

# **Natural Health Kit for Travelers**

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Tips from years on the road

# MY STORY

I was a traveling sales lady for the Natural Products Industry for many years. I never liked being sick away from home so I created over time my own travel kit to stay well.

In these times it is imperative that we stay as healthy as we can. For our sake as well as those that we care for.

We are all blessed to have both modern medicine as well as traditional medicine from around the world to support us. I have seen many miracles in all ways of healing.

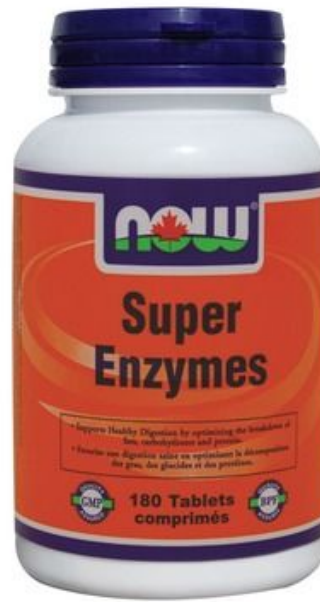
If some of these resonate with you I have done my job. The Natural Travel Kit will be available as a download. Blessings Bonnie

# Digestion

# Enzymes and Bitters

Upset tummy?

For when your stomach needs that extra boost or you just want to make the most of the food you need.



# FAVORITE

Probiotics are live bacteria made up of healthy bacteria that support intestinal and digestive health and balanced microflora.



# FAVORITE

Candied Ginger

Ginger Tea

Peppermint Tea



## **FAVORITE**

Activated Charcoal Capsules -. Unique formula used for detoxification, cleansing, and alleviating gas, pain, fullness, and bloating.



**Pain**



# FAVORITE

- Safe and natural pain relief
- Can be used for whole body and local pain
- Fast-acting and non-addictive
- Convenient and easy to use
- Exclusive form of acupressure
- No drugs, chemicals or stimulants



# FAVORITE

Arnicare Gel relieves muscle and joint pain, and eases resorption of bruises and inflammatory oedema caused by falls, blows, blunt injuries or surgery in adults and children 3 years of age and up.

Arnica comes from **the perennial Arnica montana**, a yellow-orangish flower that grows in the mountains of Europe and Siberia



TabS and Pellets

**Wellness**

## FAVORITE

A patch designed to elevate a copper peptide **GHK-Cu** known to activate your stem cells to improve energy, sleep, reduction of pain and general wellness.



## FAVORITE

**Wellness Formula<sup>®</sup>** delivers high-potency vitamin C, plus more than 30 other vitamins, minerals and time-tested herbs for advanced immune support.\*



# FAVORITE

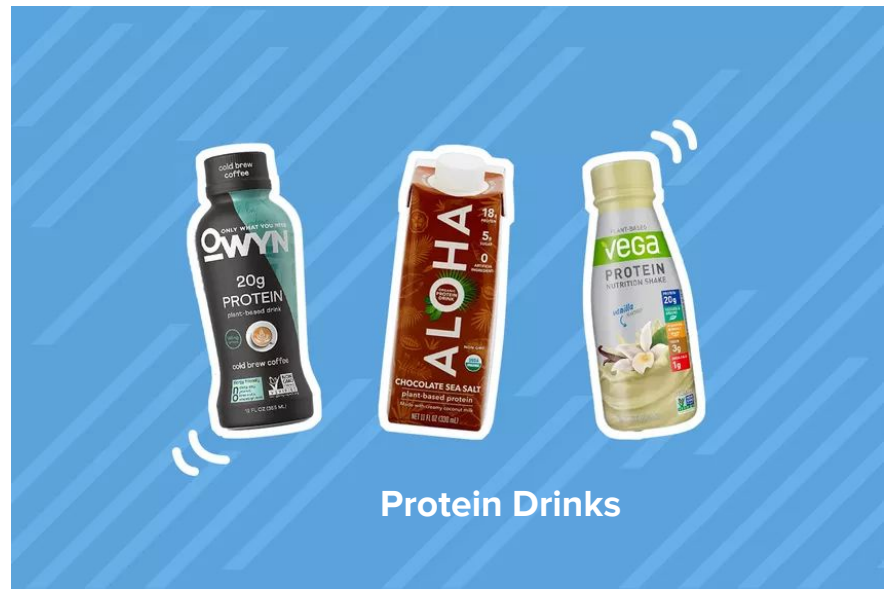
Protein Drinks or Hi Protein Smoothies  
to stabilize blood sugar

Apples May Lower High Cholesterol  
and Blood Pressure.

