Airline Ambassadors International (AAI) is a non-profit organization dedicated to preventing Human Trafficking, helping children in need and traveling to make a difference. AAI leverages contacts with the airline industry to help vulnerable children through medical escorts, humanitarian aid and service missions as well as trainings to prevent human trafficking. AAI is a 501 (c)(3) charity and all donations are fully tax deductible.

The Isagenix Legacy Foundation (ILF) creates sustainable impact globally through volunteer efforts and charitable contributions focused on healthy nutrition and support for underserved children, wellness education for all, and aid for those affected by natural disasters. Through this shared purpose, ILF leaves an enduring legacy in communities around the world.

2019 All Rights Reserved
Edition August 2019

Revised 2019

Written by Kate Jewell, ND
Email: kate.jewell@airlineamb.org
Cell/What's App: 909-455-8694

This Wellness Manual is for educational purposes only. It is not for diagnosis or treatment. Please consult with your health care provider for specific illnesses.
Health and Wellness are world-wide concerns. While traveling, you may have the opportunity to do some informal education on the basics of health and wellness. This manual covers some important issues: drinking pure, clean water, eating nutritious foods, practicing sanitation, avoiding tobacco smoke, limiting alcohol consumption and learning to be safe from “Stranger Danger.” Education on these basics can make a major difference in the health of this generation as well as future generations world-wide.

**THIS MANUAL WILL COVER:**

- Staying Healthy While Traveling. .................................................. 5
- What Makes You Sick. ................................................................... 6
- How to Avoid Germs. ................................................................. 7
- Safe Food and Water. ................................................................. 8
- Keeping Clean. ............................................................................ 10
- Treating Lice. ............................................................................... 11
- Dental Care. ................................................................................ 12
- Caring for the Sick. ................................................................. 12
- Sanitation and Wellness. ............................................................ 13
- Latrines. ................................................................................... 14
- Trash and Litter. ........................................................................ 15
- Basic Nutrition. .......................................................................... 16
- Nutrition for Pregnant Women. ............................................... 19
- Nutrition for Infants and Children. ............................................ 20
- Practicing Safe Sex/Breast Exams. ............................................. 23
- NO SMOKING...Limit Alcohol...Say NO to Drugs. .................... 24
- Human Trafficking Awareness - Stranger - Danger ............... 28
A Message from “Dr. Kate”

Some suggestions to prevent illness while traveling.

Most developing countries lack the clean water and sanitation you are used to. You need to be aware of drinking only pure, filtered, clean water. Ideally, bring your own water bottle to avoid buying and using plastic bottles that are choking the earth. For more on purifying your own water, see Section on Safe Water and Food.

Taking *Lactobacillus acidophilus* can be beneficial to your stomach and digestive tract by helping adaptation to the challenge of foreign food and water. This type of “friendly” bacteria assists in digestion and has anti-fungal properties. More importantly, the lactobacilli can help the colon combat gas, bloating, intestinal and systemic toxicity, constipation and malabsorption of nutrients.

It is best to begin taking *L. acidophilus* in capsule, powder or liquid form **before** you depart on your travels and continue taking it while you are exploring other countries and after your return. Most acidophilus should be kept cool, so be sure to read the label. Take acidophilus on an empty stomach in the morning and one hour before meals. If you take antibiotics, take them separately, at least one hour after taking acidophilus.

A natural and tasty way to ingest acidophilus in another country is to try local yogurt and cheese.

You may also want to bring a homeopathic derived from grapefruit extract and herbs to help your stomach and intestinal tract stay well. I recommend Nutra “Ultra Defense” drops. Please contact me for more information.

If you have diarrhea, taking charcoal tablets — four tablets with water every hour until symptoms subside — may help. Charcoal absorbs toxins from the bloodstream and colon to aid in firming stools. Take charcoal separately from other supplements. Do not take for more than three days at a time.

Eating bananas may also be helpful to help bind the stool as well as give you needed potassium.

To boost your immune system, Echinacea can help fight inflammation as well as bacterial and viral infections. Take as directed for a limited period of time (about two weeks). **NOTE:** If you are allergic to ragweed and/or plants in the sunflower family, use with caution. Do not use Echinacea if you have an autoimmune disease.

In general, taking a good multivitamin, Ester C and B complex can support your ability to adapt to the stress of time-zone, climate and other travel changes.

If you have questions, please contact me:
Kate Jewell, ND – kate.jewell@airlineamb.org
Cell/What’s App: 909-455-8694
In this handbook, we’ll look at:

WAYS TO STAY HEALTHY

Drink clean, purified water.

Wash hands, hair and body to remove dirt and germs.

Eat nutritious foods: protein, whole grains and plenty of fresh, well-washed or peeled vegetables and fruits.

Keep your home and surrounding area sanitary and clean....NO litter!

Good nutrition while pregnant and nursing. Special information for infants and children.

