# Nutrition Expert's Tips for Maintaining Gut Health and Well-being While Travelling



Nutrition expert Dr. Lucy Williamson has offered advice to avoid common health issues that can arise during holidays. Traveling can impact the gut and digestion due to changes in diet, routine, and time zones, often leading to conditions such as travelers' constipation or diarrhea—cited by the CDC as the most frequent travel-related illness.

Dr. Williamson suggests focusing on gut health before travel by consuming a diverse range of plants to support the immune system. She recommends incorporating the "3Ps" into the diet: Probiotics (found in fermented foods like yogurt), Prebiotics (from a variety of plants), and Polyphenols (antioxidants present in colorful fruits and vegetables). Additionally, plant oils like olive and cold-pressed rapeseed oil provide Vitamin E.

To manage stress and stay hydrated during flights, Dr. Williamson advises breathing exercises and fiber-rich meals like porridge while avoiding alcohol. While on vacation, she recommends eating local, seasonal foods, getting early or late sun exposure for Vitamin D, and maintaining a 12-hour overnight fasting period to regulate gut health. Dr. Williamson also warns against excessive consumption of foods with sulphites, such as wine, although moderate red wine and cider are beneficial due to their polyphenol content.

Adjusting to natural light rhythms can help ease the transition back to home life post-vacation, reducing stress. These tips aim to mitigate health issues and enhance overall vacation well-being.