



# THE VIRGIN DIET

## TRAVEL GUIDE

JJ VIRGIN

One question that readers often submit involves how to adopt *The Virgin Diet* to real-world scenarios, especially travel. From one recent letter:

*Dear JJ, My business requires that I travel about 100 days out of the year. I have 3 kids and a supportive husband, but the pressure to juggle travel with family and “real” life means that I’m sometimes not as vigilant about my eating choices as I should be. I will often succumb to airport garbage or whatever appetizer my client orders for dinner... I have to be and look at the top of my game for my company. How do you do it?*

Most people know I travel a lot, whether I’m promoting *The Virgin Diet* book on local Public Television stations or speaking to hundreds of doctors at a medical conference. I’m quite familiar with navigating carb-heavy continental breakfasts and airline food. (I use the word “food” loosely there!) I’ve entertained enough clients at restaurants who order 1,000-calorie appetizers and gargantuan desserts. I’ve struggled with limited options (What, no vegetables!?) at dinner parties.

I know your frustration, and I can tell you with complete honesty: you can make The Virgin Diet work in any travel or social situation.

Oh, I know it isn’t always easy. That’s why I’ve created *The Virgin Diet Travel Guide*. I’ve pulled together my top strategies and tips for fast fat loss and making smart choices, whether you’re jetlagged after a 12-hour flight or driving cross-country to visit your in-laws. Hotel buffets, airport fast food, roadside diners where the only vegetables are deep-fried: you name it, I’ve been there countless times, and I know just how to handle these situations healthily. I’ll show you how too.

Throughout, you’ll find top tips from my rock star colleagues who also travel frequently. These in-demand speakers and writers log thousands of frequent-flyer miles every year and have the same stressful schedules that I do. Like me, they can’t afford to indulge in poor eating because as nutritionists and doctors, they always have to look their best (even after a 10-hour red eye with too little sleep).

*The Virgin Diet Travel Guide* also offers reader suggestions, tips for a great night’s sleep (even if you’re staying in a less-than-conducive environment), and checklists to ensure you’re always prepared on the road.

Travel means numerous uncontrollable variables. You can’t do much about the storm that delayed your flight 3 hours, for instance, or being stuck in a tiny town in Nowhere, Ohio at a 2-star hotel decorated Brady Bunch-style.

But you have complete control over what you eat. This guide will show you how.

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Consult your primary health care provider with any related questions concerning your personal nutrition and fitness needs in light of your personal physical condition and circumstances.

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# TOP 3 TRAVEL TIPS

FROM **JONNY BOWDEN** PHD, CNS

*Affectionately known as “The Rogue Nutritionist,” Dr. Jonny Bowden is a foremost expert in fitness and nutrition. He is a hugely in-demand speaker, which means he travels a lot.*

1

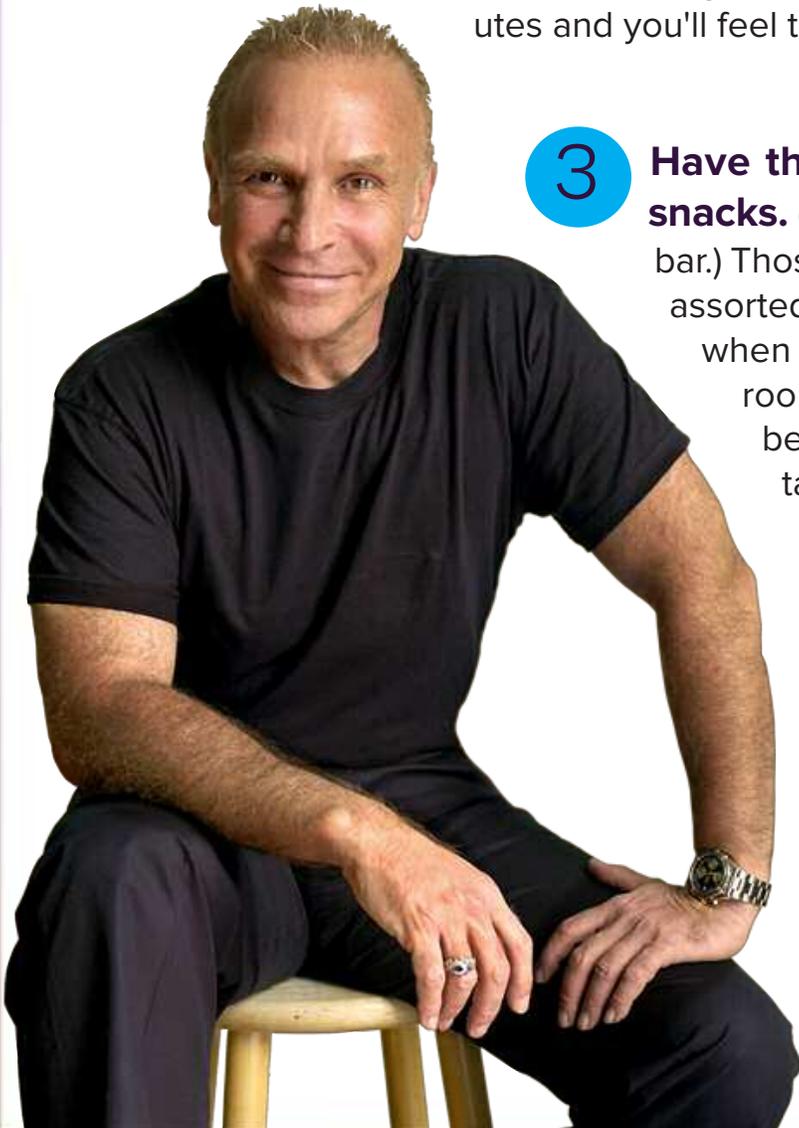
**Drink a lot of water.** Seriously. More than you regularly do. Airplanes are notoriously dehydrating, and even a small amount of dehydration can impact energy and performance.