The importance of NOT SMOKING and protecting children and others from second-hand tobacco smoke.

Limiting alcohol intake and SAYING NO TO DRUGS.

Stranger Danger (awareness of human trafficking.)
Before looking at staying healthy, let’s first understand:

**WHAT MAKES YOU SICK?**

Tiny bugs called GERMS make us sick. Germs are so little that you cannot see them with your eyes. Germs are in the air you breathe, the food you eat, and the water you drink. Germs are also in your feces (poop) and on other animals, like flies. They are on almost everything you touch! Germs enter your body:

- 😷 When you eat with dirty hands and from unclean dishes.
- 🧼 Through your skin when you have a cut or scrape that you don’t keep clean and covered.
- 🎨 Just by breathing because there are germs in the air!
- 🖐 By touching things because germs are on almost everything you touch!

Germs live on mosquitoes, fleas, lice, ticks, flies, etc. These insects pick up germs by:

- 😷 Biting a sick person.
- 🧼 Landing on feces, urine or spit of a sick person.
- 🖐 Touching anything a sick person used like a towel, sheet, cup, spoon, etc.

Once the insect has picked up the germs, it can transfer them to a well person by:

- 😷 Biting the person.
- 🧼 Landing on the person’s food, eating utensils, clothes, etc.
- 🎨 Falling off the insect and staying where the insect landed. For example: A fly lands on feces infected with roundworm, then lands on your food. The fly leaves the roundworm germs on your food. You eat the food and swallow roundworm germs into your stomach. The germs grow into new roundworms and now live in your body and can make you sick!
Getting inside your body through cuts. Your skin protects your body and if it is cut or scraped, germs can use that opening to enter.

WAYS TO AVOID GERMS:

Food:

웃 WASH - Be sure the food you eat, especially fresh fruits and vegetables, is washed in clean water. NOTE: dishes and utensils should also be washed and dried completely. Do not stack dishes. Why? Because germs grow on moist surfaces.

웃 COVER - Cover food so flies and other insects can’t land on it and leave germs for you to eat.

웃 PREPARE - Peel vegetables and fruits. Cook meats well.

웃 STORE - Cover foods and store them in a cool, dry place. Refrigerate if possible.

IT’S ALL ABOUT THE WATER!

Water is essential to life. It comes from many places…maybe a well near your home, an irrigation ditch, a river, lake or stream. Try to collect water from a running source which nature filters rather than a still lake or pond. You may collect rainwater in clean barrels.

Water MUST be CLEAN to be SAFE to DRINK!

Drinking unclean water can cause diarrhea and other painful illnesses. You can send a sample of your water to be tested in a laboratory to be sure it is clean and safe. However, if that is not possible, remember:

1. If the water is CLOUDY OR DIRTY looking…it is not safe to drink.
2. If the water comes from an open well or irrigation ditch, it is exposed to germs.
3. If the water comes from a source that is EXPOSED to human and animal waste, it WILL make you SICK so….

DON’T DON’T DON’T DRINK IT!!!!
MAKING WATER SAFE:

Filtering:

Look at the water you want to drink. If you see DIRT, LEAVES, OR SMALL INSECTS, it needs to be FILTERED.

To filter water, pour it through:

1. Disposable coffee filters.
2. A fine mesh wire strainer.
3. A white piece of cotton cloth (such as a clean sock).
4. Cheesecloth.

You can also make a water filter with an empty plastic water bottle and three clean, white cotton socks.

1. Cut a large plastic bottle in half. Take the top half and turn it upside-down into the bottom half.
2. Roll each sock up tightly.
3. Place the first sock inside the upside-down top half of the bottle. Then take some pure black pieces of charcoal (you can use well-burned wood from a fire IF it is totally black with NO white ash).
4. Put the second sock inside the bottle. Add some CLEAN green moss or grass...NO roots or dirt!
5. Put the third sock in the bottle.
6. Pour water through all three socks to filter dirt and particles.

NOTE: THIS WILL NOT FILTER OUT GERMS!!!!

There are several ways to get rid of germs in water.

Boiling water:

1. Pour water into a clean pot.
2. Place the pot over the fire and keep it there until the water bubbles. Keep water at a rolling boil for at least 10-20 minutes (20 minutes is best, especially at high altitudes) to kill sickness-causing germs.
3. Pour the boiled water into a clean container that has a well-fitted cover. Keep the boiled water covered to keep flies, etc. out. If the boiled water is not covered, it can again become dirty and unsafe to drink.

To improve the taste of the water, you can add a pinch of salt to each quart while you are boiling it.

If water has been stored in a covered container for a long time, you can improve the taste by pouring it from one container to another clean container to aerate it.

