

# **Carla's Advanced Jet Lag Prevention Protocol**

The following protocol has been successful in preventing jet lag. By successful I mean we experienced absolutely no jet lag at all both travelling to Europe and Asia then back to Canada. Time change involved was 8 to 15 hours. Of course everyone is an individual and results can vary, but as the protocol is simple, inexpensive and has absolutely no side effects it is well worth the effort.

A 1994 New Zealand study showed 96% of flyers crossing international time zones suffered from a variety of symptoms. The symptoms of "jet lag" range from fatigue, disorientation, insomnia, nausea, irrational behavior, mental confusion, edema, headache and anorexia. These symptoms may last from one to ten days depending on the person. The National Aeronautic and Space Administration (NASA) estimates disturbance to the normal circadian rhythm of the adult body takes approximately one day of recovery per time zone crossed to be completely returned to normal healthy pre flight functioning.

Drink large volumes of water to maintain hydration (avoid juice, pop, alcohol...yes even if it is free on board ☺, caffeine (exceptions noted in Step #2). Hydration of skin with a spray bottle is also recommended. (I love to use Young Living Lavaderm cooling mist)

The biological clock must either speed up (when we move from east to west) or back up (when we move from west to east).

Items #1, 2, and 3 can be used as stand-alone protocols. I prefer to combine the 3 protocols to ensure the most optimal results. Item #4 can be added to any of these protocols to enhance results.

## **Step #1 Phytobiophysics Formula FF4 Tranquility**

Two days before your trip start taking this formula one pill 3 times a day. Continue during your travel day and for a several days after you arrive. This is an inexpensive "homeopathic like" formula that can be purchased from our clinic or online [www.phytob.com](http://www.phytob.com). This formula may also be effective in treatment of insomnia, unpleasant dreams, is antiviral and pain relieving. I like to combine it with FF20 as this is the formula to remedy excess exposure to radiation which always happens when flying.

## **Step #2 Meal timing and content**

Caffeine (coffee etc): consume only between 3 and 5 p.m. for the 3 days before flying

Flight day: Eat light meals only, low in carbohydrates and calories (~700 calories per meal is ideal)

Set watch to destination time immediately after boarding. Psychologically it is best to start thinking at destination time as soon as possible.

**Example: Travelling West to East i.e. Calgary, Canada to Paris France**

9 hour flight leaving 7 pm at night, Arrival at noon Paris time the next day (4 a.m. Calgary time)

Consume 2-3 cups of coffee shortly after boarding, turn off light and go to sleep.

**Breakfast at Paris time.** Wake up at **3-4 hours after going to sleep**, the coffee you drank earlier helps you to wake up, or the cramped position in your sleep will do this as well ☺ (it is 8 a.m Paris time, your normal breakfast time at home). Eat a high protein meal without coffee. Eating a high protein meal helps your body to wake up and synchronizes you with Parisians who are eating their breakfast now. High protein meal can be a protein bar or other high protein meal you bring on board with you (i.e. hard boiled egg, etc) **Stay active:** Having finished breakfast, you stay active to keep your body working on Paris time. Walk around, talk to flight crew, read, watch a movie but stay awake.

**Lunch time:** You arrive in Paris at lunch time their time. Eat a high-protein lunch such as steak.

**Supper:** Eat a high-carbohydrate supper and go to bed early.

Next morning, you wake up with little or no jet lag.

**The return trip, traveling East to West:** i.e. flight time 2:30 p.m. Paris time, arrival in Calgary 3:30 p.m. Calgary time. Change your watch at boarding to Calgary time. For the return trip, the procedure is reversed, with one change. Going from east to west, you want to turn the body clock *back* eight hours so that upon arrival at 3:30 p.m. Calgary time, your body clock is functioning at Calgary time.

Travel day: eat light meals. At breakfast have 2-3 cups of coffee

**Breakfast at Calgary time:** Break the fast with a high protein meal at 7:30 a.m. Calgary time. Stay awake and active on the plane, do not sleep during the flight.

**Lunch:** Have another high protein meal at noon Calgary time.

**Supper:** After arrival in Calgary, have a high carbohydrate meal for supper and go to bed early. Wake up next day with little or no jet lag

**Why eat high protein meal?** Proteins stimulate the body to produce catecholamines, biochemicals that it naturally produces during the active part of the daily cycle.