2

**Be creative with exercise.** You can do a full-body mini-routine right in your hotel room: squats, pushups, jumping jacks, tricep dips, crunches, and run a few flights of the hotel stairs. Less than 15 minutes and you'll feel tight and energized.

3

**Have the hotel remove the in-room snacks.** (Or don't accept the key to the mini bar.) Those tempting \$9 cashews and other assorted goodies are pretty hard to resist when it's midnight and there's no more room service. The best defense is to be proactive. I personally make them take the snack tray out of the room and never take the keys to the mini bar. It's my best defense against late night munchies.



Learn more at  
[www.jonnybowden.com](http://www.jonnybowden.com)

# THE PERFECT 7

## MAKE SURE YOU HAVE THESE ESSENTIALS BEFORE YOUR NEXT TRIP

Isn't it funny that you'll remember to pack 5 pairs of fabulous shoes for a weekend trip but forget earplugs? Airport and hotel gift shops, of course, are all too happy to charge exorbitant prices for these essentials they know you'll buy.

I never leave home without great shoes, but I also never forget these 7 travel essentials to stay healthy, happy, and sane on the road!

1

**Pedometer.** If you're like me, you're itching to get out of your stuffy hotel confines to explore the surrounding area. (And, I'm not going to lie, find the nearest Starbucks.) A pedometer is an inexpensive, accurate way to know how many steps you're taking as you explore a new city (or just make a dash to the nearest Nordstrom's).



2



**Sleep mask.** Ever tried to sleep on a red-eye and had a screaming infant behind you or the guy next to you blaring a light so he can read? Or maybe your hotel curtains don't adequately conceal the neon glare of the adjacent building. A sleep mask can make even the most well-lit environment pitch black.

3

**Earplugs.** Upstairs partiers, crying babies, and next-door ice machines are just 3 of the endless distractions you encounter in hotels and planes. A good set of earplugs can drown out noise so you get 7-9 hours of consistent, uninterrupted sleep every night.



4

**Melatonin.** Jet lag and adjusting to different time zones are just 2 of numerous reasons travel can be miserable. Melatonin can help you adjust. Your pineal gland secretes this hormone to regulate circadian rhythm, but as you get older, you're probably not making as much melatonin. My **Sleep Candy** combines melatonin with other powerful nutrients like 5-HTP and inositol that provide a synergistic, delicious-tasting supplement to help you fall and stay asleep\*.



\* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

# THE PERFECT 7

5

**Emergency food.** Healthy options at airport food courts? Practically nil. And even if it is healthy, hotel food is exorbitant. Plan ahead and you'll save time, frustration, and money. Smart options I travel with include:

- JJ Virgin's All-in-One Shake
- Raw nuts and seeds
- Nitrate-free jerky
- Aseptic, pre-cooked, wild-caught salmon
- Kale chips
- Individual packets of nut butters
- JJ Virgin's Bars (Dark Chocolate Coconut Fiber Bars — YUM!)
- Freeze-dried blueberries (you can add it to your shakes)
- Small aseptic boxes of So Delicious Dairy Free Coconut Milk



6

**The NutriBullet.** Compact enough to travel with and saves you a bundle on room service! Yes, I travel everywhere with my NutriBullet, All-In-One Shake mix, and little boxes of So Delicious Dairy Free coconut or almond milk!