**Bleach:**

Although not the preferred first choice, you can purify water by adding a small amount of bleach such as REGULAR Clorox or Purex Bleach. Check the label for the percentage of sodium hypochlorite (chlorine) present in the bleach. If the bleach has:

- 1% chlorine - use 40 drops per gallon.
- 4-6% chlorine - use 8 drops per gallon.
- 7-10% chlorine – use 4 drops per gallon.

Mix bleach and water thoroughly and let it stand for at least 30 minutes. The water should have a slight chlorine odor. If it does not, repeat the dose and let the water stand another 15 minutes. Do not store this treated water more than SIX MONTHS as the chlorine will break down over time and the water will no longer be safe.

**Iodine:**

Regular iodine can purify water. Most iodine comes in a strength of 2%.

- Use 20 drops per gallon for clear water.
- Use 40 drops per gallon for cloudy water.

Let iodine-treated water stand in a sealed container for at least 30 minutes before drinking.

**Remember:** filter and purify untreated water BEFORE drinking!
**KEEPING YOUR BODY CLEAN:**

A dirty body attracts bugs that can make you itch or get sick. So:

- Smile! Wash your body as often as possible with soap and water.
- Smile! Put on clean clothes when you are clean and wash your dirty clothes with soap and water. If you put dirty clothes on a clean body, you put germs back on your clean body!

**HANDS:**

It is REALLY important to keep your hands clean. Wash your hands with soap and water BEFORE you:

- Smile! Eat.
- Smile! Touch a sick person or baby.

Also, wash your hands AFTER:

- Smile! Going to the toilet.
- Smile! Working with animals.
- Smile! Working in the garden/soil.
- Smile! Handling a sick person.
- Smile! Touching uncooked chicken and other meats.

Don’t forget your fingernails! Dirt and germs can hide there and make you sick.

Wash underneath your fingernails and keep them cut short so dirt and germs cannot hide.

**Remember: Keep hands clean to help prevent sickness!**

**CLEAN CLOTHES:**

Wash your clothes often to keep them clean. Dry them in the sun to help kill germs.
Also wash bedding to keep it clean and germ-free. If you cannot wash bedding often, then put it outside on a dry, sunny day to air it out and keep it fresh. The heat from the sun can help kill germs.

CLEAN HAIR:

Wash your hair with shampoo and water as often as possible. Rinse the soap out and towel it dry. Brush or comb your hair every day. Wash your brush and comb when you wash your hair.

WHAT TO DO IF YOU HAVE LICE:

Lice like to live on dirty bodies and in dirty hair. Lice spread easily to other people. Check your hair and body often to make sure you do not have lice. Lice look like little white specks or tiny pieces of rice sticking to your hair. Lice usually make you itch! Remember: Wash your hair and check for lice regularly.

If you have lice, you need to get special lice medicine. Use this medicine to dust inside your clothes and massage into your hair to kill the lice. Read all product directions carefully or have them explained to you before using. Some lice medicines can be toxic to babies when absorbed through the skin. Remember: You MUST wash bedding when you are treated for lice!

ALTERNATIVE LICE TREATMENT:

If you do not have special medicine, you can use oil or mayonnaise to kill lice:

-Coat hair completely with oil or mayonnaise and cover head with a tight plastic cap. Leave cap on for 8-12 hours, then wash hair.

-To remove lice eggs (nits:) Make a solution of 1 part hot water, 1 part vinegar. Soak your hair in this solution for ½ hour. Comb hair with a very fine-toothed comb to remove nits.

Remember: A clean body, clean hair and a clean bed help prevent getting lice on your body and in your hair.

When you treat for lice, also clean your body, hair, clothes and bedding.
TEETH:

Think about how difficult it would be to eat if you did not have teeth! You couldn’t chew your food.

To help keep your teeth healthy, you need to brush them in the morning, after meals and before going to bed. Food can sometimes stick to your teeth and brushing cleans that food away.

😊 Brush your teeth with a toothbrush and toothpaste.
😊 Place your toothbrush at a 45-degree angle to the gums.
😊 Gently move the brush back and forth in short strokes.
😊 Brush the outer surfaces, the inner surfaces and the chewing surfaces of your teeth.

(The above method is recommended by the American Dental Association.)

If you do not have toothpaste, you can use salt and clean water: Place a little salt in a dish. Wet your toothbrush and put it in the salt so the salt sticks to the brush. Then brush your teeth and tongue. Afterwards, rinse your mouth with clean water.

If you do not have a toothbrush, then make one! You can use a short twig of SOFT wood, peel off an inch of bark at one end and pound, chew or shred the end to make it soft. You now have a natural toothbrush!

CARING FOR THE SICK:

1. If the sick person is contagious (can spread his illness to those around him) keep him away from other people in the house.
2. All sick people should sleep alone.
3. Wash your hands before and after you care for a sick person. Clean hands will keep you from spreading more germs to the sick person and others. **Be sure to wash YOUR hands and the sick person’s hands after using the toilet.**
4. Nutritious clean food and water are important to help a sick person get well.
5. Wash all dishes and utensils a sick person uses with boiling water. Keep them separate from the dishes and utensils the rest of the family uses.
6. When washing a sick person’s clothes and bedding, use boiling water and dry them in the sun to kill germs.
7. Let fresh air into the sick person’s room every day.

