

pectin and encourage the growth of beneficial bacteria.¹⁰ Recently, however, many find themselves becoming allergic to bananas. This problem is explained later, with a solution.

The use of carob flour for diarrhea in both children and adults has been hailed as one of the greatest antidiarrheal steps in recent years. Studies show that one to five doses of carob flour added to hot water (it tastes like chocolate) controlled 60% of infectious diarrhea and 95% of non-infectious diarrhea. Recovery time was definitely shortened.¹⁰

Turner, a yellow vegetable powder used as a condiment in India, was tested in one study of thirty patients with diarrhea. Diarrhea was checked in twenty-two of the patients within seventy-two hours.¹¹

Boiled milk has long been a standby for diarrhetic babies, but Boston's Children's Hospital now frowns on the practice,¹² whereas doctors at Duke University Medical School highly recommend acidified milk such as yogurt, or lactic acid buttermilk, for controlling diarrhea and dysentery for both adults and children.¹³

This is probably the greatest remedy of all for several reasons. The soured or cultured milks help overcome disturbing intestinal flora, and re-establish the benign or friendly flora, which in turn helps the intestines to help themselves. The acid in the soured milks also fights germs and bacteria. If taking small amounts of yogurt or lactic acid buttermilk does not bring desired results fast enough, a stronger, but safe product can speed the results: acidophilus, found in liquid form at health stores. It contains millions of live friendly bacteria which go to work immediately to stop the growth of dangerous bacteria. One takes it in juice or water every little while. **Warning:** if a doctor must resort to an antibiotic, which is sometimes necessary to avoid serious weakness, yogurt or acidophilus *must* be taken simultaneously or as soon as possible. Antibiotics do indeed kill tenacious germs in the body, but they also kill the friendly intestinal flora. European doctors understand this and prescribe some form of soured milk or acidophilus simultaneously with the antibiotic.

advised to get those missing nutrients, especially the minerals, back into the body as fast as possible.

She wrote, "It has been found that far greater quantities of all nutrients are retained if large meals are eaten instead of small ones, even though hearty meals may make the diarrhea temporarily worse." The foods need not be smooth or low in residue, she said, but merely as rich as possible in vitamins, minerals, oils and proteins.

Yogurt and acidophilus should be heavily relied upon, as well as digestive enzymes with bile, hydrochloric acid and lecithin until the putrefactive bacteria are under control.¹⁴

As for allergic diarrhea, watch the effects of what you eat (see chapter on allergies).

To remove sprays and other toxic poisons from food, use the following safe water bath to cleanse them. (Strawberries in my area have been doused with arsenic. Bananas are gassed, so any suspicious foods should be treated.)

Use 1/2 teaspoon of Clorox to one gallon of water. In this low concentration it has been tested for safety for ten years.

For thin-skinned fruits and vegetables, place in this bath for ten minutes. Root vegetables and heavy-skinned fruits, including bananas with skins, require fifteen to twenty minutes. Make a new batch of the mixture for each category. Transfer to a fresh water bath for ten to fifteen minutes before using or refrigerating food.

There is absolutely no bleach aftertaste. Fruits and vegetables actually keep longer; wilted ones become crispier. One couple driving from Texas to California several times a year carried their own food with them. Before they learned about this method of treatment they had to discard the fresh food before they reached home. After treating the food by this method in Texas, it was still firm and fresh by the time they reached California. Other friends who travel in foreign countries take a small bottle of this same Clorox and add one drop to every glass of drinking water for decontamination. They have never acquired diarrhea, whereas others around them were stricken

Otherwise constipation and an under par feeling may continue indefinitely.

One of the causes of diarrhea can be intestinal parasites or worms. A very recent report¹⁵ states that hundreds of Americans and others who have drunk tap water in the Soviet Union have come home with an intestinal parasite infection, called *Giardiasis*. This ailment differs from other diarrheas picked up by foreign travelers, in that it does not begin until the traveler returns home and can last for months. Although it is true that certain drugs can kill this and other types of parasites (in this case, the drugs atabrine or flagyl) most people who take worm- or parasite-killing drugs wish they hadn't. It can be a horrible experience, believe me.