7

**Water bottle with filter.** Ever winced as you forked over 6 bucks for bottled water at a hotel or airport gift shop? Avoid that trap by bringing your own bottle and an attachable filter. You'll stay hydrated and save money.



# TOP TIPS FOR TRAVELING HEALTHY FROM **ESTHER BLUM**



*Esther is my favorite party-girl nutritionist. She's brilliant at showing you how to live it up without regretting it the morning after.*

A well-fed traveler is a happy traveler. Make it a priority to travel with food and you'll be the happiest passenger out there!

**Powdered green drinks:** Drinking green vegetable powders will detoxify the liver, boost energy levels, and provide you with valuable trace minerals to keep your blood sugar and mood stable. Pack your powders in a Ziploc

and bring a shaker bottle with you to help efficiently dissolve the powder in water.

**Ziplocs full of veggies:** Cut up raw veggies the night before your trip and pop them in a Tupperware or Ziploc. Wrap them in a damp paper towel before placing them in the bag to keep them fresh for up to twelve hours. Vegetables are not only chock-full of antioxidants, but they are high water foods that will help keep you hydrated.

**Bags of raw nuts:** Nuts are nature's ultimate fast food, as they contain a wonderful balance of protein, carbs, and fats. Measure out 1/4 cup portion sizes and place into individual containers or Ziplocs. Crunch your stress away with almonds and cashews while getting the benefits of zinc, magnesium, balanced blood sugar, and neurotransmitter balance. If nuts are a trigger food for you and you tend to overeat them, travel with only limited amounts.

**Other travel ideas to try:** Canned wild Alaskan salmon, dried seaweed snacks, cherry tomatoes, raw carrots, plain Greek yogurt (full-fat), apples, cooked shrimp, kale chips, homemade trail mix with raw nuts, seeds, chopped jerky and dried coconut.

Visit her at [www.livinggorgeous.com](http://www.livinggorgeous.com)

# MY FAVORITE BREAKFAST MAKES A SMART, ECONOMICAL TRAVEL OPTION

I want you to eat a protein-rich breakfast within an hour of waking up. Ever tried to do that at a 2-star hotel or while racing to the airport to catch your 7:30 a.m. flight? Even if you're a morning person, it's not easy.

The breakfast-sandwich airport option doesn't cut it, what passes for food on airlines is abysmal, continental breakfasts usually mean muffins and Danish, and hotel room service is outrageously overpriced. Oh, and good luck pulling something together while frantically looking for your car keys to make that flight.

A protein shake solves all these problems.

The **All-in-One Shake** is my favorite travel companion because it comes loaded with over 20 grams of protein plus optimal amounts of fiber, prebiotics, probiotics, whole food complexes, antioxidants, vitamins, and minerals to keep you lean, healthy, and full for hours.

I know what you're thinking: how much does a super-premium, nutrient-loaded shake like this cost? Well, I met my goal: these shakes cost less than 2 bucks for each serving. You're going to spend more than that on a Starbucks dark roast.



Whether I'm stuck at an airport or struggling with jet lag at the Hyatt, I start my day with a protein shake. When I am on the road, I use small boxes of So Delicious Dairy Free unsweetened coconut milk and my **All-in-One Shake mix**. I usually bring chia seeds with me as well. If I can get some berries and spinach from room service, great; if not, I make do without. I threw an orange in last week – it was delicious with the **Chai All-In-One Shake**.

Everything blends perfectly in the NutriBullet to balance blood sugar, burn fat, and give you steady energy for hours.

# 7 REASONS I ALWAYS TRAVEL WITH MY ALL-IN-ONE SHAKE

1

**EASY.** Hotels and airlines know you'll take the path of least resistance and pay a premium for whatever passes as food to them. (Only hotels and airports can get away with charging \$5 for a bagel!) **JJ Virgin's All-in-One Shake** offers you the same convenience without the empty carbs that spike and crash your blood sugar, store fat, and make you feel miserable all morning.

2

**LASTING ENERGY.** That low-fat muffin and latte raises your insulin levels, which means you're due for a mid-morning crash that makes it excruciating to be attentive at your mandatory 8 a.m. conference. On the other hand, **JJ Virgin's All-in-One Shake** gives you steady, sustained energy for hours. That means no 11 a.m. Krispy Kreme cravings and no snapping at that annoying woman seated next to you on the plane once your blood sugar levels crash.

3

**INEXPENSIVE.** Tally up how much you spend on continental breakfasts, airline fare, and whatever else counts for breakfast on the road. Surprised? **JJ Virgin's All-in-One Shake** provides a cost-effective alternative. For the price of a large coffee, you get high-quality, fat-burning protein that keeps you full and focused for hours.