REMEMBER:
1. Germs can make you sick. Keeping clean helps keep germs away.
2. Wash your hands often and keep your nails short.
3. Wash your body with soap and water every day.
4. Put clean clothes on a clean body.
5. Wash your hair with soap/shampoo once a week.
6. Brush or comb your hair every day.
7. Treat lice-infested hair as soon as possible.
8. Brush your teeth at least twice every day.
9. Wash your clothes and bedding often.

Take care of sick people in your home by:
   a. Feeding them clean healthy food and water to help them be strong.
   b. Washing their dishes, bedding and clothes with soap and boiling water.
   c. Keeping them away from other people.
   d. Letting fresh air into their room every day.

SANITATION:

It is very important for your home and village to practice good sanitation. Make sure your home and village:

😊 Has clean pure water to drink.
😊 Has a latrine/toilet and uses it.
😊 DOES NOT HAVE TRASH (BOTTLES, CANS, PLASTIC BAGS, ETC.) LYING AROUND. BURY OR BURN YOUR TRASH AND FOOD SCRAPS BEFORE INSECTS FIND THEM. NEVER THROW YOUR TRASH ON THE GROUND OR IN THE RIVER. THIS MEANS CANDY WRAPPERS, BOTTLES, ETC.

RESPECT YOUR ENVIRONMENT AND KEEP IT CLEAN!
THE SOURCE OF YOUR WATER:

You know water is very important for LIFE. You know you need to drink clean, pure water to be healthy. Water in your home/village may come from many places: a well, irrigation ditch, river stream, lake or be caught in a container when it rains.

NOT all water is good for drinking. Even if it looks clean, water can contain GERMS. If the water has GERMS, it can make you SICK.

It is best to drink water that comes from a deep well that is covered. This keeps contaminants (things that carry germs) out of the water. Make sure your water supply is AT LEAST 100 FEET AWAY FROM YOUR LATRINE. Also, never drink water that is downstream from animal pens or pastures.

After you dig a well and before you use it:

- Remove sediments and pieces left over from drilling the well.
- Sanitize the well with chlorine, then flush it.
- Analyze the water for bacteria.

Some health departments recommend doing another water test a few weeks after the first analysis to make sure bacteria levels are still safe.

LATRINES:

Germs love-love-love urine and feces and, as we know, germs can make you sick.

If you defecate (poop) out in the open, you can spread germs:

- If an insect, such as a fly, lands on the feces. The fly picks up the germs in the feces and then flies off and lands on the food you eat or the cup you drink from. The fly leaves germs from poop on your food or cup so when you eat that food or drink from that cup, you swallow the germs and can become sick.
- If the poop has decomposed and looks like dirt, a child could play there and get germs on his hands. If he does not wash his hands
with soap and water before eating, he can swallow the germs and can become sick. He can also spread the germs to anything he touches and someone else can pick up those germs and get sick.

😊 If germs are in the dust that blows with the wind, you can inhale germs when you breathe.

😊 If your urine or feces is on the ground where vegetables or grains are growing, the vegetables and grain can absorb the germs and then you could eat those germs.

😊 If you urinate on green leaves and later someone eats those leave without washing them, they will swallow germs that could make them sick.

So, it is healthier to use a toilet…or latrine if no toilet is available. If you must build a latrine, it is important to remember that:

✔ The latrine should NOT be near the water supply. It must be at least 100 feet and DOWNHILL from the water supply.
✔ The latrine pit should be 4 feet deep, 4 feet wide and 4 feet long.
✔ The latrine pit should be covered with a wooden floor. Cut a hole 12 inches long by 6 inches wide in the floor. Do not make the hole larger than this as a child could fall into a larger hole.
✔ Make a cover for the hole and use it to keep flies out.
✔ Build walls around the latrine. Walls should be about 5 feet wide and 8 feet high. Make a roof and add a door.
✔ If you can, keep a supply of grain husks to sweep into the hole after you use it. The husks will help cover feces and mask odor.
✔ When the pit becomes full, cover it over with dirt and build a new latrine.

Every person in your village should understand why it is important to use a latrine properly. Your entire village will be healthier when everyone uses a toilet or latrine. These help eliminate germs in the environment.

TRASH:

It is VERY, VERY, VERY important to throw trash away properly!!!!

😊 If you throw trash in the river or any water supply, your trash will make that water unsafe to drink.
If you let trash pile up, it will rot. Flies will land on it and spread germs causing sickness. Rats will come and spread disease from your trash.

DO NOT THROW TRASH ON THE GROUND OR IN THE WATER. EVEN A CANDY WRAPPER CAN BRING DISEASE.

