WHILE TRAVELING

GETTING STARTED: *Implementation Techniques To Fix Your Brain*

HYDRATE

▶ *Water* — Drink 16 - 20 oz. of water for every 2 hours of travel. Though it is expensive, it is important. Purchase your water at the airport after going through security (some airports now have water stations to fill up your personal water bottle). It is important to note that you should NEVER drink water out of taps and bathroom on a plane. This also includes brushing your teeth.

▶ *Restroom* — Don't let multiple bathroom visits on a flight deter you from drinking your water. Get up and use the restroom as many times as you need to. If you are drinking enough water you should be getting up once an hour to use the restroom. So also remember to request an aisle seat.

▶ *Alcohol & Caffeine* — Avoid both alcohol and caffeine on a flight. Both options will dehydrate you so opt for water instead.

FOOD

▶ *Special Request* — Prior to your flight call to request gluten-free meals and snacks.

▶ *Plan Ahead* — Pack your own snacks. Some suggestions would be to pack nutrition bars, assorted nuts, and even organic dark chocolate. You could even prep veggies to snack on. It is always important to have snacks to keep your blood sugar stable. Don't get on the plane emptyhanded even if you don't think you will need a snack - pack one.

SLEEP

▶ *On the Flight* — Try to sleep when it is night time at your destination. Take up to 3 milligrams of melatonin 30 minutes before you want to sleep. You can also promote sleep through the use of a facemask and earplugs.

▶ *At Your Destination* — To support your sleep cycle and moving to the new time zone, take up to 3 milligrams of melatonin 1 to 2 hou before you want to go to sleep.

▶ *Block Blue Light* — If possible, invest in a pair of blue light blocking glasses. They help prep your body and mind for sleep by blocking the entire spectrum of light that impacts sleep and performance.

GENERAL

▶ *Supplements* — Protect yourself from the damage of air flight by upping your antioxidants. Take three GS support packs per day starting 3 days before your flight and 3 days after your flight.

▶ *Circulation* — It is important to promote proper blood circulation while flying. Make sure you get up and move around every hour. When in your seat you can promote circulation by first squeezing your feet, then your calves, and then your thighs. Release and repeat throughout the flight. You may also want to invest in a pair of compression socks which will also help to maintain blood flow.

▶ *Posture* — Put a small pillow behind your low back to support lordosis and proper posture.

HOTEL

▶ *Toxins* — Do the smell test upon entering your hotel room. If it smells like mold or cleaning supplies go back down to the front desk and ask for a different room. You can also call the hotel in advance of your arrival and request a room cleaned with non-toxic cleaners.

▶ *Water* — Make sure you continue to hydrate and drink ½ oz per pound body weight while you are traveling.