



TIPS FOR TRAVELING

Even though you'll be away from home and eating (and finding) nourishing foods may be a bit tricky, it's certainly not impossible. With just a little bit of forethought and planning, you'll be able to travel with ease AND stay healthy while doing it.

Tips Before You Go

About 1-2 days ahead, think about any special travel food items you want to bring like raw nuts and seeds, bars, or dried fruits. Start putting snack size servings together in small containers to bring with you.

Take advantage of travel review sites like Trip Advisor and Yelp. Reading reviews ahead of time and searching for popular terms like gluten-free, organic, grass-fed, and even farm-to-table can help take the stress out of deciding where to eat while you're on the road.

At hotels, resorts, and on cruise ships, don't be afraid to ask questions and be specific about how to customize your experience. The staff is there to make your stay enjoyable, and will be happy to accommodate you. Of course, calling ahead to communicate any special needs also helps, but on-the-spot requests for gluten-free meals, for example, can typically be catered to pretty easily.

Request a mini-fridge in your hotel room. If necessary, explain that you have food allergies. Every hotel has them for medical purposes, so calling or making the request ahead of time is your best bet. Alternatively, book a room in a suites/extended-stay venue that has a kitchenette. These are becoming more and more popular/available and are not necessarily more expensive than other types of hotels.

Tips For The Trip

Always think ahead. You'll never be sorry you carried some extra snacks, but a delay on the tarmac or an unexpected, extended time without food handy will leave you hungry and possibly scavenging for less healthy choices. Err on the side of packing a bit more than you need to keep yourself well prepared.

Use a cooler bag with a reliable/leak-proof ice pack to keep foods fresh in your hotel room. Pack your ice pack in your checked luggage wrapped in extra zip-top bags so that it doesn't leak.

Pack foods in tall/narrow containers that stay upright and won't spill. Rinse and re-use containers you bring or that you purchase with food in them along the way.

Use lots of small and large zip-top bags. They can not only hold food and prevent spills, but they can be re-used to hold ice from an ice machine or messy trash from your travels.

Keep extra protein and fat sources on hand like jerky and nuts or nut butter packets in the event of a flight delay. They're lightweight, so it's easy to pack extra.

Bring sea salt and organic black pepper in small containers so that you can season up any bland travel-food with healthy spices.

Bring an emergency pack. You wouldn't forget your toothbrush or extra walking shoes, so add one more thing to your checklist and be prepared and prioritize your emergency life pack accordingly. Over time you will find your favorite version of the life pack, but here's an example of what you could include:

- A small bag of raw almonds, walnuts, pecans, macadamia nuts, cashews, pumpkin seeds, etc.
- A small bag of cut carrots or cucumbers
- A small container of hummus (try Wild Garden single-serve packets)
- Organic turkey slices
- A bpa-free can of wild salmon
- A bpa-free can of wild caught sardines
- A healthy whole-food snack bar
- Flax Crackers
- Nut Butter or Coconut Butter single serve packets
- Grass-Fed beef jerky

In a pinch, very dark chocolate, nuts, and/or trail mix can work as healthy snacks and are often a healthier choice than any protein bars or other snacks available.

How to Stay Healthy While Traveling

- **Avoid sugar and sugar containing foods.** Sugar is a very potent suppressant of the immune system. This includes sweets, desserts, soft drinks, fruit juices, candies, baked goods, donuts, chocolate, ice cream, pastries, cookies, fruits in canned syrups, and even sweetened dried fruits. And absolutely do not consume anything labeled 'diet' or 'sugar-free' – diet soda, sugar-free gum, breath freshener, Sweet-n-Low, even diet green tea contains artificial sweeteners. Fruit juice, Vitamin Water, Gatorade, Smart Water, or energy drinks are NOT a healthy option. It's pure, unadulterated sugar and contains the same amount of sugar as soda!
- **Avoid refined grains, and all processed foods which contain sugar, industrialized fats, and chemical additives. This means eat real food. No exceptions. If your great grandmother would not have recognized** what you're about to put in your mouth, don't eat it. Remember that all refined grains break down into sugar – pastas, bread, bagels, crackers, english muffins, wraps, cereals, granola, nutrition bars, oatmeal, baked goods, beer, etc. This also includes all processed gluten free breads and bread products.
- **Get a Good Night Sleep.** Make sure you've had a good night sleep the night before (and hopefully for the week leading up to your trip!). Airport travel is chaotic this time of year, especially when you have carseats, strollers, diaper bags, and whining kids to juggle. The emotional stress of travel is enough to wear our immune systems down and make us more vulnerable to our neighbor's coughing. So get your zzzz's and start your travels on the right foot!
- **Wipe down tray table, seat buckles, and armrests.** A [study](#) looking at the dirtiest places on airplanes and at airports found that the tray table had the most germs by far of any of the 26 samples tested –

