

Tuesday Minute Transcript

This Week's Topic

Precautionary Measures When Traveling Abroad



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Years ago, Denis Deluca, president of Biotics Research, 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 vehicles and some international guests. There were 12 people traveling all together. When traveling to these plantations you have to drive through the jungle and over mountains. 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 into 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 2 ADP every time they ate. ADP is emulsified oregano oil that has antibacterial, antifungal and antiamebic properties. The worse the food preparations appeared the more his team members laughed. As his team ate the questionable food, ingesting ADP became known as “ADP moments.” Unfortunately he didn't offer the oregano to the other guest.

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 our vegetables are grown, irrigated and washed in the water from other countries as well.

By day three, the guests without ADP were making more frequent trips to the bathrooms and complaining of loose stools. By the end of day four, the other guests were in definite trouble. In fact 3 of the people 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 where as those not taking ADP got seriously sick with 3 complications serious enough to be airlifted out.

Here's another antidotal 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 6 years on vacation. Every year, he and his wife have taken the same dose 2 ADP every time they ate. Last 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 just by eating chicken in a fine restaurant. When taking ADP for 6 years, not a trace of sickness. The one year they did not take it, serious sickness ensued.

These are antidotal 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 for a study that Dr. Mark Force did when he checked bowel flora by sending stool samples to specialty labs and having them culture and identify what bugs may be causing dysbiosis. He found emulsified oregano oil killed *Entamoeba hartmanni*, *Endolimax nana*, and reduced *Blastocystis hominis* scores.

The November 1995 issue of "Journal of Applied Nutrition" also showed that *Candida Albicans* was inhibited by emulsified oregano. With such a preventive effect on bacteria or amoebic infection it has value in other areas too.

Many doctors use it as a first line therapy for bronchial or respiratory infections. Sinus infections also respond well to emulsified oregano. The emulsification process allows it to cover a greater surfactant area. To give you an idea, 4 emulsified tablets will easily coat an area the size of a tennis court, which is approximately the size of the small intestine.

For preventative purposes take 2 tablets with each meal. For therapeutic levels we use 5 tablets, three times a day for 2 weeks and then cut back to 3 tablets, 3 times a day for the next 2 weeks. After 2 weeks we replace 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 can be a key part of your arsenal. Thanks for reading this week's edition. I'll see you next Tuesday.