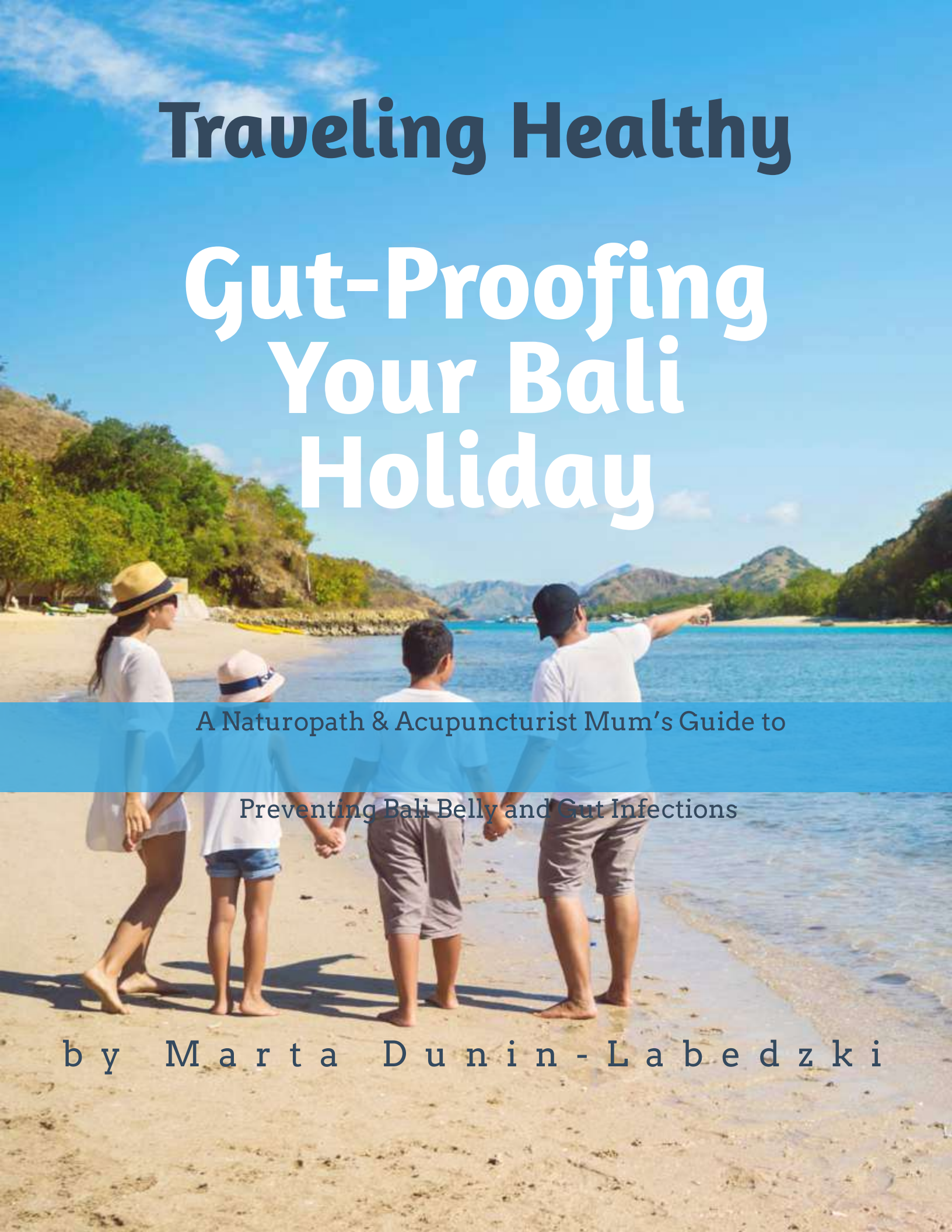




Traveling Healthy

Gut-Proofing Your Bali Holiday

A Naturopath & Acupuncturist Mum's Guide to
Preventing Bali Belly and Gut Infections

by Marta Dunin-Labedzki

Gut-Proofing Your Bali Holiday

Hi, I'm Marta Dunin-Labedzki Naturopath, Acupuncturist, and Holistic Mama

Welcome, beautiful traveller—and congratulations on taking a conscious step toward protecting your family's gut while enjoying the magic of Bali.

I created this guide because I've seen how often a quick bout of Bali belly can turn into months—or even years—of lingering gut issues. As a practitioner of over 20 years and a mum myself, I'm passionate about helping families travel safely, with vitality, joy, and confidence.

I hold degrees in Health Science, Psychology, and a Master's in Chinese Medicine and Acupuncture. I'm also a qualified Naturopath, Homeopath, and Reiki/Pranic Healer. My practice combines the best of science and soul—natural medicine, energetic awareness, and intuitive care.

