peppermint, ginger, echinacea*
- Oregano oil — *sore throats & first signs of getting sick*
- Fresh fruit + raw nuts or seeds — *real food, not airport snacks*
- Intestinal Action 1 — *daily herbal fibre (psyllium + apple) — 350 g powder*
- Intestinal Action 2 — *daily companion to IA1 — 120 capsules*
- Enema bag — *first-line cleansing — used alongside the rest of the kit*

### A note from Anna

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*Your body is asking for support. Give it what it needs.  
You are your own doctor — trust your body, and pack like one.*

— Anna • God bless

### Continue your journey

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Shop Intestinal Action 1 & 2 • Book a private consultation with Anna  
[hygeaherbs.com](http://hygeaherbs.com)

*Always consult your healthcare practitioner if you are pregnant, breastfeeding, or taking medication.*