almost 10 times as many colony-forming units of bacteria than even the lavatory flush button! Eeeuuuwww! So before you put your child's snack, iPad, or art project on that tray table in front of them, wipe it down along with the other surfaces that your child may touch.

- **Stay hydrated, and bring your own water.** Want to know the second germiest place at the airport? Water drinking fountain buttons! And what's the first thing that kids do after taking a big swill from a water fountain as you're yelling at them to NOT touch their mouth to the spigot – wipe their wet, dripping mouths with their hands! Staying hydrated is one of the best ways to stay healthy on the road, but bring your refillable water bottles and fill them up with spring water that you buy on the other side once you've passed the security gates. Not only will little hands be exposed to fewer germs from the water fountain button, but you'll be sure that the water your kids are drinking is clean and safe.
- **Bring healthy snacks.** Be prepared and pack some healthy snacks that travel well, like baby carrots, snap peas, dried fruit, and nuts. As tempting as it may be to "bribe" your child with a pack of M&M's or a chocolate croissant from Starbucks for being "good" on the plane – resist the temptation. Sugar lowers your immune system's ability to fight off germs within 20 minutes of consumption – just as the passenger behind you starts hacking away.
- **Take Oscillococcinum.** Oscillococcinum is an amazing homeopathic remedy for colds and flus. But did you know that it can also help preventatively? Give yourself and each member of your family 1 vial of Oscillococcinum before getting on that plane to give everyone a quick and easy immune boost.
- **Clear your nose.** Stop those germs from multiplying and taking hold in the first place. Spraying your noses with Xlear nasal spray and blowing out any germs before they can grab hold is one of the easiest and most effective ways to keep from getting sick in the first place! Xlear comes in a spray for older kids and adults, and in nasal drops for babies, and they're small enough that you can carry them right on the plane in your TSA-approved quart-sized liquids bag. Spray and blow (or suck out with a bulb syringe or Nose Frida) throughout your plane ride, or at least as soon as you get off!
- **Breathe.** Bring along your favorite immune-boosting essential oil blend, whether it's DoTerra's OnGuard, or Elizabeth van Buren's Immune, or Young Living's Thieves Oil. I literally just open the bottle and have my kids take a deep inhale. But for infants and younger kids, you can put a few drops into a small spray bottle and spray onto the bottoms of their feet, spray in the air around them, and even use to clean your tray table top!

Hopefully with these tips and tricks, you'll manage to avoid catching anything ON the plane. But you've just arrived, and your winter vacation is just starting! Be prepared for whatever may come your way by leaving a little extra room in your bags to bring some supplements and natural remedies with you. The last thing you want is to be stuck in an unfamiliar place with no Whole Foods or health food store in sight when your kids are starting to fade! And maybe I'm a little superstitious, but I always think that if I HAVE these natural remedies with me, chances are I won't need them.

Best Supplements To Bring Along.