4

**FAST.** You know that time excuse for not having breakfast when you overslept for your 8 a.m. flight? It doesn't work with **JJ Virgin's All-in-One Shake**. In about the time it takes to pour cereal and milk, you can toss all your shake ingredients in a blender for a filling, delicious breakfast even if you're racing across terminals to make your connection.

5

**HEALTHY.** Sure, they're convenient and offer a little protein and nutrients, but those so-called healthy breakfast bars and canned shakes come loaded with sugar, artificial sweeteners and flavors, and other things that don't constitute a smart breakfast. **JJ's All-in-One Shake** provides with good fat, fiber, antioxidants, and of course high-quality protein to sustain you for hours.

6

**COMPLETE.** I want you to load your shake with berries, flax seed, kale, and coconut milk. Let's face it though: sometimes you'll be stuck in the middle seat of a plane without those components, and the only thing for dinner is airline microwaved fried chicken sandwiches. Fortunately, **JJ's All-in-One Shake** powder has everything you need, from fiber to nutrients, so you have a hassle-free meal replacement without adding anything.

7

**FAT-BURNING.** No one plans to burn fat on vacation or even during a long-weekend business conference, but my **All-in-One Shake** takes the guesswork out of eating even when you're stuck at Vegas buffets. A study in the *International Journal of Obesity* showed that protein shakes "can safely and effectively produce significant sustainable weight loss and improve weight-related risk factors of disease."

**Can you now see why JJ Virgin's All-in-One Shake is my go-to travel companion?**

## EXERCISE: WHO HAS TIME WHILE TRAVELING? (YOU DO!)

I sometimes talk with clients who are hardcore about their workout routine. They religiously troop to the gym no matter how busy their schedule or how inclement the weather.

But exercise unfortunately gets short shrift when they travel. “I just don’t have time”, or “the hotel gym sucks (or is non-existent),” are common excuses.

Sorry, but I’m not buying it. I’ve stayed at run-down motels in the middle of nowhere with a brutally punishing schedule, and I always make time for exercise.

My colleagues have provided their exercise tips throughout this guide. If you’ve been with me at a hotel or airport, you know I’m fond of burst training on the stairs. (Move up the stairs at maximum intensity up to 1 minute, walk down at normal pace, and then repeat.)

I also find the hotel gym wherever I go. But if I have back-to-back meetings from 7 a.m.-7 p.m., I’m keener on making the rounds with my friends (and a glass of pinot noir) than a 40-minute circuit.

Instead of missing my workout, I’ll do one of my **Fast Blast Workouts**. You can knock these out in just 8 minutes and then be able to join your friends in the downstairs lounge.

You might be thinking, “Eight minutes!? Really?”



Yeah, really. My clients can testify how intense these full-body workouts can be. You can do them in your hotel room with a few pieces of equipment. (See if you can borrow some dumbbells and a fitness ball from the gym.) Fast, convenient, and effective: exactly what I want from travel exercise!



## TOP TRAVEL TIPS FROM **GRACE SUH**

*Grace is a world-renowned acupuncturist based in Venice Beach, California, who brings a really cool Eastern perspective to weight loss and nutrition.*

**TIP 1** Always bring unscented and chlorine-free baby wipes with you. Baby wipes are less harsh than regular wipes. This way you can wipe down any surface you may want to clean without drying out your hands.

**TIP 2** Always bring an eye mask and ear plugs with you to ensure a good night's sleep, and bring something that smells like home to help you relax, like your favorite essential oils or scent. Put the scent next to the nightstand and allow the nerve in charge of smell (olfactory nerve) to kick in to help you relax into your hotel.

**TIP 3** Always have healthy high protein snacks with you like beef or turkey jerky. It's not only tasty, but it'll keep you going for hours if you don't have access to food while traveling. Look for jerky raised without hormones, preservatives, MSG, and nitrates.

These aren't fancy tips, but this is the way I stay clean, rested, and fed during my travels.



Learn more about GRACE at  
[www.holisticweightlossmethod.com](http://www.holisticweightlossmethod.com)

# 10 STRATEGIES TO MAKE **THE VIRGIN DIET** WORK ANYWHERE

Convenience, taste, and availability often trump quality and healthiness on the road. I bet you'll have an easier time finding an authentic Prada clutch on Canal Street than getting wild-caught salmon at even the best hotel or airport restaurant.

That doesn't mean, however, that you need to dive into the chili cheese fries your coworker engulfs while you both await your 4-hour flight.

Restaurants are notorious for slipping egg into that innocuous chicken dish or gluten in, well, just about everything. You need to be very specific to your server about what you can and can't have on *The Virgin Diet*.

