



# **10 Natural, Easy to Use Health Tips**

**From:**

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**The Sawiak Integrative Wellness Institute**

**[www.drSawiak.com](http://www.drSawiak.com)**

1



## Essential Oil of Peppermint

While on the plane put one drop on your tongue to prevent bugs from the re-circulated cabin air from penetrating your sinuses and nose.

Also, rub on your temples and neck for headache relief.

2



## **Black Walnut Tincture**

To prevent travel diarrhea due to parasites common in tropical countries.

15 drops per day will keep you safe. Should you have a known exposure (e.g. delicious sashimi at that Tiki bar) take 2 tsp immediately.

Then resume 15 drops per day.

3



## Activated Charcoal

Will absorb toxins, poisons and other ills that can be encountered on a trip.

2-5 capsules with water will do wonders to eliminate those toxins etc. out of your system.

4



## Vitamin C

For All That Ails You, instead of an antibiotic for flu, cold, constipation, unknown bugs.

Take 1,000 mg per hour until symptoms pass or diarrhea develops.

Continue to take 1,000 mg 3 X's a day to keep a healthy immune system.

5



## Thieves (Young Living)

Toothpaste and mouthwash to keep your mouth clean and safe from infections.

Also, helps relieve colds and coughs.

6



## Bentonite Clay

Absorbs 300 times its weight in toxins and pathogens.

If you have food poisoning or managed to end up with diarrhea (in spite of precautions) mix 8 parts water to 1 part clay and drink.

For skin eruptions, insect bites, itchy rashes, or a refreshing facial; mix 3 parts water to 1 part clay and apply the paste to the affected area.

7



## Coconut oil

For all your skin needs (head to toe).

If you have travel constipation; take one tablespoon in your coffee.



8



## **Aloe Vera Gel**

Will heal a sunburn, a cut, a rash, sore throat or infected gums.

It can be taken internally (if pure aloe only) as an antibiotic or a mild laxative.

9



## Colloidal Silver

Will sterilize polluted water (few drops in glass) and can stop a cold, or virus dead in its tracks.

1 tsp. Daily until symptoms stop.

10



## Zinc Oxide Ointment

Use as a sun-block, or mix it with coconut oil if you want a safe tan and not pollute the environment.

All of these products are available at: The Sawiak Integrative Wellness Institute

Visit: [www.drSawiak.com](http://www.drSawiak.com)

# Dr. Sawiak Recommends...



## YouWell-The Exponential Health Program

This book will help you Reveal hidden causes that rob you of health and vitality. To Resolve the factors that are found and help you Reclaim the health

[LEARN](#)



## Rain International

Rain International products are manufactured in a top-of-the-line facility, using only non-GMO ingredients. Our unique cold-press process leaves no harsh chemical waste. The lack of harsh chemical and high heat proves beneficial to the seeds, keeping nutrition intact with mild processing

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## Max International

Max International's products are designed to enhance one vital component of your health and well being: glutathione. Glutathione is considered to be the master antioxidant that exists inside every one of the trillions of cells that make up the human body.

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## VoxxLife Neurology Balancing Technology

VOXX products have been designed with the end user in mind. . In addition to providing benefits that make these the best socks and insoles in the world we have made sure to use the best materials in producing the best quality and feel for all of our products.

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# Dr. Sawiak Recommends...



## CardioForLife

The Health Guardian provides unique, high quality, and affordable nutritional supplements that complement a naturalistic, drug free approach to healthcare and related illnesses.

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## Organo Gold

Exclusive Premium Products  
World-class Products start with premium ingredients; from ground to cup and beyond. Our quality controls are strict, cultivation processes are patented, and manufacturing practices are certified.

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## Youngevity

Youngevity's core philosophies are based on the principles of co-founder, Dr. Joel Wallach, who has dedicated his 40-year career to answering one crucial question:  
How can we live younger, longer?

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