

Support for Digestive Health During Travel

Developed and reviewed by the clinical, chiropractic, and naturopathic members of the Standard Process team

Digestive Health During Travel

Travel can impact the digestive system because of changes in diet, routine, environment, and activity levels. Proactive support can enable patients to have a more comfortable and enjoyable travel experience.

Travel may involve exposure to new foods, restaurant meals, and meals high in processed or rich ingredients. This can lead to indigestion, acid reflux, and changes in bowel movements. Travelers may also be exposed to new microbes in the food, water, and surfaces, which can disturb gut flora and cause bowel movement changes. Taking medications while traveling can irritate the gut lining, impact bowel movements, and disrupt gut microbiota.

Traveling across time zones can disrupt the body's circadian rhythm, which can lead to digestive upset. Poor sleep and jet lag can lead to impaired gut motility, irregular bowel movements, changes in appetite, and impaired release of digestive enzymes. Long travel days can mean physical inactivity and suboptimal hydration, which can both worsen digestive processes.

Proactive lifestyle and nutritional interventions before and during travel can support proper digestion and absorption of nutrients, healthy gut motility, and microbial balance. These adjustments can also encourage healthy sleep and a normal stress response.

Supportive Lifestyle Practices

- Encourage physical activity — like walking — during travel to support healthy gut motility. Inactivity reduces intestinal blood flow and slows peristalsis. Constipation can occur after periods of physical inactivity, and is worsened by hypoxic environments.¹ Advise patients to get up from their seats every hour on long flights and take regular breaks during long drives.
- Recommend that patients drink plenty of water and other non-caffeinated and non-alcoholic beverages throughout their travels to promote proper hydration. Dehydration slows gut motility and increases the risk of constipation. Air travel and high-altitude environments increase the risk of dehydration due to low humidity.²

Whole Foods Nutritional Recommendations

- Recommend that patients consume ginger root while traveling. Ginger and its constituents support healthy gastric tone and gut motility and can modulate the gut microbiota.^{3,4}
- Encourage the consumption of foods rich in soluble fiber during travel — including fruits, vegetables, oats, nuts, and seeds — to promote healthy gut motility, intestinal barrier function, and short-chain fatty acid production in the gut.⁵
- Add cultured and fermented foods like sauerkraut, kimchi, yogurt, and kefir to support microbial flora and modulate intestinal adhesion of pathogens while traveling.⁶

Dietary Supplement Regimen



GI Adsorb™

Suggested Use: **Four capsules per day, prior to a meal with a full glass of water.**

GI Adsorb™ is a GI health supplement that contains clinoptilolite, an adsorbent zeolite mineral, and is formulated to support GI health and elimination.* It also:

- Contains purified Clinoptilolite (G-PUR®) — a mineral that has adsorbent properties towards naturally occurring toxins*
- Contains Collinsonia Root, which has been historically used to support normal elimination and digestive health*
- Helps support a healthy gut barrier*
- Helps with the body's removal of naturally occurring toxins by supporting a healthy GI barrier and normal elimination*



ProSynbiotic

Suggested Use: **Three capsules per day.**

ProSynbiotic, a probiotic for everyday microbial support, is a synergistic blend of 4 probiotic microbes and a prebiotic fiber to support overall intestinal health.*

- Contains inulin which is used by probiotic bacteria as food
- Supports a healthy gut microbial environment*
- Supports normal bowel regularity*
- Supports the body's natural immune system response function*



Zypan®

Suggested Use: **Two tablets with each meal.**

Zypan® combines pancreatin, pepsin, and betaine hydrochloride to facilitate healthy digestion.*

- Supports macronutrient digestion*
- Hydrochloric acid is involved in maintaining proper gastric pH*
- Includes stearic acid to coat the pancreatin, helping it to be digested in the correct area of the digestive tract
- Provides enzymatic support for protein digestion*
- Supports the digestive environment of the GI tract*



Digest Forte

Suggested Use: **1 tablet 3 times daily.**

DiGest Forte contains Gentian, Ginger, Tangerine, Wormwood and Feverfew to support healthy digestion.*

These herbs have been traditionally used in herbal preparations to:

- Support healthy digestion and intestinal function*
- Promote healthy gastrointestinal tone*
- Increase bile flow as a cholagogue*
- Promote normal response to environmental stressors*

Assessment of Digestive Health during Travel

In Office/Physical Exam

- Signs/Symptoms such as diarrhea, constipation, abdominal pain or cramping, bloating, fever, nausea/vomiting
- Ask about the traveler's itinerary, diet, and possible exposure to food and waterborne pathogens

- Physical examination: abdominal exam and check for signs of dehydration
- Comprehensive Stool Analysis with Parasitology

REFERENCES

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2. Zubac D. et al. (2020) Nutrients. 12(9):2574.
3. Lete I, Allué J.(2016)Integr Med Insights. Mar 31;11:11-7.
4. Wang X, et al.(2021)Front Microbiol. Feb 23;11:576061.
5. Stachowska, E. et al. (2022) Prz Gastroenterol. 2022;17(1):73-80.
6. Markowiak, P. et al. (2017) Nutrients. 9(9):1021.