



top 5 surftrip fails

and how to avoid them.

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PREFACE

*We gathered this
information after surfing
in Sri Lanka and
Indonesia
over a period of 6 years.*

**This e-book is written
to save you from:**

-

*days out of the water due
to injury or infection*

-

*long term damage to your
body*

PROLOGUE



Touching down on the runway of a tropical surf destination gives a buzz of freedom and adrenaline.

As you step off the plane into the humidity and promise of endless warm turquoise waves, your mind races ahead to just how fast you can get in the water? Which will be the best spot? What time will juggle the best waves with the least people out? What the conditions are? Did you pack your wax?

With these factors running through your mind, you are probably forgetting the basics.

The practical considerations if over-looked, are more likely to keep you out of the water and failing to catch waves, than anything else.

This e-book will arm you with the information to keep in mind, so you can make the most of the time you have surfing out in the tropics.



KABALANA - SRI LANKA



BANYAN ISLANDS - INDONESIA

CHAPTER 1

THE NUMBER 1 MOST COMMON TROPICAL DISEASE AND HOW TO AVOID IT

Keen to avoid the dreaded Bali or Delhi belly? In many tropical surf locations general sanitation standards can pose this common risk.

Being stuck inside with diarrhea, stomach cramps, fever, vomiting and feeling super-weak is not the ideal physical or mental state for any kind of peak surfing experience.

The causes and the cures outlined below, can reduce exposure and shorten the time of the illness.

The main culprits of an upset stomach in tropical countries are... worms! Otherwise known as parasites.

Worms? You may ask, how in the hell?



INDONESIA

Any BIMC centre Bali wide, or if you are in Ubud, the Ubud Care Clinic with Dr Krishna is a great start. These places will test for worms and a quick dose of anti-worming medication can have you back in the water within a couple of days.

In other countries seek out a medical care centre where you can leave a stool test so that they can test for worm eggs and therefore give you the correct treatment.

It is a good idea to nip a worm infestation in the bud as soon as possible. Many people have low level symptoms for weeks, before it escalates and you get really sick.



CHAPTER 2

THE WATER BASED BACTERIA THAT COULD PUT YOU BACK ON DRY LAND AFTER JUST ONE SURF

Its beautiful, its blue and it's the provider of waves-a-plenty and endless fun sessions.

The ocean! How we love it so, and in tropical surf destinations like Indonesia and Sri Lanka, it's warm too!

Being out on a board, riding in nothing but your board shorts or bikini, well there's no feeling quite like it.

However lurking in the water are also some unusual bacteria that us land mammals haven't really developed much of a resistance to.

Knowing about these bacteria and what we can use to protect ourselves against them, both before and after surfing, can ensure that we don't miss time spent doing what we love.

There are multiple species of ocean dwelling bacteria to watch out for but *Vibrio parahaemolyticus* and *Vibrio vulnificus* are common. Staph and Strep are frequently seen bacteria strains, cultured from saltwater infected wounds.

The bacteria that lives on the waters' surface is different to the bacteria found below the surface, so you could be up against quite a cocktail in just one surf.

If you have any open skin before getting in the water, bacteria can get into even the smallest wound and start to grow. That's how a small graze can get into a gnarly state in no time at all.

Once a body part is infected by sea water bacteria, the infection can be hard to shift. This is because us land dwellers have little natural protection and often we have to resort to the unholy marriage of:

staying out of the water plus antibiotics to free ourselves from the grip of the water borne pathogens. (Read chapter 3 to find out why this option is often ineffective).

Our scientist recently reported seeing similar strains of bacteria in both the Indian ocean and the English channel, so even cold water surfers are not always safe from the tropical bacteria action!

In colder water conditions, even a graze on a sea dwelling rock can leave under-water microbes on the skin. These can cause similar complications with wound healing and infections.

Sea ulcers are a common problem for surfers. These often occur in places where circulation is poor, for example on hands and feet.