There is another natural remedy, used by scores of medical doctors,¹⁶ which has controlled diarrhea and dysentery of various origins as well as routing parasites. This is garlic, whether fresh, in powder, tablet, or perle form. It is a powerful, natural, effective but harmless antibiotic, and aids digestion. Eleanor Roosevelt even took it to improve her memory! It is available in tablets or perles at health stores. "Social" garlic, which is odorless, is also available, although whether it is as effective as the natural, I do not know.

As for supplements, the late Dr. Tom Spies, of Hillmar Hospital, Birmingham, Alabama, treated diarrhea— which in some cases is an early symptom of pellagra—with niacin, a B vitamin. Diarrhea was often reversed within a week. Adelle Davis stated that she had seen many cases of diarrhea which had lasted for years clear up in a day or so with a daily natural source of B vitamins (brewer's yeast and liver) plus 100 mg. of niacinamide, which does not cause skin flushing. She added that Vitamin B6, folic acid, magnesium and calcium are also necessary for those prone to diarrhea.¹⁷

The old diet during or following diarrhea was usually tea and toast. Avoiding solid foods, drinking bland liquids, water and weak teas, followed by bland solid foods (nothing raw) was the order of the day. No longer! Adelle Davis

A final remedy for diarrhea has been handed down by our great grandparents: blackberry wine. One or two 2-oz. glasses of the wine for adults, and smaller amounts for babies, have been said to stop the diarrhea in an hour. A pleasant remedy, worth a try!

Linda Clark's Handbook of Natural Remedies for Common Ailments (published 1976 by Pocket Books, NY, USA) provides commonsense answers to questions about the disorders that afflict so many of us. An invaluable guide that belongs in every home.

Keeping out of Trouble Stumbling-blocks

Mishaps, Major and Minor: What to do

Loss or theft

Passport

To avoid: Keep a note of the passport number, serial number, date of issue, and place of issue.

Notify: Police and nearest consulate or embassy.

Provide: Passport number, details of your travel plans and dates, photos of yourself.

Expect: To be issued with an exit visa, an emergency travel document or emergency passport (for which there is usually a small charge).

Travellers' cheques

Ask for printed advice from issuing bank or authority; follow advice and keep a note of the serial numbers of the cheques, separate from the cheques themselves.

Police and issuing bank or local agent thereof; or to Thomas Cook or Wagon Lits office if issued by Cooks, or to nearest branch of American Express if issued by Amex.

Details of issuing authority and if possible serial numbers of cheques.

From American Express, during working hours, an rapid refund; or from Amex, at weekends and in an emergency, a loan of up to \$US100 for American Express cheques or, with some delay, replacement cheques from any other issuing body.

Credit cards

Keep a note of card numbers and company's address, separate from the cards themselves.

Police and bank or issuing company (telephone, telex or cable from post office, large hotel, etc.)

Old card to be cancelled to avoid fraudulent use; eventual replacement issued.

Loan from consulate or embassy in an

Money

Police and nearest consulate; and

Police

Police

Police

Money	To avoid: tel. bank asking them to authorize a local bank to issue money to you.	Notify: tel. bank asking them to authorize a local bank to issue money to you.	Provide: tel. bank asking them to authorize a local bank to issue money to you.	Expect: emergency (a small charge is made for this service, payable later) and your passport to be surrendered as security. Money cabled out to a Third World country takes at least two weeks, and persistent enquiry at the receiving bank.
Vehicle	Don't leave vehicle unlocked!	Police and insurance company.	Police and insurance company.	To be issued with a note of confirmation by police.
Luggage and Valuables	Take with you a copy of your insurance certificate.	Police and manager of hotel, campsite, etc.	Copy of your insurance certificate.	Carrier to find luggage within three days; or to pay compensation, which, on international flights, is based on weight, not value.
Vehicle documents	Keep a full set of photocopies of driving licence, insurance document (green document or equivalent), registration book, bail bond and other documents, separately from originals. One option: get an International Driving Permit (from motoring organisations) and take this with you instead of your driving licence.	Police	Details of driving licence, photocopies of relevant documents.	To be issued with a note of confirmation by police; in some countries a temporary replacement of your driving licence to be issued by the national automobile club on provision of details of your licence.