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

**Professional tips against jet lag**

**By Marcus Hochstadt**

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First of all please notice that some explanations in my article are from a "viewpoint" of European Times. You'll know what I mean when you read my article.

AND I am German and have some misspelled words, grammar and phrases. I'm still developing my skills, but just don't look at this, look at the content itself, and you'll be happy. ;-)

So go ahead now, I just want you to recognize it. ;-)

The biological clock of the body needs a while after a journey into another time belt, in order to adjust itself to the new rhythm. Physical and mental symptoms can occur here such as headache, listlessness or nausea, but none jet lag must be helplessly delivered.

Daylight helps itself the cells, automatically to program on "Day". When you fly in direction to the east, for example to Thailand, it might be harder for you – you lose several hours. In order to prepare some days in advance for the new sleep rhythm, you should spend some time in the daylight in the early evening. During the flight it is advisable to sleep in advance. Then the adjustment goes faster.

When you travel toward the west, approximately to the USA, you'll have it easier. Nevertheless you should try to plan its arrival around noon time to get the brightest light of the day. Important appointments or activities at the arrival place you should plan at the time of day, at which you are most awake: After a flight in direction to the east in the evening, after a flight in direction to the west in the morning.

Sleep on board

Many humans have problems to fall asleep on the tiny seat in the airplane. Therefore in such a way some seizes to sleep pills or tranquilizers. This unnatural interference into the bio rhythm of the body affects negatively to your adjustment at recent time conditions.

## Professional tips against jet lag

It is healthier to create yourself in the airplane as good sleep conditions as possible: Take yourself an inflatable neck cushion and an eye mask in the airplane. Some airlines distribute themselves these implements on board, but you shouldn't rely on it however.

Since feet often swell on a flight, it is advisable to take your shoes off and to carry yourself on a warm cosy pair of socks. Even if you feel yourself it's not cold, you should cover yourselves before falling asleep with a light cover (you'll get one by all long distance flights), so that you do not wake up freezing and protect yourself from a cold!

I for myself know what I'm talking about. I have seen many people who underestimated this point and had a cold at their additional days after their flight.

Never drink alcohol as your "falling-asleep-assistance"

Tiny alcohol bottles on board often used as a falling asleep assistance during the flight. In the airplane these affect however – exactly the same as tranquilizers – three times as strongly as down on the earth! If you are suffering from fear of flight you should avoid alcohol here, since psychological symptoms can occur such as aggression or depression (however, this is an extensive subject. I will post an article about this in the future. For now I focus on "jet lag").

In addition alcohol supports the drainage of the body, which particularly begins fast on long distance flights. As consequence headache and listlessness appear. The air within an airplane is often drier than in the desert! While the air humidity of the Sahara amounts to about 20 per cent, it occurs at long distance flights that it falls below the ten-per cent border. Therefore you should drink much water during, before and after the flight.

Professionals take beverages themselves

In many cases the water on board isn't particularly good-tasting and is served in containers by the size of an egg cup. You won't to constantly trouble a flight attendant with your desires. Therefore take yourself also a large bottle of your preferential mineral water on board.

Last but not least: my most important advice

To the complete habituation time of your body the following rule of thumb applies:

One day per hour time lag. With a difference of six hours that would be six days, until the biological clock of the body ticks in conformity with the time belt. When you then precautionary go to bed one our earlier/later per day, your body get used to the new daytime.

Enjoy your trip to Germany!

Much admiration

Marcus

P.S. I'm hot to get to know your written travel experiences! Send them to me and, maybe, I'll post them

on my website!

Marcus Hochstadt travels extensively to countries, continents and Germany itself as a sales manager and entrepreneur since more than 14 years. He knows in almost each German city the points of REAL interest. Watch out for his free monthly special report with more valuable insider tips at

## **Help Jet Lag with Common Sense, Not Sleeping Pills**

**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

and

websites that provide  
information on jet lag



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