These places get less blood than other places in the body and everyone knows our red stuff is bringer of all things good; namely oxygen, nutrients, stem cells (which help the skin to heal, by stimulating collagen and elastin) and white blood cells for fighting infection and disease.

Apart from cuts that happen on land, and then get infected by ocean based bacteria, what about injuries sustained in the water itself?

Lets face it, there are limited ways of actually hurting ourselves in the ocean, water being the magically non-hard edged substance that it is.

However, there are a few perils that surfers face when judging whether to take that drop or not. Reef cuts anyone? Board in the face? Jelly fish stings? Sea Urchins? The odd barnacle encrusted rock?

All of these things can be teeming with bacteria that have the potential to escalate into painful infections or worse.

CHAPTER 3

DANGERS TO WATCH OUT FOR IN LOCAL PHARMACIES

If you are surfing in a remote location like the Mentawai or Sumba island, it may be difficult to find a pharmacy.

Your nearest pharmacy may be a one hour trek away, through jungle, woods, forests or whatever separates that beautiful un-crowded wave you have travelled to enjoy, from main-land civilization!

Even if you do make it to the nearest pharmacy, the availability of the most up-to-date pharmaceutical offerings may be on the limited side. Not to mention any testing facilities to ensure you are taking the correct antibiotics for the bacteria that has infected you.

Finally, some of the antibiotics on sale in countries like Sri Lanka & Indonesia, may be there because they can't be sold elsewhere anymore. This is because people have developed tolerance to them.

Tolerance is developed over time, through over-use of antibiotics ourselves, and also the same antibiotics being used on animals within the farming industry.

It means that we are not only exposed to high levels of antibiotics from a young age, but are also eating them in meat and dairy products every day.

This is how tolerance builds up to the point that the antibiotics don't really work for us when we get sick anymore.

These same antibiotics may still be found in local pharmacies in tropical countries, and because we have built-up resistance to them they just don't work.

Instead, in many cases, the antibiotics cause sickness, gastro issues (bad stomach), headaches, flu-like symptoms or even, or, at best they just don't clear up the infection.

CHAPTER 4

THE SECRET NATURAL BASED ALTERNATIVES; SCIENTIFICALLY PROVEN TO WORK

Luckily, there are many natural plant essences which have now been scientifically proven to be effective against both land and water based bacteria.

When a plant essence is harvested from a plant grown in controlled conditions, and the essence of it is extracted correctly, the resulting solution is known as ‘medical grade’

That we live in a world where these conditions must be controlled, perhaps point to some of the wider issues of why our own natural defenses are often compromised.

However help is at hand, as these medical-grade plant solutions, are teeming with all of the blueprints the body needs to heal itself effectively and rapidly.

Its worth remembering that with any injury, there are always two main things that need attending to. In 99% of cases it is one or both of these factors that cause complications and delay healing.

These factors are:

1. inflammation
- and
2. infection

Inflammation results when infections occur, however the inflammation – which is the leading cause of pain and discomfort rather than the infection itself - can hang around long after the infection has subsided.

So why would the inflammation still be present if the infection is already gone? Surely the body is built to reduce the inflammation along with the infection?

To answer this question we must observe that our bodies are both intelligent and finely balanced.

When that balance is pushed out of whack, the body will roll out some hacks in order to allow it to deal with a lot more than it should be dealing with.

A lot more than it should be dealing with? ...

10 beers a day anyone? Bad diet? Not enough sleep? Sustained stress levels? Emotional distress from your significant other or family members?

All of these things can disrupt our internal balancing systems, not to mention our immune systems and our body's ability to respond to infection accurately.

That coupled with a diet rich in foods which trigger an inflammation response in our guts (poorly cooked bread, bad quality meat and certain vegetables eaten too regularly as a few examples), can turn our inflammatory response into a wild and unguided missile.

Medical grade essential oils, applied both topically, and their smell inhaled directly into the brain, can tame this missile and drive the body's inflammatory response effectively, to trigger fast and effective healing.

Not only that, but essential oils, have been clinically proven to be effective against the bacteria found in sea water.