Things become easy once you get the hang of it though, and you can employ these 10 strategies to avert dietary disaster when you dine out.

- 1 Mix and match.** Survey the entire menu when you sit down. Let's say you want salmon, but it comes with garlic-cheddar risotto. The parmesan-encrusted filet, on the other hand, comes with sautéed spinach and garlic. Politely ask your server to switch sides. Make eating an adventure. Maybe you're traveling in the South, for instance, and never tried collard greens.
- 2 Start your meal with a salad.** Keep it simple and top it with olive oil and vinegar. One study showed people who started with a salad ate less food during their subsequent meal.
- 3 But bypass the gargantuan dinner salads.** Candied walnuts, bacon, taco strips, dried fruit, rice noodles, and wantons atop entrée salads are red alerts for fat bombs. Likewise, skip the sugary vinaigrettes and creamy dressings. Customize your salad (Chipotle does a fab job doing this) with avocado or guacamole, salsa, chicken, and black beans. Ask for oil and vinegar on the side.
- 4 Beware of red flags.** Any entrée described as breaded, fried, crunchy, crispy, glazed, or creamy translates into fast fat loss obstacle. Order your lean protein and non-starchy veggies grilled, baked, or broiled.

# 10 STRATEGIES TO MAKE **THE VIRGIN DIET** WORK ANYWHERE

- 5 You know what assuming does...** Ask your server questions before you order so you're assured your meal is **The Virgin Diet** compliant. Ignorance doesn't cut it. If you fail to ask, and your chicken dish comes drowning in a syrupy soy glaze (even though your menu didn't say so), you're responsible if you eat it.
- 6 Don't invite the enemy to the table.** Banish the breadbasket before your server even sets it down. If you need something to munch on before your salad, ask for a small bowl of olives.
- 7 Double up.** Two appetizers as your main course provide better portion control than a gigantic entrée. For instance, you might order hummus with veggies alongside grilled chicken kabobs with salsa.
- 8 Share or cut it in half.** Split that enormous broccoli-garlic stuffed chicken breast in half and share with your dining partner, or get it to-go before you even dive in. You'll save money and calories.
- 9 3 bites and fork down.** Your business date insists you must try the pistachio chocolate upside-down cake, and who are you to argue since you're trying to score his 6-figure account? Instead of demurely declining, have 3 polite bites – we're talking bites you would eat on Oprah, not during an 11 p.m. fridge raid – and ask your server to remove the fork. Trust me: your date will have no problem finishing that cake.
- 10 Get ideas, not absolutes, from the menu.** Why let your menu dictate what you'll eat? Use it as a guide, not an ultimatum, about how you should enjoy your dinner. Even if they charge a few bucks extra, many restaurants happily accommodate substitutions if you're polite about asking.





## TOP TRAVEL TIPS FROM **DR. JENNIFER LANDA**

*Dr. Jen is my go-to “sexpert” for libido, hormonal imbalances, and overall sexual health.*

1

When traveling for fun, I try to make sure to incorporate something active. I just returned from a ski/snowboard trip and always try to include some hiking or other active fun with family trips.

2

When I travel for business, I always bring a protein shake for breakfast. It allows me to start the day in a healthy way, is a lot cheaper than hotel breakfast options, and I don't have to worry that they won't have the right type of breakfast for me (gluten- and dairy-free) at the hotel.

3

When I travel I tend to take a little extra vitamin C, maybe a little extra zinc, and make sure to stay up on my probiotics. Vitamin C and zinc help avoid colds that crop up in close spaces like airplanes, and probiotics help make sure that tummies stays regular and healthy regardless of new environments with different water supplies that can upset them.

4

I don't leave home without my stretch band for resistance training on the go. I wrap it around a door handle and do rows for my back. I put it under my feet and do squats and bicep curls. It's so versatile, I can work out my whole body with the one little band that fits into a tiny piece of my suitcase.

5

Not packing sneakers is never an excuse when trying to pack lightly. I got the Vibram 5 fingers shoes because they're smaller, more flexible, and fit in the suitcase more easily, so I can use them for a run or a workout anywhere.

**Check her out at [www.drjenniferlanda.com](http://www.drjenniferlanda.com)**

# NOW THAT YOU'RE HERE, GET OUT:

## 7 STRATEGIES TO STAY SANE AT HOTELS & OTHER CONFINED SPACES

While hotels can't offer the warmth and comfort of your home, their lackluster neutral room colors and generic furnishings can feel confining, claustrophobic, and incredibly impersonal.

If you're like me, you spend a lot of time in hotels. Whether I'm the keynote speaker at a conference or touring wine country, some places feel welcoming and cozy, while others, well, not so much.