Fiber rich can aid digestion

Apples Can Support a Healthy  
Immune System.

Almonds plant-based protein, fiber  
and monounsaturated fats, plus key  
nutrients like [vitamin E](#) and  
magnesium — help make them a  
heart-healthy snack."



Protein Drinks



Apples



Almonds

# Cuts and Bruises

## FAVORITE

Essential Silver™ instantly killed 99% of eight commonly found bacterial and yeast pathogens upon contact in independent laboratory testing



Online Pricing Only

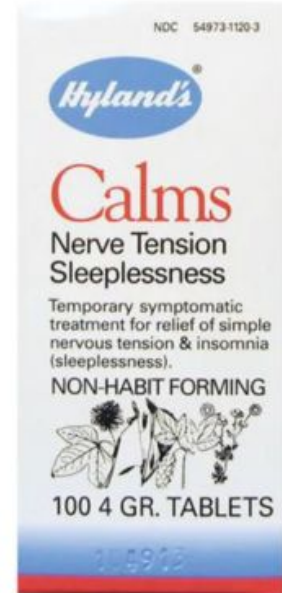




**Sleep**

## FAVORITE

Homeopathic medicine for the temporary relief of symptoms of simple nervous tension and occasional sleeplessness. Non-Habit forming.



# FAVORITE

- Clinically shown to increase length of sleep by 66%
- Enhances the quality of sleep
- Exclusive form of acupressure
- No drugs, chemicals or stimulants



# FAVORITE

- Clinically proven to reduce stress in the body
- Clinically proven to decrease inflammation in the body
- Promotes relaxation
- Exclusive form of acupressure
- No drugs, chemicals or stimulants



**Energy**

# FAVORITE

- Clinically proven to increase energy and endurance
- Supports a physical fitness routine
- Convenient and easy to use
- Fast results
- Exclusive form of acupressure
- No drugs, chemicals or stimulants



# FAVORITE

With more Vitamin C than 10 oranges\*\*\* and naturally sourced flavours, you'll want to try this Super flavour before someone turns it into a movie.



# FAVORITE

- Energy
- Sexual performance
- Immunity





**Relax**

# FAVORITE

Lavendar calming

Holy Basil energizing

Roman Chamomile. Calming,  
relieves pain.

Peppermint. Eases motion  
sickness headache and  
nausea

Orange uplifts the spirit

Neroli relieves depression



# Favorite

Magnesium is a **cofactor** in more than 300 enzyme systems that regulate diverse biochemical reactions in the body, including protein synthesis, muscle and nerve function, blood glucose control, and blood pressure regulation [1-3]. Magnesium is required for energy production, oxidative phosphorylation, and glycolysis



# FAVORITE

Rescue® Remedy has been used successfully on stressful days where we suffer from impatience, tension and pressure. It has also been used successfully with children to stop a tantrum, before a speech or job interview.

Rescue® Remedy helps us relax, get focused and get the needed calmness.



# Cold and Flu

# Favorite

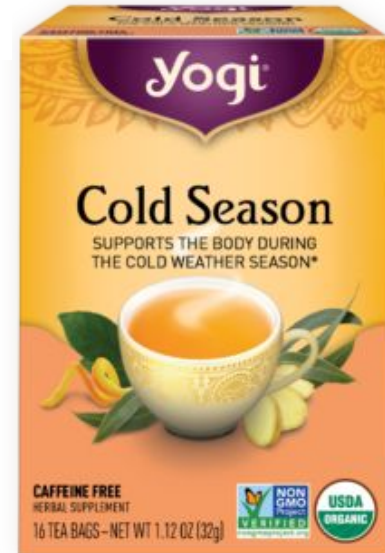
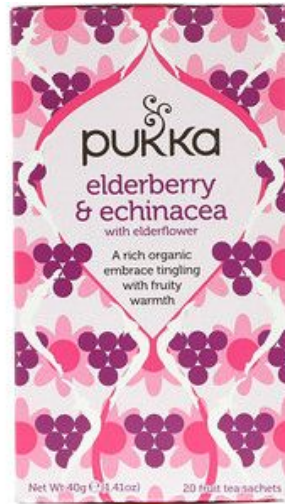
Echinacea

Tea and Extracts

Elderberry

Tea and Syrup

A 2016 [study](#) published in the journal *Nutrients* found that elderberry supplements reduced the duration and severity of colds in air travelers.



# Favorite

Homeopathic medicine for the relief of flu-like symptoms such as body aches, headache, fever and chills. Reduces the duration of flu symptoms.



**A list of these products are  
available as a complimentary  
download**

***HealthyWealthyCamper.com***

***Happy Healthy Travels***