Notable studies on essential oils were first carried out by a war doctor called Valnet.

Valnet found himself, his hospital and patients, cut off from mainstream pharmaceutical supplies, due to roads being either bombed or under target from enemy forces.

As an alternative to pharmaceuticals, he tried essential oils to fight the soldiers infected and wounded limbs and bodies and was surprised they worked much better in most cases, and with fewer side effects.

Since then many clinical trial have been carried out on essential oils. For example a group of international surgeons came together to trial essential oils against the dreaded MRSA virus that swept through European hospitals in the 90's killing thousand of patients, and found them to be effective.



Arugam Bay - Sri Lanka

CHAPTER 4

10 MOST COMMON SURF STOPPING INJURIES AND HOW TO GET BACK IN THE WATER FAST

Some of the most common injuries that surfers have reported are shown below:

1. Wounds
2. Sea ulcers
3. Fin cuts
4. rash burn
5. ear infection
6. bites
7. jelly fish
8. sunburn
9. belly rash
10. sore muscles

Traditional ways of treating sea ulcers, wounds, stings and bites that break the skin, have been to treat with a range of natural remedies. Lime juice anyone?

General advice is to rinse the wound with clean water (not sea water) and then use something like surgical spirit, Dettol, Betadeneor iodine to clean the wound.

It's important to scrub the wound while washing it out with high pressure water. This should be done as soon as possible after the you have sustained the injury. Remember, you are aiming to remove as much bacteria from the wound site as possible because you want to stop any bacteria from burying into the flesh and starting to multiply, thus forming an infection.

Where infection sets in, steroid or anti-biotic creams or pills are often prescribed. Infection can be indicated by redness, swelling, green/yellow discharge at the wound site.

All this can be avoided by having the right medical grade plant essences on hand. They work great on everything, even ear infections.

If you can treat a wound straight away, and it hasn't gone in too deep (more than 2 cms into a wound site) then medical grade plant essences really shine.

Not only will they kill any bacteria on the wound site, they will also accelerate the body's natural healing process, ensure there is less scarring and also bring down inflammation when it is no longer needed.

Going back to Valnet, our war doctor, forced to use essential oils when his pharmaceutical supplies were cut off.. he found that with these plant essences infections cleared up much faster, and with less side effects. Wounds also healed faster and with less scarring.

After the war Valnet dedicated his life to conducting the first clinical trials on essential oils.

What was interesting about these oils was that as well as being effective disinfectants, they also stimulated the bodies own healing mechanisms at wound sites.

So they actually supported the body in healing wounds faster and growing back healthy skin with less scarring.

A caution about using essential oils

While there are many essential oils available on the market, a large portion of what you will find on the shelves is not medical grade.

Medical Grade Essential oils

A medical grade oil is one where the plant oil has been harvested from a fully healthy plant which has been grown in optimum conditions.

The oil must then be extracted in a specific way to make sure all of the plant phytochemicals are in tact.

Surfskinoil is a blend of medical grade essential oils which are selected due to their effectiveness against sea water bacteria as well as land. It can be used on a range of maladies.



Arugam Bay - Sri Lanka

ABOUT THE AUTHOR

Venita Machnicki worked as a corporate advisor in the city of London for many years before escaping to Sri Lanka to live in amongst the jungle-lined coastline on the south of the island.

It was here that she found the time to indulge her passion for surfing and discovered, along with her new-found passion, the dangers of getting injuries in coral rich waters.



This experience inspired her to bring her family knowledge of medicinal grade plant essences into the surfing culture. Venita's Mum had trained under Patricia Davis in the 80's, and Patricia herself had based her teachings on the trials conducted by Doctor Valnet.

Venita wanted surfers to know that natural plant essences worked, in many cases, much better than pharmaceuticals and so she had her special blend of medicinal grade plant essences, validated by a top scientist in the pharmaceutical field.

Venita's plant essence blend is backed by over 32 clinical trials and continues to allow surfers to stay out longer to this day.