Whether you're here as a parent wanting to protect your kids, or someone who's had a gut bug in the past and wants to avoid that again, I've packed this guide with everything I've used in clinic and with my own family to stay well while travelling.

It's my hope that this resource supports you to not only prevent digestive upsets but to feel empowered, nourished, and deeply well—on holiday and beyond.

With love from my family to yours

xx Marta

Founder of Shine Health Wellbeing Centre



Heading to Bali? Here's How to Protect Your Gut from Traveller's Diarrhoea and Gut Infections

Tropical fruit, ocean swims, family time — Bali is one of my favourite places to unwind. But as a naturopath and acupuncturist, I've seen firsthand how often people return from holidays with more than just a tan.

Traveller's diarrhoea, often called "Bali Belly," can come on fast — and hit hard. I want to help you avoid it entirely (or at least recover faster), so you can enjoy your holiday and protect your gut long-term — especially your children's.

Why Do People Get Sudden Diarrhoea and Vomiting While Travelling?

When we ingest contaminated food or water — which can happen easily in tropical destinations like Bali — our body detects foreign pathogens in the digestive tract (such as *E. coli*, *Salmonella*, *Blastocystis hominis*, or *Dientamoeba fragilis*). These organisms release toxins or directly irritate the intestinal wall.

Your body responds quickly to protect you:

1 Diarrhoea = Rapid Elimination

The intestines secrete water and electrolytes to flush out pathogens. This causes:

- * Watery, urgent stools
- * Cramping and dehydration
- * Loss of beneficial gut flora

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2 Vomiting = Emergency Rejection

If the upper digestive tract senses danger (such as in viral gastro or bacterial toxins), the brain triggers nausea and vomiting to expel the contents of the stomach.

These responses are protective, but they also:

- * Strip the gut lining of its protective mucus
- * Disrupt the microbiome
- * Leave the gut vulnerable to ongoing inflammation and damage

Anatomy of the Gut Lining & What Infection Does

The gut lining is made of a single layer of epithelial cells. These cells are joined by tight junctions and are covered in a mucus layer that protects the body from bacteria, toxins, and undigested food particles.

When pathogens or toxins enter:

- * Tight junctions loosen — leading to leaky gut
- * The immune system is activated — releasing inflammatory cytokines
- * The gut produces mucus, water, and immune cells to flush the invader

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If not addressed properly, this can lead to:

- * Food sensitivities
- * Fatigue, skin issues, and mood changes
- * IBS, SIBO, or chronic dysbiosis
- * Recurrent infections or poor nutrient absorption

As an acupuncturist, I’ve also seen how gut damage can affect other organ systems through meridian pathways — especially the Lung, Spleen, and Kidney systems — impacting immunity, fertility, skin, and even emotional wellbeing.

Common Causes of Bali Belly: What You Need to Know

Below are the most common pathogens responsible for Bali Belly like symptoms. The most common is E-Coli.

Pathogen	Symptoms	Where It’s Found	Notes
ETEC (Enterotoxigenic E. coli)	Diarrhoea, cramping	Water, raw food	Most common traveller’s diarrhoea
Blastocystis hominis	Bloating, IBS, fatigue	Food/water	May persist for months
Dientamoeba fragilis	Chronic loose stools, gut pain, mood changes	Poor hygiene	Common in children
Giardia lamblia	Profuse watery diarrhoea	Pools, salads	Often missed on stool tests
Norovirus/Rotavirus	Vomiting, fever, diarrhoea	Surfaces, buffets	Spreads quickly in resorts

How I'm Protecting My Family Before & During Our Bali Trip

I don't want to take any chances. Getting a gut bug on holiday sucks. I have heard horror stories where people have spent their entire holidays vomiting, on the toilet and sick in the hotel bed because they are so sick. Holidays are about having fun, relaxing and enjoying a new environment not being stuck on the toilet.

As a practitioner I have had many patients come back from holidays with persistent gut infections which ruin their health for years.

I want to help you protect yourself and your family, especially your kids before you go. Here is what I do about a week before I go to any South East Asian, Indian, African holiday destination.

✓ 1. Nutrients to Strengthen the Gut Barrier

These help seal the gut, nourish the mucosa, and modulate immune function. I only use practitioner products. If you would like me to put together a Health Pack for you get in touch. In Australia, there are many reputable over the counter products available as well. Stick to brands such as Ethical Nutrients or Bioceuticals.

* Zinc – supports epithelial integrity and immune resilience. You'll want to take at least 30mg daily. Children's dosage will generally be at least half of that. Follow directions on your product.

* Colostrum – rich in IgG antibodies; helps prevent gut permeability. Rich in LPS (lipopolysaccharides) which prevent the bacterial toxins from penetrating your gut lining. I use a product called **Protectyn** by Immuron. They also produce an over the counter product called **Travelan**. It's great stuff. Don't leave home without it!