Whether business or pleasure, you'll be in your hotel at least part of your day. (If it's something like a convention, you'll be inside a lot of your day.) You can't replace the comforts of home, but you can make your environment more pleasant and stay your healthiest with these 7 strategies I employ whether I'm staying at the Waldorf-Astoria or a hole-in-the-wall, middle-of-nowhere hotel.

**1 Stay hydrated.** Staying buzzed on caffeine can certainly help you remain alert all morning during that excruciatingly boring sales meeting, but it also raises your stress hormone cortisol and keeps you dehydrated. Keep purified water to sip throughout the day so you're not suffering brain fog and other dehydration miseries.

**2 Adjust for time zone shifts.** Jet lag and too little sleep going into a 9 a.m. meeting can feel akin to a root canal. Plan ahead and, if possible, book an extra night in your hotel. So if your conference begins Thursday, plan to check in your hotel Wednesday afternoon so you can get sufficient rest and even book a late-afternoon massage.

**3 Schedule your workout.** All-day meetings or sightseeing leave little time to hit the hotel gym or stairwell. Schedule a time to exercise or you'll get caught off-guard with the day's ever-growing schedule and possibly blow off your workout. Really crunched for time? You don't need to spend an hour at the hotel gym when the hotel stairs provide burst training in just minutes.



## NOW THAT YOU'RE HERE, GET OUT:

# 7 STRATEGIES TO STAY SANE AT HOTELS & OTHER CONFINED SPACES

- 4 Give yourself a curfew.** The company's post-dinner celebration has a reputation for going into the wee hours of the morning, but that doesn't mean you have to. It's all too easy to get caught up in the excitement unless you give yourself a time to split so you can get sufficient sleep. You'll thank me in the morning when you're alert while everyone else is tired and hung-over.
- 5 Try gym water.** Those \$6 designer hotel waters will quickly rack up your credit card bill. Many hotel gyms offer purified water, so fill up your Sigg bottle and save your cash for the dark chocolate in the mini-fridge.
- 6 Get out.** Hotel comforts can keep you from exploring a new city, so if you can make a break from your conference, plan an evening out or walk to that boutique you've been reading about. You'll get exercise, fresh air, and maybe even a story to tell your friends when you return home.



- 7 See if Whole Foods delivers.** Some of them do, which can save you a few bucks at your hotel. No? Google other nearby restaurants. Even a \$10 tip for the guy delivering a rotisserie chicken and some steamed vegetables will save you money you would have spent on the over-crowded hotel bistro's \$30 chicken dish.



## TOP TRAVEL TIPS FROM **DR. MARK HYMAN**

*Dr. Hyman is one of the world's top experts on blood sugar imbalances, weight loss, and other metabolic issues.*

- 1 EAT CLEAN ON THE ROAD.** Learn to be a good hunter-gatherer in a toxic nutritional landscape.
- 2 MOVE EVERY DAY WHILE ON THE ROAD.** Stretch, walk, dance, explore — when traveling find beautiful places to run, or seek out yoga classes.
- 3 PRIORITIZE SLEEP.** Getting rest and staying on rhythm will help keep you even and calm.
- 4 AVOID STIMULANTS.** Coffee and alcohol only drain and exhaust you in the end and rob your true energy.

Visit him at  
[www.drhyman.com](http://www.drhyman.com)



# LET'S TALK **SLEEP**

"I just can't sleep when I travel," clients and friends sometimes tell me. "There's always something that prevents me from getting quality sleep, whether it's the man kicking the seat behind me on the plane or my in-laws banging around at 4 a.m."

Lack of sleep affects you more than you might think. Sure, a terrible night's sleep means the next morning you're dragging around even after your second Starbucks. You're probably not the most pleasant person, and you're also more vulnerable to those hot apple pastries your group leader brought into the conference room.

Even if you're doing everything else right, sleep is more important than you might think. Research at the University of Chicago shows even if you follow a healthy diet and exercise program, not getting 8 hours of sleep every night increases your obesity risk.

One reason: you're knocking numerous hormones out of whack when you don't get your sleep quota, which can stall fast fat loss and make you a caffeinated mess. Let's look at a few of those hormones.