**Why eat high carbohydrate meal?** Carbohydrates stimulate the body to produce indoleamines, biochemicals it naturally produces during the resting phase of your daily cycle.

**Why the use of caffeine?** It tends to speed up the body clock when taken late in the normal activity cycle, and slow it down when taken early in the activity cycle. During the middle of the daily cycle it has little effect (3-5 p.m). So when travelling west to east, taking caffeine late tends to speed up the body clock. When travelling east to west, taking caffeine early tends to slow down the body clock.

Adapted from Anti Jet Lag Diet: <http://www.antijetlagdiet.com/>

### **Step #3 Acupressure Protocol for Jet Lag**

Acupressure stimulation of specific acupuncture points throughout the flight works to reset the body clock to the time at your destination. See additional article for full protocol. This is a highly effective protocol on its own or combined with the other methods.

### **Step #4 Therapeutic Grade Essential Oils**

Therapeutic grade essential oils can be used to induce wakefulness or sleepiness as needed in the protocol. Young Living brand oils, a therapeutic grade essential oil, are recommended (available from our clinic or online from [www.carlagreenyl.com](http://www.carlagreenyl.com)) Essential oil infused supplements produce powerful results, in my experience in 1/3 of time of traditional supplements.

**To keep awake and alert:** Choices Peppermint essential oil, Clarity Blend essential oil. Apply to wrists, earlobes, back of neck and/or soles of feet. Inhale deeply from bottle as often as needed. Essential oil can be added to small spray bottle of water, and mist onto skin, ~ 5 drops to one ounce. **Essential oil infused supplements:** Drink 1-2 oz of Ningxia Red juice as needed. Drink Ningxia Nitro or Ningxia Zyng, to help promote wakefulness.

**To induce sleep:** Choices Lavender, Peace and Calming, Rutavala, Tranquility, Stress Away; Apply to wrists, earlobes, back of neck and/or soles of feet. Inhale deeply from bottle as often as needed. Keep beside bed and if wake up can reapply or inhale to assist return to sleep. Essential oil can be added to small spray bottle of water, and mist onto skin, ~ 5 drops to one ounce. **Essential oil infused supplements:** Sleep Essence, ImmuPro: Can use alone or combine the two. Exceptional sleep aide with no side effects. Promotes normal restorative sleep. Take 1 of each or 2 of one at bedtime, repeat in middle of night if needed.

**General Body support:** Apply Endoflex over the thyroid several times during the flight. Make an adrenal support blend (3 drops Clove, 3 drops Nutmeg, 7 drops Rosemary. I make a roller bottle diluted 50:50) Apply over adrenal area several times during the flight.

**Frances Fullers' Protocol:** My “Jet Lag Prevention Kit” contains three oils – CEDARWOOD, LAVENDER, PEPPERMINT – along with lots of NINGXIA RED. Use the oils before you fly and every hour or two during the flight. Always cup hands over nose and inhale deeply 5-6 times after applying each oil. Apply Cedarwood over the brainstem. Apply Lavender over heart, on back of neck, and across shoulders. Apply Peppermint to palms and rub across back of neck. Add one drop to hot water and sip. Be sure to drink NingXia Red before, during and after your flight! For extra immune support, apply THIEVES blend to the bottoms of your feet, and use THIEVES SPRAY on your hands! *NOTE: These products are also perfect for preventing ALTITUDE SICKNESS as well*

### **Bonus Recommendation for the frequent flyer: Proteus Light Sound Therapy Device.**

This is like training wheels for your brain. You can choose a program to promote sleep or wakefulness. Small, portable, battery operated and easy to use. If you travel often, it is a great investment (~\$200 Canadian). Can purchase through our office or online.

All essential oils recommended are Young Living brand as they are therapeutic grade. For details on Young Living (YL) Essential oils visit [www.carlagreenyl.com](http://www.carlagreenyl.com) . The Everyday oils kit contains many of recommended oils. Contact the person that shared this article with you or the author for guidance on best options to purchase.

*Important, the information provided is for educational purposes only. It is not provided to diagnose, prescribe or treat any condition of the body. The information provided should not be used as a substitute for medical counseling with a health care professional. If you have any concerns regarding this information, please consult your health care professional.*

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