

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

7 Killer Ways To Beat Jet Lag

By Daphne Cameron

When you're headed out on a vacation or business trip the last thing you need is to feel tired or run down. But with these seven tips to beat jet lag, you're sure to stay alert and ready for your entire trip.

Keep it the same

When you're not traveling for long, you can usually avoid jet lag by sticking to your normal routine. Keep your watch set to your `home' time and just do what you'd normally do at home—eating, sleeping, exercise, etc.

Your body won't even notice the time change when you do this, and it will readjust without any problems on the way back.

Sleep like a baby

When you're traveling out of your normal time zone, you'll want to try to keep to normal bedtimes. And while you might have troubles at first, try to get the same number of hours of sleep per night. This will help your body fall into a new rhythm for the time when you're away.

Even if you can't fall asleep right away, try to get into bed and close your eyes until you fall asleep. Eventually your body will pick up the clue and you'll get all the sleep that you need.

Fill yourself up

Many times jet lag can be made worse by becoming dehydrated on your trip or while you're headed there on the plane. To combat this you'll want to make sure that you're drinking plenty of fluids as you travel—water and juices especially.

Alcohol can dehydrate the body so it should be avoided if you can. And if you're expected to drink at a business function, just follow each glass with a chaser of water.

7 Killer Ways To Beat Jet Lag

Find the rhythm

When you're headed into areas where the time will change significantly, you want to set your watch when you get there and start following the local hours. You'll want to eat when you are supposed to eat, sleep when it's dark, etc.

By changing the routine that you're used to directly into the new hours, you can help to offset jet lag before it even starts. Follow your new daylight and darkness hours to adjust your circadian rhythms.

When you arrive

One of the best ways to avoid jet lag is to do some form of exercise when you arrive at your destination. This can be as simple as a walk or a few calisthenics in your hotel room. Do a few jumping jacks to get your heart pumping or start touring the town.

When your body gets exercise, it can 'bank' the extra energy and help you adapt to changing light conditions.

If you just can't sleep

When all else fails, you can try a sleeping pill to re-teach your body when to sleep. Normally this isn't recommended, but when you're on an extended trip or you have to switch time zones frequently, a sleeping pill can help to give you some rest in order to be alert during the day.

Natural cues

And if the sleeping pill doesn't appeal to you, you can try aromatherapy.

Find a good travel kits that includes oils that you can smell for energy as well as soothing oils for relaxation, like lavender.

With all of these tips, jet lag will no longer follow you on your next trip.

Daphne Cameron is a fitness and wellness coach and owner of

<http://www.jet-lag-prevention.info>

and

<http://www.best-jet-lag-info.info>

where you can find useful tips and guides on athletes foot.

Help Jet Lag with Common Sense, Not Sleeping Pills

7 Killer Ways To Beat Jet Lag

By Ted Belfour

"Jet lag" can happen for a number of reasons. Basically, the body's system gets out of whack. This can be due to air travel, hence the origin of the name, when a traveler passes into another time zone. The term has also come to be used for similar situations, like people working shift work who get out of their daily routine during shift changes. Some symptoms include loss of appetite, headaches, fatigue, disorientation, upset stomach, insomnia and irritability. Jet lag, no matter why you have it, is not a comfortable feeling. In a work setting, it can mean the difference in attitude in working with others and even in work related accidents. In travelers, jet lag can mean the difference between a good trip and a bad one.

While sleep aids like blindfolds, ear plugs and small neck pillows are recommended for people who are traveling by air for great distances, sleeping pills are not. Taking sleeping pills often induces a deep sleep that becomes almost comatose. With little or no body movement during a long flight, the traveler might suffer from a blood clot. Plus, in a deep sleep state, a flight attendant or passerby might not notice if you are having a health problem because your body might not be able to react while you are knocked out.

So, leave the sleeping pills behind for your next long trip. Instead, pack a few items to make you more comfortable and walk and stretch in the aisles when it is permitted. You should also drink more fluids - non-alcoholic fluids - while flying to prevent dehydration.

The best way to deal with jet lag is to plan your travel to allow time for it. Generally speaking, jet lag will not linger more than 12 hours, the maximum time zone difference you can travel. Within that amount of time, you should start gaining your grounding again and having relief of symptoms. If you are planning air travel to attend a meeting or a conference, try to arrive early enough to have time to recuperate from anticipated jet lag.

If you have tried that and still have horrible jet lag, address it before you board your next flight. If you suffer from serious nausea or headaches with your jet lag, talk to your doctor before your next trip. Explain your symptoms and he or she can make suggestions or appropriate prescriptions for your ailments.

Dave is the owner of

<http://avoiding-jet-lag.info>

and

<http://preventing-jet-lag.info>

websites that provide

information on jet lag



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!