
From: andreal@shaw.ca
To: mirjamschoutsen@hotmail.com
Subject: RE: Nepal
Date: Mon, 10 Mar 2014 00:34:28 -0600

Hello Mirjam!

I have been to about 5000 m elevation, when I went to Bolivia. I hope that you will be able to get to 5500 m gradually for several days so the body can adjust.

For sleeping take ESE and Calli Night. Start using Evergreen and Electrosport already two weeks before you travel.

Nu-Plus, Fortune Delight, Suncare, Sunbar, Evergreen and Sports caps are all good.

Make sure that you take also SunBreeze Oil, SunBreeze Balm and Sunny Days. It will help you with breathing and getting more oxygen. If you get headache, apply SunBreeze on temples and few drops under your nose or in the mouth and suck on Sunny Days. Veros can also be helpful because it expand arteries and veins.

Also take Oi-Lin Natural Emulsion SPF 30 as in such high elevation the sun can be very strong.

There will also be local teas that will be helpful. In Bolivia we had coca leaves tea. See below for more details.

Good luck with the trip,

Andrea Langer

1. Know the symptoms before you go:

The symptoms of **altitude sickness** include:

- Difficulty sleeping
- Dizziness or light-headedness
- Fatigue
- Headache
- Loss of appetite
- Nausea or vomiting
- Rapid pulse (heart rate)
- Shortness of breath with exertion

2. Ascend gradually, and give yourself time to adapt:

Take it slow, if you can avoid flying into a high altitude city and are able to go by land, go ahead and do that. Taking a bus ride, rising gradually in elevation over several hours is easier on the body than arriving there by plane. Also rising gradually from sea level is easier when you go in steps, so if you are going from sea level to skiing in a high mountain resort in Colorado (10,000+ feet), plan to spend a night or two in Denver (5,280 feet) before heading up further into the mountain resorts.

In any case, take it easy the first day, don't plan anything strenuous. No sex either! Do not use stairs, use elevator.

If you are having any symptoms, stay where you are and don't go any higher until the symptoms go away.

Drink herbal tea like Calli or Fortune delight and eat hydrating, vegetable soups.

3. Drink a lot of water before and during your trip.

Dehydration exacerbates altitude sickness so be sure you are drinking lots and LOTS of water, juices and herbal teas like Calli, starting a few days before you arrive. Stay away from really dehydrating beverages like coffee, black tea, maybe most importantly...

4. Stay away from alcohol

As much as you may want to hit the bar for a beer or wine to celebrate your arrival at your destination, *don't do it*. And as attractive as those Colorado microbrews or Peruvian pisco sours are, this can be really challenging! When we were in Cusco, we chose to not drink any alcoholic beverages the day before or first few days of our trip.

5. Eat light meals with carbohydrates

The owner of the restaurant we went to in Cusco recommended we not get anything heavy and difficult to digest on our first day. We ordered soups, herbal tea, and a light (not greasy) fried rice dish.

In Peru, coca leaves are traditionally used to alleviate altitude sickness

6. Take over-the-counter and herbal remedies

SunBreeze Oil, Sunny days can help ease a headache. TOP is also used to get with of headache.

If you are in South America the often recommended remedy is to use coca leaves (either chewed, or infused as herbal tea). You'll find commercial bagged coca tea at almost every restaurant or your hotel may have the leaves out for making tea at breakfast. You can also buy the leaves in local markets.

A Peruvian restaurant owner recommended we not overdo the coca tea and said that it's mostly dehydrating. It tastes terrible, too! So we limited ourselves to one cup in the morning.

A friend of mine uses aspirin before ascending as prophylaxis but I would talk to a doctor about the dosage and risks.

7. See a doctor if your symptoms worsen or you have any questions:

Altitude sickness can be ***very serious or even fatal***, but fortunately doctors in mountain areas are very familiar with the condition and treat travelers all the time. Any hotel or hostel can point you toward a local doctor—our hostel in Cusco had fliers on the front desk advertising a nearby travel clinic. So don't hesitate to ask if you have any concern about the symptoms you are experiencing.

From: Mirjam Schoutsen [<mailto:mirjamschoutsen@hotmail.com>]

Sent: Sunday, March 09, 2014 2:57 PM

To: andreal@shaw.ca

Subject: Nepal

Dear Andrea,

I am planning to do a tracking tour on Mount Everest. A friend of me told me that he could not sleep anymore on a height of 3000m. As I will be going to 5500m I am a bit worried about my sleeping conditions. What products does Sunrider have for me to sleep on these heights? I do not want to fall, because of tiredness, as I was not able to sleep.

I am planning to take with me nuplus, sunbars, evergreen and probably sportcaps. Do I forget something and what more could you advise me to take with me?

Thank you so much for your advise Andrea. I have never been on these heights before in my life.

Kind regards,

Mirjam Schoutsen