- [Vitamin D](#) : take an extra 20,000 IU before getting on the airplane; take 5000 IU per day while traveling to keep your immune system up. Vitamin D is hands down the most important nutrient to be supplementing with to protect you and bolster your immune system.
- [CoQ10](#) : take 100 mg before getting on the airplane to protect your body from the extra oxidative stress
- [Vitamin C](#) : take an extra 1000 mg, three times daily while traveling
- [Digestive Enzymes](#) : 1-2 capsules with meals (especially when eating foods your body is not used to)

- [N-Acetyl Cysteine \(NAC\)](#) : 1 capsule, twice daily. This is an amino acid complex that is the precursor to glutathione production, the body's most powerful antioxidant, and helps promote optimal detoxification and immune system health. NAC is well researched for its role in optimizing lung health. It is also well researched to stop viral replication, reduce the severity of symptoms, and decrease the duration of infection.
- [Colloidal Silver](#) : Drink 1 tbsp, three times daily. Colloidal Silver is a highly effective antimicrobial composed of pure silver complexed with purified water. This product utilizes a technological breakthrough allowing for the production of a silver particle small enough to enter a single red blood cell, enabling the silver to travel through capillaries, the tiniest blood vessels in the body, and inactivate viruses at the cellular level. The liquid can also be administered via a neti pot to check nasal colonization, and it can be added to home humidifiers. It can also be sprayed on any surface to neutralize pathogens.
- [Probiotics](#) : 1 capsule, twice daily. The health of your gut is paramount to the health of your immune function.
- [Zinc](#) : 1 capsule daily. Zinc is a mineral which drives the immune system, catalyzing its biochemical maintenance and function. Because zinc is not well represented in foods, most people are zinc deficient. A healthy zinc level is important for the function of the immune system.
- [Monolaurin](#) : 1 capsule, twice daily. This product is designed to offer potent support for immune health without adverse effects on beneficial intestinal flora. It contains vitamin C for added immune benefit, and sunflower lecithin to enhance absorption of the monolaurin.
- [Xlear Nasal Spray](#) – A must to prevent infections (spray while flying or after any potential "exposure"), and to help clear those congested, runny noses!

Bring Activated Charcoal.

[Activated Charcoal](#) is carbonized organic matter – such as coconut shells, peat, or coal – that is designed to soak up potentially harmful toxins or chemicals. It's used mostly in emergency rooms to help people who've ingested something they shouldn't have. In other words, it's used to soak up potentially harmful or toxic substances. Activated charcoal can only absorb toxins or chemicals that are still in your stomach and intestines. The charcoal and toxin are then removed from your system when you have a bowel movement.

Open up an activated charcoal capsule and sprinkle on foods that are raw, undercooked or otherwise questionable.

I advise taking 2-4 capsules prior to eating food of unknown quality or alcohol. You can also take activated charcoal if you experience any negative digestive distress while traveling (bloating, gas, nausea, heartburn, etc.) If you get sick, start with 4 capsules at the first sign of symptoms.

Pack the Mini Blender and Shake Powders.

Pack a [mini blender](#) with protein powder any other superfoods ([protein powder](#), maca, cacao, [greens powder](#)) individually packed as serving sizes in [reusable baggies](#). Start each day with a shake, which stabilizes blood sugar all day, and helps you make wise nutritional choices.

Bring a Refillable Water Bottle.

While you can certainly buy bottled water once you're through security, you can easily refill a bottle in any airport. They all have water fountains, and many even offer filtered water. I cannot say enough good things about packing your own stainless steel water bottle when you travel, but here are a few of my top reasons:

- **Hydration is key for healthy skin and happy cells.** The pressurized air in airplanes has an extremely low humidity point, so drinking lots of water during your flight (not alcohol) will help you feel less blah and more ta-da! when you de-plane.
- **It's green!** Plastic water bottles are serious issue for the environment. Reduce your carbon footprint by reusing your H2O receptacle; just make sure it's BPA free. My favorites are durable stainless steel bottles. They don't break and they don't disrupt your normal hormone balance.

You can also pack your own refillable [Life Straw water bottle](#) that comes with a built in filter.

Track Your Travel.