DISPOSE OF TRASH PROPERLY:

If it is not too wet in your village, you can burn much of your trash. Be sure to burn it AWAY from buildings and DO NOT burn on a windy day!

You can also bury trash:

✔ Dig a pit or ditch. For home use, the pit should be 2 feet deep and 1 foot wide. Save the soil you dig out.

✔ Throw trash in. Cover with some soil to keep flies away.

✔ When the trash is near the top, press it down hard, then cover with 1-2 feet of soil. The extra soil will prevent rats and other animals from digging in the trash.

Burying your trash helps prevent the spread of disease.

NUTRITION:

Nutritious food is your best source of energy and good health. Eating healthy food will help you grow, stay strong and supply energy.

It is best to eat a variety of healthy foods. You need:

😊 **Body building foods** (protein) to help you grow and stay strong.

😊 **Energy making foods** (carbohydrates) so you can work and play. These foods also help your body stay warm in cold weather.

😊 **Protection giving foods** (fruits and vegetables) to help keep your body healthy.

*Fruits and vegetables have healthy vitamins and minerals to help fight disease!*
BODY BUILDING FOODS - PROTEINS:

- Chicken, Eggs, Fish, Seafood, Meat, Milk, Cheese, Yogurt.
- Beans/Peas and Rice/Grain combined (eaten together).
- Soybean and soybean products served with grains.

ENERGY MAKING FOODS — CARBOHYDRATES:

- Cereals, Grains (such as Rice) Bananas, Starchy vegetables like corn and potatoes.
- Cooking oil in small amounts.
- Whole wheat bread - not refined white breads.

PROTECTION GIVING FOODS — FRUITS AND VEGETABLES:

- Apples, Avocados, Oranges, Papaya, Pineapple, Plums, Tomatoes, Carrots, Cabbage, Peppers, Beets, Okra, Cassava leaves and all other available FRESH fruits and vegetables.

MEALS:

At least one food from each group should be eaten at every meal. For example, a good meal might be:

- Beans, Corn, Tomatoes.
- Lentils, Rice, Mushrooms.

NON-FOODS:

Some foods TASTE good but do not help the body stay healthy. They are called NON-FOODS because they do not have any food value and do not contain any nutrition the body needs.
Some NON-FOODS are:

- Coffee.
- Tea.
- Beer, Wine, Alcoholic beverages.
- Soft Drinks.
- Candy.

Although these non-foods may taste good, they do almost nothing for good health. ONLY buy them AFTER you have enough HEALTHY food. It is best to avoid alcohol completely.

**A WORD ABOUT ENERGY DRINKS:**

Drinks like Red Bull and RockStar boost your energy and may help you focus. They are mainly made of caffeine and sugar and can help you stay alert for a short time.

Be aware that Energy drinks, especially if you drink too many, can cause:

- ☹️ Weight Gain…from too much sugar.
- ☹️ Insomnia (when you can’t sleep) from too much caffeine.
- ☹️ Tooth Decay (again from too much sugar).
- ☹️ Osteoporosis (weak bones).
- ☹️ Heart Problems.

Enjoy Energy Drinks in MODERATION.

**NOTE:** Energy drinks are NOT healthy to mix with alcohol!
NUTRITION FOR PREGNANT AND NURSING WOMEN:

Women who are pregnant or nursing have special needs. They must eat large portions of body-building foods to keep themselves strong and help their child grow.

If a pregnant woman does not eat properly, she could become tired, pale, weak and anemic. Being anemic means her blood is not healthy, it does not have enough healthy red blood cells to carry proper oxygen to the tissues. She will feel weak and tired.

All women, especially those who are pregnant should eat foods HIGH in IRON such as:

- Kidney Beans.
- Pinto beans.
- Blackstrap Molasses.
- Rice bran.
- Raw Beet Greens.
- Mustard Greens.
- Lentils.
- Dried peaches.
- Prune juice.

These foods have over 5 milligrams of iron per serving.

Also good are:

- Cooked, dried apricots.
- Cooked beet greens.
- Dates.
- Lean meat (turkey, lamb).
- Lima Beans.
- Cooked spinach.
- Dry and fresh peas.

These foods have 3-5 milligrams of iron per serving.

**NOTE: Eating FISH with any of the above foods increases your ability to absorb the iron.**
**ALSO:** Avoid alcohol, coffee and tea which can block iron absorption.

**REMEMBER: A PREGNANT WOMAN IS EATING TO KEEP HERSELF AND HER UNBORN CHILD STRONG AND HEALTHY!**

**IMPORTANT INFORMATION FOR INFANTS AND CHILDREN:**

Infants and children have special needs because they are growing.

For infants, breast milk is best. It supplies all nutrients needed for the baby to grow healthy and build the immune system. Breast feeding alone will take care of the infant’s nutritional needs for the first four months. After that, begin adding mashed foods from the three food groups: Body Building, Energy Making and Protection Giving.

