



# Wellbeing Clinic Newsletter

*Today's Focus:*

## **WHAT DOES A TCM DOCTOR PACK IN THEIR HOLIDAY BAG?**

*Holiday is meant to be a happy and relaxing time but we know that emergencies do happen and it's best to be prepared. It can be quite stressful if you or your loved ones are faced with a sudden illness or accident whilst away from home, especially somewhere where accessing medical help quickly may be not so easy. TCM remedies take very little space in your luggage but they can make a big difference if you needed help with some frequent health issues during travel. If you ever wondered what does a TCM doctor take with them on holiday to deal with the most common emergencies on the go, here are the answers.*

### **1. Flu and colds remedy**

Firstly, a flu and colds remedy! It is so very easy to catch a flu, a cold or other airborne disease on the go when you are making your way through a busy airport, train station or other transport hub or whilst you are traveling with dozens other passengers on a plane, train or bus. This can be very stressful and uncomfortable especially if a young child falls ill during travel. Our selection of flu & colds remedies is here to help you. <https://www.wellbeing-clinic.uk/product-category/herbal-remedies-and-supplements/fluandcolds/>

### **2. Stomach emergency remedy**

Secondly, stomach emergency remedy! Holiday is a perfect time to try unfamiliar delicacies, eat out and get tempted by street food on the go. But this can expose you to the risk of stomach bugs, indigestion, stomach upsets or other unpleasant digestive problems. 999 San Jiu Wei Tai capsules is our remedy of choice to be kept in a holiday bag

<https://www.wellbeing-clinic.uk/product/san-jiu-wei-tai-60-capsules/>

For many people stress of travel often leads to constipation, which can be very uncomfortable so it is a good idea to have a solution for this problem as well. Our online shop has several helpful options for this problem.

<https://www.wellbeing-clinic.uk/product-category/herbal-remedies-and-supplements/digestive-and-gastrointestinal-health/>

### **3. Injury remedy**

Thirdly, injury remedy! Holiday is a great time to try various activities and sports. As enjoyable as they are, hiking, roller skating, mountain cycling, skiing and many other sports do carry a risk of injury, not to mention the ordinary sprains, slips, trips and falls which can happen any time but which can be particularly problematic when you are away from home. It would be very worthwhile having an emergency and traumatic injury remedy with you, which can help ease the pain and speed up recovery after an accident. <https://www.wellbeing-clinic.uk/product/san-qi-shang-yao-pian-60-tablets-for-emergencies-accidental-injuries-and-sports-injuries/>

<https://www.wellbeing-clinic.uk/product/yunnan-baiyao-capsules-for-emergencies-traumatic-injuries-and-bleeding/>

We hope our TCM solutions will make it easy to be prepared for your next adventure and make the most of your holiday.

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