



8

**TAKE AN
ELDERBERRY
SUPPLEMENT**

If you do catch a cold while you travel, you'll suffer fewer symptoms and get over it faster after taking elderberry, say researchers from Griffith University's Menzies Health Institute Queensland.

It's believed the ingredients in elderberry stop the virus replicating.

9

HAVE YOUR NORMAL COFFEE

Skipping coffee on holiday could see you floored by a mid-morning withdrawal headache. If you're going somewhere without lattes on every corner though, "try cutting back three to four weeks before you leave," says Sydney-based nutritionist Angela Emmerton. "Reducing your intake gradually so you're only having a cup every alternate day will prevent the problem."

7
DO SOME PUZZLES

Always come down with something in the first days of your trip? "This is called the let-down effect and it occurs when we relax after a period of stress like trying to get all your work done before a trip," says occupational therapist Angela Lockwood, author of *Switch Off: How to Find Calm in a Noisy World*. It occurs because relaxing too fast shocks the body, and suppresses immunity, but exposing your body to a daily dose of mild stress prevents this.

Try mental challenges like completing a puzzle in two minutes, or do some physical exercise like a short, fast run.

10

**KNOW WHEN
NOT TO DIVE IN**

Incorrectly maintained swimming pools or hot tubs can contain bacteria that cause stomach upsets or eye infections. Cloudy water is one sign of unclean water, but, surprisingly, a strong smell of chlorine or other chemicals is also a sign. This means there aren't enough chemicals in the pool to control bacteria. ☞