When the baby can begin to eat solid foods, offer them WITH breast milk for 18-24 months.

<table>
<thead>
<tr>
<th>Age:</th>
<th>Food:</th>
</tr>
</thead>
</table>
| ✔️ Birth to 4 months ✔️ 5-24 months | ✔️ Breast Milk.  
|                 | ✔️ Breast Milk, porridge made with cooked, mashed grains, mashed beans and rice, mashed fruits and cooked vegetables.  
|                 | ✔️ When the baby is able, slowly add solid foods along with Breast Milk. |

**Remember: Your baby will be healthier if he/she is:**

😊 Breast fed as soon as possible.  
😊 Fed mashed foods from the 3 food groups along with breast milk FOR 5-24 months. NOTE: ---Feed mashed foods BEFORE breast milk.  
😊 Breast feed as long as possible. When the child is 2 years old, slowly wean him away from breast milk.
FEEDING YOUNG CHILDREN:

A child doubles in size from birth to one year. By age one, he begins to eat like an adult and should be fed most of the same foods the rest of the family eats. A young child:

- Needs to eat often, at least three times a day.
- Should have their own plate to get his/her share of food.
- Will be healthier if given foods from all three food groups at each meal.

If a child does not eat balanced meals daily, he/she may become malnourished. You may notice that he/she is not gaining weight and may become sick. The two most common diseases from malnutrition are Kwashiorkor and Marasmus.

**Kwashiorkor:**

A child with this condition:
- Is usually between 18-24 months old.
- Is not eating enough body building foods.
- Appears swollen, especially the feet, lower legs, and stomach. They may even appear fat.
- May have a scaly, peeling rash, light hair that might be red, and a SAD face.

To decide if a child has Kwashiorkor or is fat:
- Push in on his/her leg. If the skin comes back right way, he/she is probably healthy. If the skin stays pushed in, he/she may have Kwashiorkor and should be treated immediately.

**Maramus:**

A child with this condition is:
- VERY thin and continues to get thinner.
- Not getting enough food from all three food groups.
- Not swollen or fat. You can usually see the ribs under his/her skin.
The child's head looks big and his/her stomach may look swollen because the body is so thin and shrunken.

NOTE: If a child has symptoms of either disease, he/she needs special medicine and should see a doctor.

THE BEST PREVENTION OF THESE DISEASES IS GOOD NUTRITION!

DIARRHEA:

Diarrhea is a common disease that is especially dangerous if a child is malnourished. Diarrhea helps cause Malnutrition and Malnutrition helps cause Diarrhea.

If a child has diarrhea, he loses a lot of water and can become dehydrated. Dehydration can lead to death!

Signs of dehydration are:
- Very thirsty.
- Dry mouth.
- Loss of skin elasticity.
- The soft spot on an infant’s head is sinking in.

To test skin elasticity:
- Pinch up a fold of skin at the side of the stomach.
- Hold for a few seconds.
- Let go.
- If you can see the fold you made, the child is dehydrated.

If you do not have access to diarrhea medication, you can make a treatment for him/her using sugar and salt.

Mix:
- 1 cup clean water.
- 1/4 teaspoon salt.
- 2 teaspoons sugar.

Have the child drink this as least SIX times a day as soon as diarrhea starts.
ESPECIALLY FOR WOMEN:

Although it should be an issue for men and women, practicing safe sex is usually left up to the woman. In some countries, women are given a shot to prevent pregnancy and mistakenly believe the shot also protects them from STDs. (Sexually Transmitted Diseases. IT DOES NOT.

The best form of protection from STDs is a latex condom used ONLY ONCE for intercourse. Never use an oil-based lubricant, such as Vaseline, with latex as it will break down the rubber and destroy its protection.

Use a condom ONLY ONCE to protect against STD and pregnancy.

BREAST SELF EXAM:

A breast exam is recommended at least once a month, about 3-5 days after the beginning of menstruation (the monthly period). To examine your breast:

✓ Lie on your back.

✓ Place your right hand behind your head. With the middle fingers of your left hand, gently but firmly press down on the outer edge of your breast. Using a circular motion, gradually work towards the nipple, examining your entire breast. Take time to examine the area between the nipple and armpit. Also examine your armpit.

✓ You are looking for lumps that are hard and not mobile. They may be very tiny. If you find one, please go to your doctor for follow-up to determine if you have cancer.

✓ Gently squeeze your nipple, checking for discharge that is blood, watery, yellow or pink.

✓ Repeat process on your left breast.
Repeat your breast exam as above while standing or sitting.

Stand in front of a mirror with your arms by your side.