- 1 Lack of sleep negatively impacts your hunger hormones.** It's no coincidence that you're experiencing an intense craving for a low-fat muffin with your venti dark roast after only sleeping 5 hours last night. Ghrelin, a hormone that commands your brain to "eat now," increases when you sleep poorly. Your hormone leptin, on the other hand, helps put the brakes on the brownie cheesecake. When you don't sleep, you become more leptin resistant.
- 2 Lack of sleep increases fat storage.** Sleep also affects your ultimate fat-storing hormone, insulin. Chronically elevated insulin makes it more difficult to burn fat. Long-term sleep deprivation can make your cells insulin resistant, leading to higher fasting insulin levels. Besides impairing fat burning, these high insulin levels can lead to diabetes, heart disease, and certain cancers.
- 3 Lack of sleep lowers your fountain-of-youth hormone.** You don't need to be a bodybuilder to appreciate human growth hormone (HGH), which prevents aging, builds muscle, promotes fast fat loss, and boosts immunity. No wonder celebrities spend thousands a month on HGH injections! Sleep helps your body naturally boost HGH to help you repair and rebuild. No surprise, then, that a study in the *Journal of Psychiatry & Neuroscience* found that less sleep means you release less HGH.

# LET'S TALK **SLEEP**

- 4** **Lack of sleep raises cortisol, your stress hormone.** Traveling can already be stressful, so you don't need anything to exacerbate that stress. That's exactly what too little sleep does: it raises (and keeps elevated) your levels of cortisol. Chronically high levels of this hormone break down muscle and store fat. High cortisol also burns up your energy-assisting B vitamins, and you can't make the neurotransmitters you need to sleep well. Cortisol also lowers serotonin, the feel-good hormone your brain eventually converts to melatonin for good sleep.

## **STRESS, TRAVEL & CAFFEINE**

A venti Starbucks can give you a pleasant pick-me-up to fuel you through a 3-hour layover or a morning hotel business meeting. But too many people over-rely on caffeine when they travel. You might get a temporary jolt, but by early afternoon you've hit your second low, so you make another Starbucks run for your caffeine hook-up.

Here's the deal. Just one cup of coffee can raise cortisol levels 30% for an hour. Additionally, caffeine can elevate cortisol levels in your blood for 18 hours. That means if you're on the java cycle all day, you continually elevate cortisol levels and store fat.

Ironically, the caffeine that gives you that temporary boost from sleep deprivation also makes you sleep deprived. Caffeine's half-life is 12 hours, which explains why you're still revved up at 9 p.m. even though you shut off your computer and are settling in with a hot bath.

Break the caffeine/lack of sleep vicious cycle by cutting back to one cup of coffee, and eventually to green tea, during morning hours.





## TOP TRAVEL TIPS FROM **LEANNE ELY**

*“What’s for dinner?”*

*Just pop on over to [www.savingdinner.com](http://www.savingdinner.com) for some amazing ideas from the queen of cooking.*

1

I get the little boxes of So Delicious Dairy Free coconut milks for the road. They rock.

2

I use a shaker cup and skip the blender.

3

I make up modified smoothie mix: protein powder, chia seeds, and a scoop of a green drink. It's all powder, so it travels well. I just add the So Delicious or cold water into the shaker cup, and I'm good to go.

## TOP TRAVEL TIPS FROM **LISA SASEVICH**

Known as “The Queen of Sales Conversion,”  
Lisa can show you how to take your  
business to the next level.

Visit her at [www.theinvisibleclose.com](http://www.theinvisibleclose.com)



1

**Mini-blender for my morning smoothie** so I can sleep till the last minute, catch a quick workout, and enjoy my breakfast in my room while getting ready.

2

**My special little baggie of pecans and walnuts and freeze-dried strawberries.** (Doesn't include almonds, peanuts, or cashews because those are high on my food sensitivity list.)

3

**I always bring tennies and a bathing suit.** You never know when you're going to stumble on a great spa or hike!

# TOP TRAVEL-WORTHY NUTRIENTS

Being cramped in a tiny jet with sniffing, sneezing passengers provides an open invitation for colds, flu, and whatever other nasty viruses are spreading. Not that you ever want to get sick, but being away from home's comforts makes not feeling well particularly torturous.

Your first line of defense is **The Virgin Diet**. One, you're not putting additives, chemicals, and other processed junk into your body. Two, you're taking in very little sugar, which means you're far less likely to crash your immune system than that woman sitting in the aisle seat scarfing down a cheese Danish. Three, you're eliminating highly reactive foods that can create headaches, fatigue, and leave you not feeling your very best.

For optimal immunity and energy, you need to take that plan one step further. The right nutrients cover the basics you might not be getting in food (especially when you travel), boost your immune system, and even calm your nerves.

Besides my **All-In-One Shakes**, I never travel without these top-shelf supplements that keep me feeling my very best even if I'm covering a dozen cities in as many days on a book tour.



