

## Personalised Nutritional Assessment

**Name:** Mxxxx Wxxx  
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**Date:** 9<sup>th</sup> December 20xx

### Background:

Mxxxx Wxxxx is travelling to Cambodia on a short-term missions trip, for three weeks. He is aware of the importance of optimal health in minimising the risk of infection, sickness and disease. Therefore Mxxxx would like a tailor made supplement program to reduce the probability of sickness, his budget for this is \$200.

### Tailored solution:

Mxxxx, there is a key indicator that can be used for how well your body is coping with the stresses that are placed upon it. This is a Free Radical Test. This urine test measures the damage occurring at a cellular level, thus with low cellular damage, the cells are able to perform their functions optimally, allowing you to optimise your cellular metabolism to ward off sickness and disease. These tests are an investment of \$49.95 each, and you would need to do at least three (one before you go, one in Cambodia, and one returning home) to get a nearly perfect supplement level. However I can make a calculated assessment based upon my knowledge and research as to what the best program would be for you, saving you this additional investment until a more suitable time. My recommendations would be:

#### 1) Broad Spectrum health

- **Optimal Daily Intake vitamin.** This gives your body an excellent vitamin, nutrient and mineral base which is optimal. This would enable your body to respond in the best way to the challenges of travel within Asia.
- **Extra vitamin C.** The body needs between 2 and 4 grams of vitamin C to operate at an optimal level. Vitamin C makes a big difference in increasing the body's ability to fight infection.

#### 2) Specific immunity builders

- **Garlic.** Garlic has been shown to increase leukocyte (white blood cell) activity which simulate natural killer cell activity. Thus it is associated with increased immunity.
- **Echinacea.** Echinacea has been well proven to boost the body's ability to respond to viral infections.

#### 3) Liver booster

- **Dandelion and milk thistle.** This product helps and protects the liver. The Liver is an essential organ, undertaking over 200 body processes. It is the liver that deals with a large amount of toxins that enter the body. It is no surprise that overseas travel to remote places can greatly increase the chance of hepatitis (liver damage). Therefore I would strongly recommend this product to enable your liver to cope with and overcome any challenges that are presented to your system.

It is also recommend that you take Ginseng and Gingko as adaptogens that will enable your body to cope with the stress of travel.

Mxxxx make sure your follow all “common sense” health advice such as:

- **Drinking only bottled water.** In purchasing water, distilled water may be cheaper, but it tastes unpleasant, therefore it is worthwhile purchasing nicer tasting water because fluid intake is so important in the tropics. Remember that ice served in drinks is most likely to be frozen tap water, thus a potential vector for infection, therefore ask for all drinks without ice. On the return flight, the water on the plane may be unfiltered (depending on your carrier). Therefore if possible drink only bottled water, on the return flight.
- **Washing hands regularly.** Washing hands regularly has been shown to dramatically reduce infection rates in the 3<sup>rd</sup> world. I would recommend investing in a good quality bar of soap, and travel case to carry wet soap. Thus enabling you to take control of your health.
- **Wear insect repellent.** This reduces probability of being bitten by misquotes! Especially at night, again purchase your own before you leave.
- **Eat fish regularly.** The Western diet is massively deficient in fish oils. These oils are used by the body to provide anti-inflammatory hormones. These hormones balance out the inflammatory hormones that the body sends to infection sites. Therefore if possible consume fish, to obtain the benefit of having reduced swelling if any damage occurs to your body.
- **Eat probiotics.** If possible eat live yoghurt, as this has beneficial bacteria that help your digestive system. They also help form strong bacteria colonies that out compete the negative bacteria, thus reducing risk of food poisoning, vomiting etc. However there is a danger with this, that the yoghurt itself may cause you to get sick, so make sure that it tastes and smells ok!
- **Avoid alcohol.** Especially the “free” stuff on the plane. Alcohol is a toxin to your body and places stress upon it, thus increasing probability of sickness.