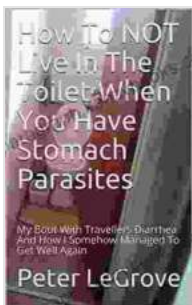


# My Bout With Travelers Diarrhea And How I Somehow Managed To Get Well Again Live

Travelers diarrhea is a common ailment that can strike anyone who travels to a foreign country. It is caused by eating or drinking contaminated food or water, and can lead to symptoms such as abdominal pain, diarrhea, nausea, and vomiting. In severe cases, travelers diarrhea can even be life-threatening.

I recently had a bout of travelers diarrhea while on a trip to Mexico. It was one of the most unpleasant experiences of my life, but I am grateful that I was able to get well again. In this article, I will share my story and offer some tips on how to avoid and treat travelers diarrhea.



## How To NOT Live In The Toilet When You Have Stomach Parasites: My Bout With Travellers Diarrhea And How I Somehow Managed To Get Well Again (Live Cheap In An UnCheap World) by Pamela Wartian Smith

★★★★★ 5 out of 5

Language : English  
File size : 2323 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 85 pages  
Lending : Enabled



## **My Story**

I arrived in Mexico City on a Sunday afternoon. I was excited to be exploring this beautiful city, but my excitement was short-lived. That evening, I started to feel abdominal pain and nausea. I went to bed hoping that I would feel better in the morning, but I woke up feeling even worse.

I spent the next few days in my hotel room, alternating between the bathroom and the bed. I was too sick to eat or drink anything, and I was starting to get dehydrated. I knew that I needed to see a doctor, but I was afraid to leave my hotel room.

Finally, on Wednesday, I called a doctor. He came to my hotel room and diagnosed me with travelers diarrhea. He gave me some medication and told me to rest and drink plenty of fluids.

I started to feel better after a few days, and by the end of the week I was able to start eating and drinking again. I was so relieved to be feeling better, and I was grateful that I had been able to get well again.

## **Tips on How to Avoid Travelers Diarrhea**

There are a few things you can do to avoid travelers diarrhea:

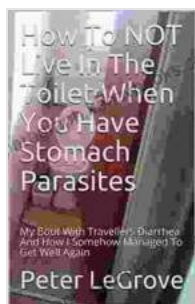
- \* Eat only cooked foods.
- \* Drink only bottled water or boiled water.
- \* Avoid eating street food.
- \* Wash your hands frequently with soap and water.
- \* Get vaccinated against travelers diarrhea.

## **Tips on How to Treat Travelers Diarrhea**

If you do get travelers diarrhea, there are a few things you can do to treat it:

- \* Drink plenty of fluids. \* Eat bland foods, such as rice, crackers, and toast.
- \* Take over-the-counter anti-diarrheal medication. \* See a doctor if your symptoms are severe or do not improve after a few days.

Travelers diarrhea is a common ailment, but it can be avoided and treated. By following the tips in this article, you can reduce your risk of getting travelers diarrhea and ensure that you have a safe and enjoyable trip.



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