

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!

How To Get Jetlag-Free Travel

By Stanley Emerson

People who travel a lot experience jetlag. Athletes, who travel to different countries for their tournament, attribute their poor performance on jetlag. Business people, who go to various places for business meetings and other matters, hold jetlags as accountable for their bad days. This goes to show that jetlag affects not only the physical condition of the body but the entirety of an individual.

Jetlag, basically, refers to condition of the body being disoriented. More often than not, jetlags are a result of crossing time zones which affects the internal body clock of an individual. Some of the common symptoms of jetlag are inability to sleep at night, loss of drive, malaise, tiredness, inability to concentrate, and headaches.

Generally, the severity of jetlags is dependent on the direction of the travel. Most experts say that the occurrences of jetlags are lesser when people travel westward than eastward. This is because the body rhythm is extended up to 27 hours when a person flies westward. In turn, the body is able to catch up with whatever changes in the environment

Moreover, the so-called "circadian rhythm" is greater than 24 hours when a person travels westward. This is because the time of the day is lengthened, thus, giving more time for the body to adjust.

In reality, there are no quick fixes to "cure" the signs of jetlags. However, there are ways to deal with it so as to start healthier in the new environment.

Here's how:

1. Staying outside during the day is recommended to cope up with jetlags. This is because the person's body clock will be able to adjust at a faster rate if it will become accustomed to the new surroundings. Usually, natural light aids in coping up with jetlags.

2. It would be better for a person to adjust their bedtime schedules so as to prevent the severity of jetlags. In this way, their body clock will be able to cope up with the changes in the time setting.

How To Get Jetlag-Free Travel

3. It is best if people will start eating, sleeping, and doing their usual activities patterned to the local time setting of the new place and not from the usual time they do it back home.

4. For people who travel because of some important event like the athletes or the entrepreneurs, it is best if they travel way ahead of time to their event schedules. This is to give them more time to adjust and get accustomed of the area.

So, jetlags are not so much of a problem. It is just a matter of adjustment and coping up. After which, people can now enjoy the new scenery.

Destination Found! Visit the Travel Resources Blog

<http://www.push-button-online-income.com/travel-guide>

Signs Of A Trustworthy And Reliable Travel Web Site

By Frank Johnson

The web has turned into a valuable resource for travel deals, discount airfare, and travel hints, tips, and tricks. However, some travel web sites are more valuable than others. Some provide you with in-depth travel guides and savings on airfare to destinations worldwide that just can't be beat. However, some fall short and just can't offer the information and savings other travel web sites can. So how do you differentiate between the thousands of travel sites currently on the Internet? The solution is to look for sites that offer comparison shopping, travel guides, and free browsing.

Travel Web Site with Comparison Shopping

A primary feature of a reliable and resourceful travel web site is its ability to provide competing airfare pricing from multiple providers. Not all travel sites provide you with multiple travel rates. Some only provide airfare prices from one or two providers (who, of course, they've partnered with to only offer their airline tickets). These sites aren't trying to help you find the best deals in airfare. They're just hocking their partner's airfare tickets. A travel web site that offers multiple rates is honestly trying to help you find the best deal on airfare to the destination of your choice by presenting you with as many airfare rates as possible. The more options you have, the better your chances are of finding a great deal on airfare.

Travel Web Site with Travel Guides

If you're planning on going overseas to a destination you've never been to before, it's important to find a travel guide that provides you information about the region, the people, the culture, and even the weather. A reputable travel site will have a selection of travel guides to many top destinations across the globe. A travel web site that doesn't offer information about traveling to specific countries isn't much of a travel site. And believe it or not, there are sites out there that claim to be travel sites but don't offer anything more than airfare. If you're looking for a reputable and reliable travel web site, find one that offers free travel guides AND deals on airfare.

How To Get Jetlag-Free Travel

Travel Web Site with Free Browsing

If you're searching the web for deals on airfare, your best solution is to find a travel web site that allows you to browse its airfare deals for free. Not all travel sites allow you to browse for free. Some require you to provide your credit card and personal information before you can even look at their airfare deals. Even though you're not being billed for browsing, it's still a hassle to fill out an online form and hand over your valuable credit card information just to see if you can save a few bucks on a flight. A reliable and trustworthy travel website will allow you to search for cheap airfare for free. Of course, when it comes time to purchase airfare, you will have to submit some information or become a member of the site to take advantage of their airfare deals, but until you're absolutely ready to buy, there should be no need for you to take out your credit card or even provide a site with your email address. If you're looking for a trustworthy and reliable travel web site, find one that allows you to browse for airfare deals for free.

There are literally thousands of websites on the web that claim to be travel sites. And on some levels they are. But if you want to save time and money, find a website that offers comparison shopping,

travel guides, and free browsing. A travel web site that offers these three items obviously understands what it takes to travel.

cFares is the first choice thousands of knowledgeable travelers are using right now to save hundreds of dollars on low airfares. For a reliable travel web site and travel deals, visit

<http://www.cfares.com>



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!