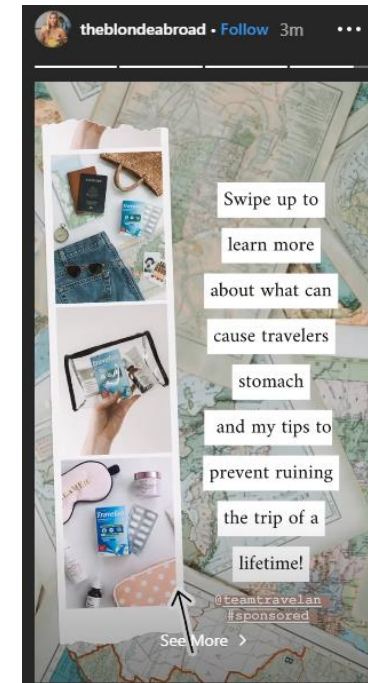
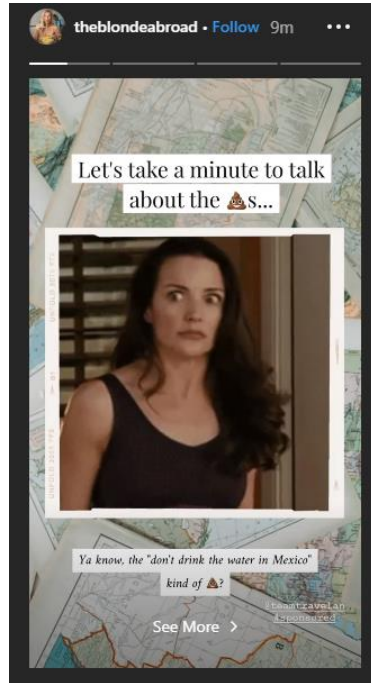


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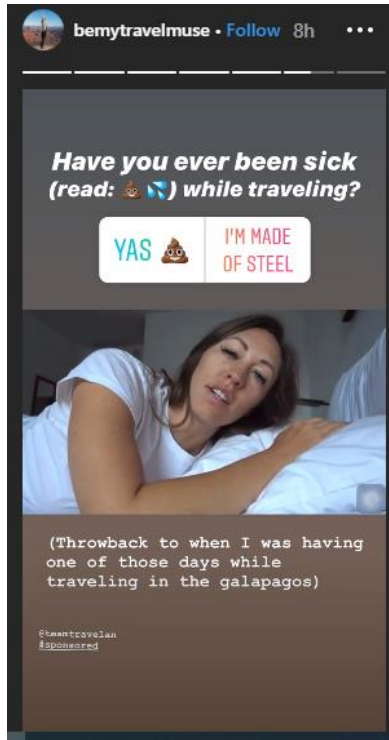
Montezuma's Revenge, Bali Belly or just general digestive upset... yep, it's happened to the best of us. There have been a couple of trips where I've had to stay in bed and near the bathroom for days end because of bad food or water — it's NO FUN and can seriously ruin a trip of a lifetime.

Thankfully there are measures you can take to support a calm gut while traveling. Check out my tips for keeping your digestive system in check by taking [Travelan](#) on your next trip! #sponsored



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We have all heard of the dreaded Bali belly but there are quite a few other common illnesses that risk ruining your Southeast Asia vacation. There is nothing to fear as most of these ailments are easy to prevent. Learn more. 📌



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It is no secret that one of the best aspects of traveling to Thailand; and to any country for that matter; is being able to gorge on the flavourful local cuisine. 🍴

Learn how to enjoy all the food and adventure on your travels, while maintaining digestive health. 🌟

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abrokenbackpack No one likes to talk about their bathroom habits 🙄 If you like to try new things, you've definitely been in a situation where your stomach couldn't keep up with your adventurous self. We already have enough to worry about while traveling so why worry about what we eat too?

@teamTravelan allows you to indulge in the local cuisine while maintaining digestive health.

All you need to do is take one of the capsules before enjoying your meal and then Travelan's little antibodies are on the job. Travelan should be on everyone's essential packing list when heading to Southeast Asia so you don't have to worry about it when you are there.

Tell me, what's the most adventurous food you've tried? 🍴

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