

Whether long-hauling across the ocean or puddle-jumping to a meeting, your energy is bound to get lost with your luggage. Hold the Ambien, says **nutrition expert Dr. Oz Garcia**, and focus on your in-flight meal.



IT CAN HAPPEN MID-FLIGHT, WHILE CHECKING INTO your hotel, or in the middle of an important overseas business meeting: a sudden travel-induced zap of energy that puts a damper on your entire trip.

Jet-laggers, take note: Achieving post-touchdown body bliss requires much more than squeezing out a few additional winks on the flight. Renowned nutritional counselor and life extension specialist Dr. Oz Garcia says that diet and exercise are just as important as sleep when it comes to travel health.

“Travelling is a good time to try new foods and do new things but don’t leave your common sense at home,” says Dr. Oz, the best-selling author of *The Balance* and *Look and Feel Fabulous Forever*, as well as the head of health and nutritional services for Equinox Fitness Clubs worldwide. “When eating overseas, any particular food sensitivities you may have won’t change just because you’re on holiday.”

CITY offered up Dr. Oz a hypothetical trip—New York to Rome non-stop—and asked for some tips on how to keep our energy high during our Roman holiday. “Avoid the pasta” might be a bit hard, but we’re willing to give the rest of his regimen a shot.

DR. OZ’S TOP TIPS FOR TRAVELING:

IN THE AIR:

- If you have time, work out and stretch before getting on your flight. This will not only help with circulation but also stress. While in flight, get up and walk around to stretch your body and increase your circulation. Deep breathing can also keep you relaxed and focused during a flight.
- Stay well hydrated. Drink plenty of water two days prior to traveling and during the flight. The air in a plane cabin is actually drier than the Sahara Desert. Water infused with electrolytes is especially helpful. Amino Vital or Smart Water are both excellent choices.
- Avoid alcohol on a plane and a day or two prior to traveling. Alcohol intake will drain energy and

make you feel more wiped out and exhausted. When at high altitudes, the effects of alcohol become amplified in the body.

- Drinking a variety of teas can be very beneficial. I recommend drinking Breath Easy Tea, because it contains a combination of herbs that will help your nasal passages open and block infections from taking hold of the upper respiratory track. Chamomile tea is also known to protect against bacteria and will help fight infections that you could be exposed to in the recycled cabin air.
- If you need to sleep on a flight without a prescription sleep aid, I recommend taking melatonin. One milligram with herbal tea can help you rest on the plane and should help alleviate jet lag as well.

ONCE YOU LAND:

- After a long day or night of traveling, always take advantage of any luxury offerings at the hotel once you’ve checked in. Get a massage or take in a steam or sauna—this will help release your muscles and relax you. Either will help with circulation and stress, as well as stimulate your immune system.
- Eat properly by consuming mostly lean protein such as turkey, seafood, and lean chicken. Take in a lot of fiber and vegetables. I know you’re in Italy, so it’s difficult, but avoid starches and heavy carbs such as breads, pastas, as well as dense meals. I recommend always eating this way, but it is especially important when you travel. Also, if you’re travelling in high altitudes, eating carbs and too much salt can cause you to bloat.