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* L-glutamine – essential fuel for gut lining repair. Good to use if you already have IBS. Helps repair mucosal the lining.

* Vitamin D – regulate mucosal immunity and inflammation. A must for healthy immunity. Get your Vitamin D levels tested and aim for 100nmol/L. Taking around 2000IU daily of Vitamin D will boost low levels.

* Quercetin – stabilises mast cells, reduces histamine responses. Histamine increases in the gut when it's inflamed or reacting to food. Calming it down will reduce gut inflammation

✓ 2. Probiotic and Antimicrobial Support

* *Saccharomyces boulardii* – it's a probiotic yeast which reduces risk of traveller's diarrhoea and reduces gut inflammation. I use Gut Mx. A great product with Zinc. Take it before each meal.

* Metagenics Gut Care for Kids – rich in gut supporting nutrients like zinc, glutamine , marshmallow, slippery elm and liquorice. I give it to my daughter daily for a few weeks.

* Broad-spectrum probiotics – support the microbiome

* Herbal antimicrobials (for adults) only if you get sick: herbs like Barberry, Coptis, Golden seal, Oregon grape - all high in berberine which kills pathogenic microbes. This is best prescribed by a Naturopath or herbalist (someone like me). I use Gut InflamX. Which contains Zinc, Vit D, Coptis, Boswellia, Andrographis and Ginger. Only use if you have got the symptoms.

* Garlic - nature's powerful antibiotic. Just eat it!

* Olive leaf - great immune support.

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* Medicinal Mushrooms - My favourite power house of immunity boosting herbs. Choose a blend with Reishi, Turkey Tail, Shiitake.

* Oregano oil - you have to be super careful with this as essential oils are very potent and can do more harm if take too long. Only take for a few days if you have an infection.

Why Gut Protection for Kids Matters

Children's digestive systems are still developing until about 7 years old, with more porous intestinal linings and immature immune systems. A gut infection can have lifelong effects on:

- * Immune tolerance
- * Skin and respiratory health
- * Mood and behaviour
- * Digestive function

This is why I'm taking every step to prevent infection before we even get on the plane and continuing care after we return. This is what I recommend to all my patients and their families.

Travel Tips to Prevent Bali Belly

DO:

- * Drink only bottled or filtered water (even when brushing teeth)
- * Wash hands regularly or use sanitiser— especially before eating
- * Eat food that's freshly cooked and served hot
- * Swim in clean pools — keep heads above water
- * Peel your own fruit

AVOID:

- * Ice (unless made with filtered water)
- * Raw salads, unpeeled fruit, seafood
- * Buffet or street food that's been sitting at room temp
- * Tap water (even in luxury resorts)

What to Do if You Get Sick My Natural Health kit

Prevention is better than cure but in the case of any of us getting sick this is what I have in my first aid kit. As soon as you start feeling the rumbles and nausea come on, start treating yourself or your family members with the remedies below. Make sure you have them all neatly prepared in your Health kits before you get on the plane. You will thank yourself if you are unlucky enough to get Bali Belly.

Homoeopathics: Use 30c and dose every 1-2 hours initially then 3 times daily until symptoms improve

* *Arsenicum album* – vomiting and diarrhoea with sensations of burning, weakness. Especially after eating spoiled food.

* *Podophyllum* – explosive diarrhoea with urgency. A hot smelly mess!

* *Nux vomica* – nausea, indigestion, bloating. This is best after over indulgence of too much rich food and drink.

Herbs + Nutrients:

* *Saccharomyces boulardii* – 2–4 times daily

* Activated charcoal – binds toxins (not with meds!)

* Slippery elm, marshmallow root, aloe – soothe and repair

* Electrolytes – Hydralyte, coconut water, sea salt + honey

Marta's Gut-Healthy Travel CHECKLIST

Prevent Bali Belly Naturally.

Naturopath & Acupuncturist-Approved | Shine Health Wellbeing Centre

Before You Travel (Start 1–2 Weeks Before)

For Adults:

- ✓ Broad-spectrum probiotic (including *Saccharomyces boulardii*)
- ✓ Colostrum (capsules or powder)
- ✓ Zinc (15–30mg daily)
- ✓ L-glutamine powder (gut lining repair)
- ✓ Vitamin D & A (immune modulation)
- ✓ Herbal antimicrobials (e.g., berberine, olive leaf, garlic)
- ✓ Quercetin or gut-specific antioxidants

For Kids:

- ✓ Metagenics Gut Care for Kids Probiotic drops or powder (practitioner recommended)
- ✓ Colostrum (child-safe powder)
- ✓ Nutrient-dense meals pre-travel (focus on whole foods, fibre)

