

It is very common to experience stomach irregularities. The best way to avoid this is by drinking only bottled water, and avoiding fruit or vegetables that have not been peeled or properly cleaned when not eating in a nicer level restaurant. We suggest avoiding fried foods where the oil may be used over and over. Try to eat in places that provide clean meal preparation. Even if you are cautious it is common to have problems all the same. In this case, we can help you with herbal tea remedies of the area, or depending on your situation, help you seek medical help. Many visitors use Pepto-Bismol and bring a dose of Cipro just in case!

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