



# TRAVEL TIPS

## Achieving And Sustaining A Stress-Free Vacation

(NAPSA)—According to the United States Travel Association, Americans logged 1.5 billion trips for leisure purposes last year alone. While the goal of a vacation is to relax, preparing for a big trip and making sure all the essentials are packed can be stressful. It can help if, prior to leaving, you set aside enough time so you can tackle each aspect of the trip without getting overwhelmed. Here are hints that may help:

### Pack Smart

The storage space for travel bags on public transportation seems to be getting increasingly smaller. To effectively utilize the limited space, look into multipurpose products. For example, multivitamins such as Centrum offer the essential vitamins and nutrients all in one pill. Additional products to add to the checklist should include a body lotion with SPF, which will protect and moisturize skin, and organic 2-in-1 shampoos and conditioners. This way, hair is clean and silky smooth without the use of harsh chemicals.

### Get Healthy

Two weeks prior to traveling, begin taking a daily dose of probiotics such as Culturelle with Lactobacillus GG (LGG). It's the most clinically studied strain of good bacteria, supported by more than 400 clinical studies.

"Culturelle with LGG has proven to be effective for relieving digestive discomfort, traveler's diarrhea and supporting overall immune health," says Dr. Keri Peterson, internist and Women's Health magazine contributor. "Maintaining this balance of good and bad bacteria in the digestive tract, where more than 70 percent of the body's immune defenses are located, is crucial for achieving and preserving optimum health."

### Plan Ahead

Being on vacation is always a treat, but time flies when you're having fun. To ensure all of the "wish list" to-dos are checked off, create a day-by-day itinerary. This planning beforehand can help ensure you get everything you want out of your vacation. VirtualTourist.com is a great resource with helpful information that can make these decisions easier.

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## Quick Tips For A Stress-Free Trip

1. Eliminate excess baggage by packing light and smart. Leave yourself enough time beforehand to determine the best multipurpose products to bring along.
2. Two weeks before departing for vacation, take a probiotic supplement like Culturelle with LGG. It helps relieve digestive discomfort and traveler's diarrhea. For more information, visit [www.Culturelle.com](http://www.Culturelle.com).
3. Check out [www.VirtualTourist.com](http://www.VirtualTourist.com) to help develop and organize a trip itinerary. Map out "wish list" activities so decisions don't have to be made on the spot.