Look at your breasts directly in the mirror. Look for any change in skin texture such as:

- Irritation or dimpling of the skin.
- Nipples that seem out of proportion.
- One breast that looks different from the other.
- Any swelling in a portion of the breast.
- Pale nipple(s).
- An inward curve of the nipple(s).
- A discharge from the nipple (that is not breast milk).
- Red scaling or thickening of the skin and nipple(s).

Men can also get breast cancer so it would be beneficial for them to do a breast self-exam once a month.

**SMOKING TOBACCO MAKES EVERYONE SICK!**

Every year smoking KILLS OVER 8 MILLION people (World Health Organization).

Nicotine and other poisons found in tobacco products cause many illnesses including cancer and heart disease. Smoking also puts people at greater risk for colds and pneumonia.

You can usually tell when a person smokes because he has bad breath and stinky hair and clothes. A smoker finds it harder to run and exercise. Smoking is also a very expensive addiction.

**HAZARDS OF SMOKING:**

- Each cigarette smoked takes ELEVEN minutes away from your life (NIH).

- Cigarettes contain over 7,000 chemicals. At least 69 of these are toxic and can cause cancer (American Lung Association).
😊 SMOKERS have less energy due to decreased lung capacity and chemical toxicity.

😊 Smokers have a much greater risk of disease: cancer (lip, mouth, voice box, food pipe, stomach, pancreas, kidney, bladder, cervical, ovarian), lung disease, heart disease, stroke, high blood pressure, breathing problems, ulcers, cold, flu, addiction etc. (emedicinehealth.com).

**SMOKING IS A DIRTY ADDICTION THAT HARMS YOU AND THOSE AROUND YOU!**

**THE HAZARDS OF SECOND-HAND TOBACCO SMOKE (SHTS):**

When a cigarette is lit, thousands of poisons are released in the smoke. Only 15% of the smoke is inhaled by the smoker. The rest (85%) goes directly into the air and is called SECOND-HAND TOBACCO SMOKE that NON-smokers will inhale! (www.answers.com). This includes the smoke from a burning cigarette just lying in an ashtray. SHTS has even more disease-causing chemicals than the smoke inhaled through the cigarette!

Everyone, especially infants and children, is sensitive to tobacco smoke. Children of smokers and those exposed to Second-Hand smoke:

😊 Have more colds and asthma.

😊 Suffer more chest infections and pneumonia.

😊 Have a higher risk of deafness.

😊 Have less lung capacity and function.

😊 Get sick more often.

😊 Are at greater risk for Sudden Infant Death Syndrome (SIDS) or cot death.

Infants exposed to SHTS may have impaired brain development.
REMEMBER: Everyone who smokes or is around a smoker, breathing in Second-Hand Tobacco Smoke is at greater risk for cancer and other serious diseases. The easiest way to avoid the pain and suffering caused by smoking is:

DO NOT SMOKE!!!!!!

Make your home and village a SMOKE FREE place!

Protect yourself and those you love. Don’t smoke or be around smoke. If you are a smoker and cannot quit, at the very least protect those around you by always smoking outside and away from others... especially children.

ALCOHOLIC BEVERAGES:

Enjoying a beer or glass of wine is fine...IN MODERATION. Unfortunately, many people drink TOO MANY glasses of alcohol and get drunk. Then they may fight and hurt people or themselves. In the morning, they wake up feeling sick and may not be able to work and take care of their families.

Excessive drinking affects you AND your family and friends. You will be more likely to get sick and be in poor health. Your children may also drink too much because they see you drinking.
EIGHTY PERCENT of child and spouse abuse involves alcohol. Don’t hurt your health, family and friends…

DON’T ABUSE ALCOHOL!

DRUGS:

Taking drugs can be even more dangerous than drinking too much alcohol. Drugs are:

- Illegal.
- Hurtful to the user.
- Expensive.
- Addictive.
- Harmful to your health.
- Can be hurtful for children, families and friends.

It’s really very simple:

Just say NO to Drugs!
Human Trafficking Awareness - Stranger Danger  
by Nancy Rivard

The fastest growing criminal industry in the world is human trafficking. There are more slaves in the world today than at any time in history. It is happening all over the world and it is affecting every community.

Human trafficking is the recruiting, transporting, transferring or harboring of a person through force, fraud or coercion for the purpose of exploiting them. Traffickers sometimes kidnap victims by force, but more often they lure victims with promises of a good job, love and romance or a better life. Often they are transported away from their community (and their support networks) and forced into labor or sexual servitude. When the victim finds out the promises of a good job, glamor, or love were not real, they become trapped through threats of harm to themselves or their families and bound to an unending cycle of misery.

Our greatest asset in the fight against human trafficking is you and the members every community. However, the only way you will be effective in helping to end human trafficking is by being able to identify the signs of trafficker abuse, so that you can report them. Victims can be difficult to identify, and you could even have a victim in your own home. Traffickers can be ANYONE, male, female, young, old, often a stranger, but they can be a family member or intimate partner.