Let's face it: when you're traveling you're often too exhausted to consider hitting the hotel gym. Instead, focus on increasing your steps and set a goal! I aim for 12,000 steps a day, and it's surprisingly easy to hit that goal especially when schlepping around airports to catch connecting flights. Take a walk around the airport during your layover, go on a hike instead of hanging out in your hotel, or walk to nearby destinations instead of taking a taxi. I recommend using a tracking device such as the Up by Jawbone, the Nike+ Fuelband or the FitBit - but you can also use a regular pedometer.

And when you can **expose yourself to nature as much as possible on a daily basis**. Nature is one of the best healers and teachers. Get outside in the fresh air, in the daylight, every single day. Ideally not in crowded places, but instead find places to enjoy solo nature time.

Get Your Pound of Vegetables!

I recommend that my clients eat one pound of vegetables per day, and I guarantee that you will prevent constipation and feel more energized if you hold the line. Pack sliced veggies and hummus – and always order the salad first on a menu. Low-glycemic vegetables will keep your blood sugar stable, help your cells retain water, and keep you feeling full longer than the high carb options you find while traveling.

Eat Regular, Nourishing Meals & Snacks Throughout the Day.

Don't let your blood sugar get low, as you are more likely to overeat when this happens. Your internal schedule may be a little bit off, but eating meals at normal times can help get you back into a normal eating and sleeping pattern. Don't fall prey to the coffee and pastry breakfasts offered at hotels and conferences; if you can, try to eat produce and protein at every meal. Pack your homemade trail mix, berries, coconut water, and dark chocolate. Here are my favorite swaps:

- Try substituting a couple of pieces of 80%+ dark chocolate instead of overindulging in sweets. Dark chocolate helps lower cortisol, improves insulin sensitivity, and is loaded with antioxidants.
- Substitute sparkling water with lemon or lime for soda or alcohol.
- Choose black or green tea instead of coffee.

Sleep Your Way to the Top.

Whether you're defeating jet lag or staying sharp for a high-level meeting, sleep is a crucial element in everything from mental acuity to metabolism. Not getting enough sleep lowers your insulin sensitivity (cue the sugar cravings), raises your cortisol levels, and slows down your thyroid. That means sluggishness and brain fog during the day, but over time a pattern of poor sleep can lead to weight gain and an increased risk of heart disease and diabetes. I suggest melatonin - not sleeping pills - as a natural sleep aid that helps with jet-lag and eases falling and staying asleep.

Make Your Smartphone Your Friend.

Use your smartphone to help manage the stress of travel. I know my own cortisol levels skyrocket when I'm rushed before a trip, so here are my smartphone strategies to make travel just a little smoother:

- **Take photos of your credit cards, passports, and prescriptions.** If your luggage is lost or your wallet stolen, you'll have all the important info still stored in your phone.
- **Download several inspirational books on tape for the plane or beach** - this will cut down on heavy tomes weighing down your carry-on. What's on my nightstand? *Hardwiring Happiness* by my friend Dr. Rick Hanson.
- **Download the free Inner Balance app for on-the-go stress reduction.** Guided meditation, color and music therapy, and calming reminders help me keep my cool at the airport and on the plane.

Find a grocery store.

Prior to your departure date, search online to locate a grocery store like Whole Foods Market, Trader Joe's, or other organic grocers or natural food co-ops at your destination and stock up when you arrive. Buy enough healthy snacks or even meal ingredients to last for the duration of your trip. I always make sure that my hotel rooms have at a minimum a mini fridge, and at best a kitchenette. Not only is it more cost effective, but exploring new grocery stores and farmers markets is one of my favorite ways to get acquainted with a new city, and add steps to your pedometer!

Sweat a Little (or a LOT!).

If you're going to travel a week or longer, you'll want to incorporate some fitness into your trip. I love early morning runs through new neighborhoods, but I'm also a big fan of hotel room yoga or resistance band sessions. I pull up a few YouTube videos of my favorite instructors and get to it.

Pack Smart: What's in your suitcase?

