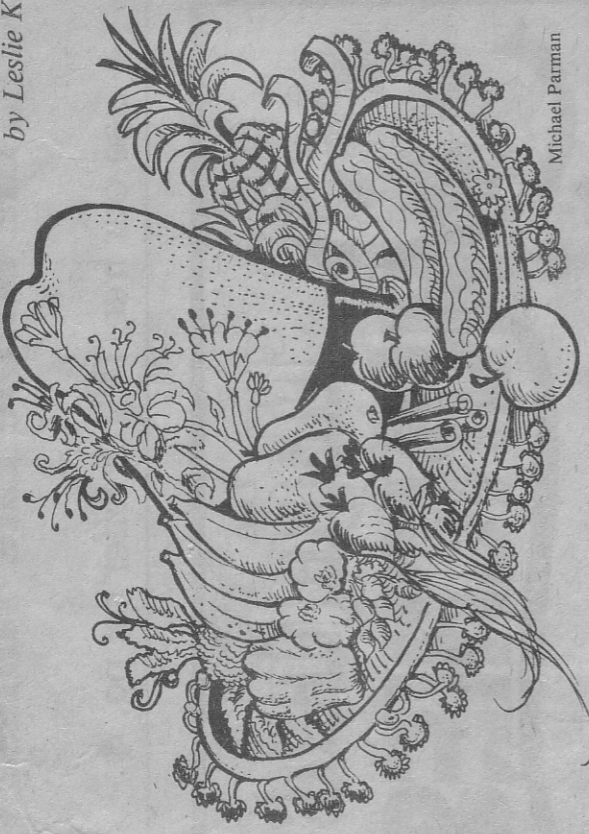


# Stay Healthy In Mexico.

by Leslie Korn



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Summer is the time when many people travel to Mexico and tropical countries and also a time, due to increased heat and humidity, that special health issues need to be considered. Contrary to popular belief, it is easy to stay healthy while living and traveling in Mexico. It is of primary importance though to understand why you are going and what your expectations are. Knowing this gives you the key to harmonize with the people and the country. Essentially, if health is a balance of physical, mental, emotional and spiritual levels, then traveling to a new environment often tests that balance for the purpose of growth; for isn't that why you're traveling? A simple way to discern your motives for travel is to make a list of your expectations, hopes and fears. Your fears especially will give you a clue as to what you might create for yourself if you don't resolve them ahead of time. For example, "Turistas" (traveler's dysentery) begins in the U.S. with one friend warning about the food, another about the water and another about highway robbery, until fear of the unknown becomes a watchpost. Do not let the negativity of others attach itself to you.

Traveling makes you vulnerable and opens you up to new experiences, so be sensitive to these changes. About a week before your trip begin taking Acidophilus culture either in liquid or capsule form. This will

be opened and added to your food. Take the equivalent of two to three capsules before every meal. If you ingest something undesirable, feel cramps or excess gas, increase your dosage. You can obtain acidophilus in Mexico under the name of Lacto-Vit.

Avoid alcohol and foods with sugar as these will alter your blood chemistry and lower your resistance to infection. Take advantage of the fresh juice stands throughout the country. When tired from traveling or suffering from leg or menstrual cramps, fresh carrot juice will alleviate the symptoms by supplying easily assimilated calcium.

Fruits and vegetables are great sources of vitamins and minerals. When eating them make sure they have been washed and dited. The more cautious can soak them in a gallon of water with a few capfuls of bleach. This will eliminate parasites and pesticides. It is important to drink only bottled water or water boiled for 20 minutes.

Hepatitis and typhoid are more prevalent during the hot months but if you maintain a healthy mind and body there is no reason to contract either. Some people receive shots of Gamma Globulin before leaving for Mexico to prevent hepatitis. There is no proof that this helps and if you safeguard the integrity of your liver (no alcohol, or fried foods), you will avoid it. A healthful drink to have at this time is lemon juice in a

a liver inflammation and if you have pain or heat coming from your liver place your left, cooling, hand over your lower ribs on the right side and your right, warming, hand along your thigh. If you have a companion ask her or him to put their left hand over your liver and the right hand can give a firm contact to the second joint of the middle (fire) toe on the right foot. This will draw the excess energy downward and alleviate pain and inflammation. Give your liver a chance to regenerate by not eating fried foods or drinking alcohol for a year and

follow a fruit and vegetable cleansing diet. Know that if you find yourself ill, the remedy exists in the environment. Most important is to stay high and conscious of your overall goals, turning what might seem to be a temporary setback into a positive chance for growth. □

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## Traditional Tropical Medications

The following substances are indigenous to Mexico and many Latin American countries and have a long history of use for remedial purposes. Most of these substances can be found in town markets or in the countryside. Some of the fruits are more commonly found on the coasts.

English	Spanish	Use
Aloe Vera	Savila	Apply externally for burns and to reduce fever.
Apple	Manzana	Malic acid in apples aids intestinal flora.
Banana	Platano	Blood purifier; regulates intestines.
Black Pepper	Pimiento	Add to beans and cabbage to reduce gas.
Bougainvillea	Bougainbillia	Make a tea from flowers for coughs.
Cayenne Pepper	Chili Rojo Molido	Blood purifier, cleanser. Aids circulation. Will stop bleeding. Add to socks for warmth.
Cabbage	Col	Juice or soup for ulcers, apply outer leaves as poultice to the kidneys for stones and pain.
Camomile Flowers	Flor de Manzanilla	Use as tea for upset stomach, insomnia and nerves. Apply tea to eyes for soreness or infection.
Celery	Apio	Raw or in soup or juiced for sciatic pain, arthritis.
chayote	chayote	Eat steamed or as tea for high blood pressure.
Cinnamon (sticks)	Canela	Adds to teas or fruit to reduce gas and cleanse intestines. Good for headaches.
Coconut	coco/agua de coco	Coconut water eliminates parasites and the meat is an excellent source of protein.
Cucumber	Pepino	Seeds are diuretic. Vegetable slices can be applied to strained eyes.
Garlic	Ajo	One of the best blood cleansers. Use in all cases of infection internal or external. Lowers blood pressure. Aids anemia.
Guava	Guayaba	Eat raw for elimination of worms.
Jamaica Hibiscus flowers	Jamaica	A cooling drink. Use to reduce fevers.
Jicama	Jicama	Use externally as a poultice for aching kidneys. Internally as a diuretic.
Nopales cactus family	Mango Nopales	Mucilaginous. Excellent food during dysentery or for inflamed intestines.
Oatmeal	Avena	Nerve tonic. For constipation. Added to bath water alleviates itching from insect bites.
Papaya	Papaya	Digestive aid. Unripe fruit contains milky substance called papain. Excellent for dysentery and for infection. Apply externally.