Victims can be from any ethnicity, social or economic group, gender, or level of academic achievement. Some traffickers prefer to focus their efforts on recruiting young people into their enterprises, and many traffickers are young as well.

 Traffickers are looking for victims and young people who may:

- Need a job.
- Lack a sense of belonging to others.
- Not feel respected or valued by family or friends.
- Base their self-worth on popularity or relationships.
- Be willing to keep secrets, including the relationship.
- Not have a good relationship with their parents.
Be looking for a boyfriend or girlfriend.
Be often bored with not much to do.
Spend a lot of time away from family or friends.
Be willing to take directions and believe the lies and false promises.

**ONCE A PERSON IS TARGETED, THEIR PROCESS BEGINS:**

1. **Scouting**

 Traffickers are looking for young people to target

 **They find their victims via:**

- Social media
- Village plaza
- Shopping malls
- Bus stops
- School
- Friends

2. **Manipulating**

 Traffickers relate to young people and often seem “too good to be true.”

 **Trafficker manipulation techniques:**

- Offer exciting jobs.
- Pretend to be boyfriends or girlfriends.
- Buy presents.
- Treat their intended victims very well.
- Listen and act interested in their lives.
- Lie and manipulate.

3. **Trapping**

 Traffickers trick or control young people into staying in the lifestyle.
These methods could be:

- False love or lies
- Drugs
- Threats of violence
- Physical violence

How Can You Protect Your Friends?

- Pay attention to changes in mood or behavior.
- Don’t just ignore them if they start to isolate themselves.
- Educate your peers about human trafficking.
- Talk about the issue and make sure your friends know they can come to you if they have problems.
- Don’t be afraid to share your opinion if you think your friends are getting into a bad situation.
- Report your concerns to trusted adults.
- JUST ASK if you think something is wrong.

A GUIDE FOR PARENTS

Sometimes traffickers go to remote villages and target the parents of a young girl, (or boy) promising an education, a better life and offering to pay the parent to let the child go with him. The parent agrees, believing he is giving his child a better life. The child is then sold as a sexual or household slave.

The key to protecting your child is to pay attention to them and their behavior.
Don’t be afraid to talk about sensitive topics. Help build their self esteem and confidence. Discuss social media and monitor their usage. Talk with your child about friendship.

Young people from 13 – 19 are often targeted. Keep an open dialogue with your teen. Here are some suggested conversation starters:

✓ Who do you hang out with in your free time?
✓ Have you received any strange friend requests or followers on social media?
✓ Have you received texts or private messages asking you to meet?
✓ Did your friend ask you to keep your friendship a secret?
✓ Do you feel you have to spend all of your free time with this friend?
✓ Has your friend bought you expensive gifts for no reason?
✓ How old is your friend?
✓ Has your friend tried to give you drugs or alcohol?
✓ Has your friend tried to get you to participate in illegal or questionable activities?
✓ Has your friend asked you to be sexually active with them or another person in exchange for money, clothes or something else you want?
✓ Do you feel like you have to check in with your friend?
✓ Has your friend ever hit, kicked, shoved or hurt you?
✓ Has your friend threatened to hurt you if you tried to leave?
✓ Are you afraid to end the relationship with this friend?
✓ Does your friend make you feel uncomfortable?
LISTEN

Let your child share what’s bothering them. Don’t force the issue. Listen, but be persistent.

LOVE

Tell your child that you love them, and tell them often. Tell them you’ll always be there for them.

SUPPORT

Show your child you are willing to listen, and try not to judge them when they share.

UNDERSTAND

Never blame your child for what is happening. Remember they are a victim, not a criminal.
The key goal of training is reporting and data sharing.

Airline Ambassadors developed smartphone application called “TIP Line” that you can download on your phone right now. It is free on Google or iTunes and will allow you to take a picture and share information with law enforcement very quickly. By making this report, important information will go to law enforcement closest to you.
REFERENCES

Where There is No Doctor, a village health care handbook by David Werner.

Prescription for Nutritional Healing by Phyllis A. and James E. Balch.

Our Bodies, Ourselves — The Boston Woman’s Health Book Collective.

Trainee Manual for the Village Health Promoter from Project Concern International

Individually noted websites

www.lungs.org (American Lung Association)

www.JustAskPrevention.org (Just Ask Prevention)

www.NIH.gov (National Institute of Health)

www.who.int (World Health Organization)

www.emedicinehealth.com

www.answers.com
Notes
Many thanks to the Isa Foundation and Isagenix Legacy Foundation for the support that allowed our Airline Ambassadors teams to print and provide Wellness trainings at our adopted projects throughout the world!

Bringing Compassion into Action at Home and Abroad

Airline Ambassadors International
550 14th Rd. S,
Arlington, VA 22202, USA
Phone: 1- 866-ANGEL-86
www.airlineamb.org

2019 All rights reserved