It could make the difference between a grand adventure and a great flop. There are a few travel essentials that will keep you healthy and happy during your trip. Below is a list of must-haves for up-leveling your immunity while on the road:

- Sunscreen. My favorite is organic from Alba or Eminence.
- Benadryl for allergies or nausea
- Antibiotic ointment
- Pain relievers, such as arnica, or ibuprofen
- Hand sanitizer (works way better than regular hand washing!)
- Eye pillow

- Supplements (see above)

Air Travel and Airport Tips

Drink extra water when you're on the airplane. Aim to drink 1 quart of water for every 2 hours you're in the air. The pressurized air in airplanes has an extremely low humidity point, so drinking lots of water during your flight (not alcohol) will help you feel more energized and when you de-plane.

Don't eat the airplane food. Ever. Make sure you have plenty of your own snacks on hand.

Eat a nourishing meal before you head to the airport. Make sure it includes plenty of protein, vegetables and healthy fats to keep you feeling satiated during the next several hours of travel.

If you have to eat at the airport, you can usually find salads with protein at airport food vendors. Simply remove any croutons, cheese or other unwanted ingredients, and ask for lemons to use for dressing with the olive oil you have brought with you.

Keep small, 2-3-ounce spill-proof containers around for liquids, if possible, make sure the volume size of the container is stamped on it so that the TSA can see it easily, though tiny bottles usually are fine even up to 4oz I've found. I highly recommend carrying extra-virgin olive oil this way for use on salads, etc. (Note: clear bottles are fine for small amounts of EVOO since you'll consume them before they are rancid.)

Use clear liquid containers for semi-solid items like guacamole so that they can be viewed easily.

Dry foods are perfectly acceptable in carry-on bags, don't hesitate to bring food on-board with you. This even means leftovers from dinner, a salad, etc. Only liquids or semi-liquids are ever in question.

Take advantage of frequent flyer benefits such as "club rooms" in airports. For example, The United Club often stocks whole pieces of fruit like apples and bananas as well as organic tea bags that can be used in-flight with hot water available.

Top 10 Snacks For Air Travel

- **Cut up Organic Veggies**
- **Organic Turkey Slices**
- **Dark Chocolate** - Always look for at least 80% cacao content and choose organic.
- **Bananas** - This is another really easy no-mess snack for air travel. I don't generally eat many bananas at home because they're easy to overeat due to their high sugar content, but they're very convenient for air travel. Add a single serving packet of almond butter for a perfect snack.
- **Apples** - Make sure to always choose organic apples.

- **Fruit and nut mix** - You can look for store-bought sprouted trail mixes if you can find them (many Whole Foods carry these). Make sure you purchase a mix that doesn't contain added sugar, canola oil, sunflower oil, or any other vegetable oils. It's always best to make your own with a blend of raw nuts and seeds and unsweetened dried fruit (if you're using).
- **Snack Bars** - These are only a few decent snack bars for anytime and they're prepackaged to make it easy to travel with. Here are some of my favorites:
 - [Go Raw bars](#)
 - Purely Elizabeth grain-free granola bars
 - Thunderbird bars
 - [Simple Square Organic Nutrition Bar](#)
 - Kikao cacao bars (only at Natural Grocers)
 - [Bulletproof Collagen Bar](#)
 - Patter bars
- **Jerky and Meat Sticks** - This is always a great option for flights. I like Sophia's jerky chews, but any jerky without MSG or added sugar is fantastic (however, they can be hard to find in stores). Braaitime is another option for jerky (South African style).
- **Wild Caught Salmon Packets**
- **Coconut oil (and ghee) in a condiment cup** - You can add coconut oil and ghee to any tea or coffee you get at the airport or on the plane. It'll act as a creamer and fill you up.
- **Coconut Butter** - Coconut butter is great to eat straight out of the packet. You can find single serving coconut butter packets, like Artisana. I've had trouble taking a jar of this through security in US airports (they always think it's liquid when it's clearly not) so I suggest purchasing the single-serve packets.
- **Almond Butter** - Just like coconut butter, almond butter is great for eating by itself or with dark chocolate. Artisana and Justin's Nut Butter makes small travel packs of almond butter, coconut butter, and some other nut butters.