



TIP OF THE WEEK

March 18, 2008

Do you ever travel to third world countries? Here's a tip to save your digestive system and health. Your first stop should be your local hospital's travel nurse. Ours asked me where I was going and told me which inoculations to get and gave me Cipro to take with me in case I had intestinal difficulties. My friend Jim suggested that I take an electric teapot if I was going to be drinking local not bottled water. Boil water for at least three minutes and it will be as drinkable as at home. Iodine pills are an alternative. When washing your hands, the best is soap and warm water. I carried a pocket sized Purel hand cleaner too.

Don't eat any salad or fruit that you cannot peel especially if it has been washed in local water. For a good eatable food, I recommend that you pack a large jar of Skippy Peanut Butter. It's a good source of protein and can satisfy your hunger.

Jif peanut butter is fine too. Because choosy mothers choose Jif.

Good luck. Work **ON** your business. Stay in touch.

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