

Precautionary Measures When Traveling Abroad

"The group not taking ADP got seriously sick, with 3 travelers serious enough to be airlifted out."

Several years ago, Denis Deluca, president of Biotics Research Corporation was on a botanical expedition high in the Andes in the Amazon to visit the Peruvian maca plantations. He took a team of 3 from the states, to observe the way the adaptogenic maca tubules are harvested and processed, and to bring back samples to see if authentic Peruvian maca had the same botanical properties as the commercial forms.

They were met at the airport with guides, 3 four wheel drive "jeep type" SUVs and some international guests. There were 12 people traveling all together.

When traveling to these plantations you have to drive through the jungle and it is pretty intense driving. Think Indiana Jones and some of his exploits and you will have the right picture. You don't see anyone or anything for



hours as you drive through a narrow road filled with potholes. The scenery is stunning but a little isolated to say the least.

Meals were less than desirable. He told me how natives used plants soaked in local water to brush herbs on various meat dishes. Denis had a great deal of experience traveling in other countries particularly bush hunting in Mexico. He knew how bad the water can be in those outlying areas. As a precautionary measure he and his small

team took two ADP every time they ate.

ADP by Biotics is short for anti-dysbiosis product. ADP is emulsified oregano oil that has antibacterial, antifungal and anti-amoebic properties. The worse the food preparations appeared, the more his team members joked as they ate the questionable food. Ingesting ADP became known as "ADP moments."

Unfortunately, he didn't offer the ADP to the other guests. The first two days passed uneventfully, with

everyone eating the native foods and consuming bottled water whenever possible. When the maca plants are harvested they have a festival where they make all kinds of maca drinks and obviously food. Maca is a food staple and a good harvest brings a lot of festivity. Vegetables are irrigated and washed with the local water supply. And as we know, the water is usually the problem. Keep in mind, many of the vegetables we eat are grown, irrigated and washed in water from other countries.

By day three, the guest without ADP were making more frequent trips to the bathroom and complaining of loose stools. By the end of day four, the other guests were in definite trouble. In fact three of them had to be airlifted out to a local hospital and had to discontinue their trip, missing the maca festival completely.

What is interesting is that Denis and his team were eating the same food and drinking the same water and not one was sick or experienced loose stools. The group taking ADP had NO symptoms whereas those NOT taking ADP got seriously sick.

Here's another anecdotal story that's not so dramatic but drives home my point. My brother Jerold and his wife have gone to Cancun Mexico for the past 8 or 9 years on vacation. During their travels, he and his wife have taken the same dose two ADP every time they ate. One year, for the first time, they decided not to bother as they never had any problems. Sadly, after eating dinner the first day his wife was very sick with fever, chills and extreme fatigue. Ultimately, she ended up in the emergency room with typhoid B she contracted from a parasite while eating chicken in a fine restaurant. When taking ADP for 8 years while traveling abroad, not a trace of sickness.

One year without taking ADP, serious sickness ensued.

These are isolated stories but I can tell you I have recommended ADP as traveling prevention for hundreds of patients and physicians over the last 15 years and not one person has ever come back to tell me about a problem. In terms of travel, I won't leave home without it.

I have attached a link to a study conducted by Dr. Mark Force. He tested bowel flora by sending stool samples to specialty labs and having them culture and identify what bugs may be causing dysbiosis. The study results showed "Emulsified oregano oil killed *Entamoeba hartmanni*, *Endolimax nana*, and reduced *Blastocystis hominis* scores." Also, the November 1995 issue of "Journal of Applied Nutrition" reported that "Oregano inhibits the growth of *Candida albicans*."

With such a preventive effect on bacteria or amoebic infection, emulsified oregano has value in other areas too. Many clinicians use it as a first line therapy for bronchial, respiratory infections and sinus infections. The emulsification process allows it to cover a greater surfactant area.

For therapeutic levels we use 5 tablets three times a day for 2 weeks and then cut back to 3 tablets three times a day for the next 2 weeks. After 2 weeks we replenish healthy bacteria with a good probiotic and prebiotic like BioDoph-7 Plus.

So whether it's preventing travelers' diarrhea or treating a stubborn infection, ADP gets my recommendation.

Thanks for reading this week's edition. I'll see you next Tuesday.