Travel Day / Plane Essentials

- ✓ Probiotics (capsules or travel sachets)
- ✓ Hydralyte or electrolyte sachets
- ✓ Healthy snacks (e.g., nuts, bliss balls, rice cakes)
- ✓ Herbal throat spray or lozenges
- ✓ Hand sanitiser or alcohol wipes, tissues, ziplock bags, laundry detergent slips
- ✓ Refillable water bottle (empty until after security)
- ✓ Lavender oil or Rescue Remedy for travel stress

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🌴 While in Bali

- ✓ HAVE FUN
- ✓ Daily: Continue probiotics + *Saccharomyces boulardii*, Zinc, Colostrum and glutamine.
- ✓ Filtered or bottled water only (even for brushing teeth)
- ✓ Eat cooked foods, served hot
- ✓ Avoid raw salads, ice cubes, street food
- ✓ Wash or sanitise hands before every meal (kids too!)
- ✓ Keep kids' heads above water in pools

🏠 Natural First Aid for Gut Infections

- ✓ Homoeopathics: *Arsenicum album* OR *Podophyllum* OR *Nux vomica* depending on symptoms
- ✓ Activated charcoal
- ✓ Slippery elm, marshmallow root, aloe
- ✓ Electrolyte sachets or coconut water - fresh coconuts are amazing
- ✓ Light diet (broths, rice, banana)
- ✓ Extra probiotics or herbal antimicrobials

🏠 Post-Trip Gut Reset

- ✓ Continue probiotics + glutamine for at least 2 weeks
- ✓ Add prebiotics: oats, bananas, garlic, leeks
- ✓ Watch for signs of ongoing imbalance (bloating, fatigue, food sensitivities)
- ✓ Stool testing if symptoms persist
- ✓ Book a naturopathic review if needed

Final Thoughts from a Naturopathic Mama

As a naturopath and acupuncturist, I've supported countless patients who never quite bounced back after a gut infection — even years after their holiday. I've seen how parasites like persistent Blastocystis and Dientamoeba can cause chronic fatigue, food sensitivities, and IBS-type symptoms long after the trip is over. E-coli is generally short lived but it can disrupt your microbiome and leave you feeling tired with brain fog and IBS like symptoms.

So my message is this: **protect your gut like it's sacred. Because it is.** And especially protect your kids' guts — it's an investment in their immunity, mood, and long-term health.

This trip, we're taking the sunshine without the sickness. And I hope you can too.

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Want to go deeper into gut healing?

If you've ever had Bali belly, a gut bug in India, or even a lingering tummy issue from travel — your microbiome may still be recovering, even years later. I see this all the time in clinic.

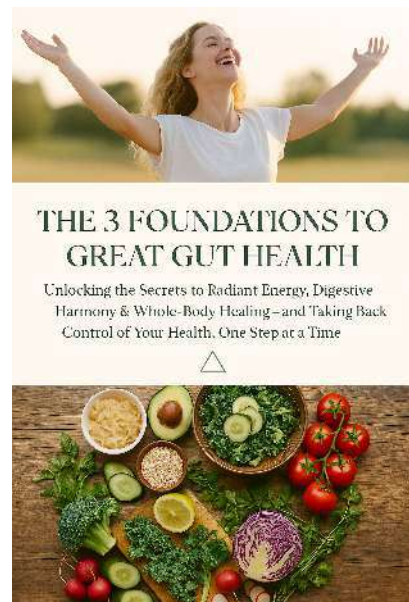
That's why I created two powerful resources to help:

♥ **The 3 Foundations of Gut Health eBook** – a free, beautiful guide that covers the essential pillars of gut repair: restoring the gut lining, rebalancing microbes, and reducing inflammation. It's your first step in rebuilding a strong digestive foundation.

🌿 **The 7 Secrets to Great Gut Health Program**

– a deeper journey into the 'why' behind bloating, fatigue, immune issues and post-infectious IBS. This self-paced course is packed with naturopathic tools, food-as-medicine strategies, herbal support, and lifestyle shifts to heal your gut for good.

Whether you're still recovering from a holiday bug or want to prevent the next one, these tools are here to support your health — now and long after your passport is packed away.



To download head over to my website. www.shinehealthwellbeing.com.au

Follow me on socials for more health and wellbeing support @shinehealthwellbeing

Wishing you and your family the best of health and fun on your sunny holiday.

xx Marta

A person wearing a wide-brimmed straw hat and a colorful sarong is seen from behind, ziplining over a lush tropical forest. The forest is filled with tall palm trees and dense green foliage. The sun is shining brightly, creating a warm, golden light that filters through the trees. The zipline cables are visible, extending from the top of the frame down to the person.

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Protect your gut and enjoy a worry-free Bali holiday with practical tips and expert advice from a seasoned naturopath.

Discover how to prevent common travel-related illnesses and safeguard your family's health with essential nutrients, hygiene practices, and natural remedies.

Empower yourself with knowledge to ensure your trip is filled with sunshine, not sickness.