

Vacationers... Did you know?

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By News Canada

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(NC)—The long-awaited vacations of 1.3 million Canadians may be ruined every year by Travellers' Diarrhea, also referred to as Montezuma's Revenge. While rarely life threatening, Travellers' Diarrhea has a way of disrupting a perfectly planned vacation by keeping you running to the bathroom or even stuck in bed.

To make sure your vacation is as wonderful as can be, travellers to Mexico, the Caribbean, Africa, Latin America, the Middle East and most parts of Asia should take precautions to avoid Travellers' Diarrhea.

"Now you have a tool that is recommended to help prevent Travellers' Diarrhea" said Dr. Suni Boraston, travel medicine specialist, Vancouver BC. "Travel specialists like myself are thrilled that there is now a prevention available for Travellers' Diarrhea. Called Dukoral™, it's an oral vaccine that you drink prior to your trip to help protect you from Travellers' Diarrhea. You still need to be cautious while travelling, but you can be a more confident traveller knowing that Dukoral is protecting you."

Travel Tips:

- Drink only carbonated bottled water or soft drinks, bottled fruit juices, alcoholic beverages without ice and hot beverages
- Only eat fruit and vegetables that you have peeled yourself
- Make sure that foods are well cooked
- Don't forget to visit a travel clinic or your family doctor well in advance of your trip to ensure you are medically protected from travellers' diseases including Travellers' Diarrhea.

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Timeshares vs. Hotels

By Dana Sanders

Do you dread staying in cramped quarters on your holiday? Have you been disappointed with hotel rooms that are far less spectacular than promised? Does your family live like sardines for the entirety of your vacation because more spacious suites are outside of your budget? If you answered "yes" to any of these questions, think about investing in a timeshare.

Instead of tiny hotel rooms that lack amenities, imagine spending your vacation in a spacious timeshare with all the comforts of home! If you think owning a timeshare is expensive and far outside of your budget, you may be pleasantly surprised to learn timeshares are more economical than your traditional hotel room.

Many vacationers prefer staying in a timeshare—even a smaller two room timeshare—than spend the night in a hotel. Those traveling with children or with large groups especially enjoy the timeshare experience due to the spacious accommodations. Additionally, most timeshares come with many of the conveniences of home, including kitchens or kitchenettes with microwaves and refrigerators. For those

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budget-conscious travelers, this option is perfect since money can be saved by preparing meals in house verses eating every meal at a restaurant. If you plan to enjoy vacation to the fullest and not venture into a kitchen, these conveniences are still excellent, since drinks and snacks can be stored in the refrigerator and hungry vacationers will enjoy the quick cooking abilities of a microwave. These conveniences of home may especially appeal to families with children as an attractive reason to invest in a timeshare.

Timeshares also allow vacationers to spread out a bit instead of being clumped together in a hotel room. Whereas you would have to shell out hundreds of dollars per night to stay in a hotel suite with more than one room, to accommodate larger groups a timeshare is a more economical option. For those individuals who travel with friends or family, timeshares are available in a variety of sizes to sleep anywhere from a cozy couple to a magnificent multitude. In addition to having sleeping quarters, vacationers can seek solace in the living room in order to watch a movie, catch up on their reading, play a game, or just plain relax!

Perhaps the best thing about choosing a timeshare resort over a traditional hotel is the extras outside of the room. Many timeshare resorts offer a variety of entertainment, dining, and recreational options for their visitors. Whether it's the amenities inside the room, the space, or the resort's amenities, timeshares are a great option for travelers everywhere who are tired of staying in the cramped quarters of a hotel room.

Looking for information about timeshares? Go to

<http://www.atimesharesz.com>

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provides a consolidated listing of the best Timeshares and Travel sites and resources in one easy to navigate location.

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