**Daily Essentials Packets.** You've got a laundry list of things to do and pack before your 4-day business convention. The last thing you need or want to do is measure and sort supplements. Problem solved: Daily Essentials Packets contains high-potency multivitamins/minerals and essential fatty acids, all in an easy-to-carry packet. One packet, and you've got all your nutrient essentials covered. Don't you wish getting through customs was nearly that easy?

# TOP TRAVEL-WORTHY NUTRIENTS

**Vitamin D Plus.** Unless you've lived on another planet the past decade, you know D is the wonder-vitamin that does everything from building stronger bones to boosting immunity\*. If you're headed for a 2-week Maui vacation, you can probably skip the D. Otherwise, supplementing with optimal amounts could mean you bypass catching whatever nasty bug prevails at the airport\*. My Vitamin D Plus combines high-dose vitamin D with vitamin K.



**Virgin Sprinkles.** Sometimes I want a little sweetness to my coffee or tea, and I'm not about to resort to sugar or artificial sweeteners. This great-tasting, no-aftertaste natural sweetener combines stevia, erythritol, and glycine in an easy-to-pack container.

**Sleep Candy.** My must-travel-with supplement to safely fall and stay asleep thanks to a powerful, synergistic, science-supported nutrient blend\*.



**Extra Fiber.** Meeting your 50-gram fiber quota on the road can become incredibly challenging. That's why this fabulous blend, which combines 12 natural sources of fiber that mimic what our Paleo ancestors ate, always travels with me.

[SHOP HERE](#)

\* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

# TOP TRAVEL TIPS FROM DR. SARA GOTTFRIED

*Surely you've seen this Harvard-trained gynecologist on The Ricki Lake Show or in Oprah's O magazine.*

Get the scoop at [www.saragottfriedmd.com](http://www.saragottfriedmd.com)

1

**Reframe the airport as your personal gym.** Pushups, wall-sits, yoga twists can all be done while waiting to board your plane. When you travel on airplanes, you need 3X the adrenal hormones of daily life — and exercise helps to deliver the increased dose so that you feel less fatigued upon arrival.

2

**Bring your nourishing food.** There's nothing worse than the desperation of a long layover at an airport with limited food options. Bring canned, chopped vegetables (for me: jicama, carrots, sliced bell peppers, sun chokes), lean protein such as sardines, or a container of rotisserie chicken, plus nuts and dark chocolate. (I favor 90%.)



5

**As soon as you arrive, off to the gym with you.** I don't care what time it is. It will reset your clock and help you adjust to a new time zone and shake off the jet lag.



## YOUR TAKE: TRAVEL TIPS FROM MY READERS

*Sometimes my best ideas come from my readers, so I asked my Facebook followers for their top travel tips. Here are some of their replies:*

“Be prepared! Travel as if there will be no food available; bring shake powder, nuts, etc. Look up local health food stores near your destination.

Bottom line: in planning your trip, prepare for all aspects of it. Prepare for your nutritional needs the same way you'd prepare for the weather. Then relax and enjoy!”

– Wayne Pernel

“I always pack my MagicBullet mini blender along with Ziploc bags of pre-measured shake mix and ground flax or other fiber blend. I know that I have a ‘worst-case meal’ that’s not so bad.”

– Teri Cummings

“Scout the restaurants ahead of time. Preview the online menu. Know what you're going to order before you get there!”

– Eryka Sayovitz

“I am a photographer who travels a lot, often to ranches far from town. I pack Ziploc bags with rolled oats, chia seeds, protein powder, stevia, walnuts, cinnamon, and freeze-dried blueberries (no added sugar). This way I am assured of a healthy, clean, no HI FI meal with just the addition of hot water. And yes, I've made do with cold water when needed. When a spoon and bowl isn't handy, I've added a bit more water and used my protein bottle for the container.”

– Lori Faith Merritt

“I pack healthy snacks in my tote bag so I will not have to eat what is available if I am hungry. Nothing worse than being hungry and having to settle for the 'best' 'worst' thing available. Planning is the key.”

– Karen Cole

“A bag of almonds and a few apples (convenient on the plane... No mess!)”

– Celeste Mongeau-Steeves

## YOUR TAKE: TRAVEL TIPS FROM MY READERS

“Seminars and retreats are difficult. They provide lots of carbs, which make you tired. For snacks I pack organic apples and individual packs of Justin's peanut butter (which I now have to switch to almond butter). When booking my room, I always ask for a fridge for the room (sometimes they aren't in the room). I try to bring as much fresh veggies & fruits as I can but will also locate the closest health food store before I leave. I check on Happy-cow.com for any local health food places to eat. I have found some pretty fabulous places by doing that!”

– Rosemary Nickel

“I always travel with my shake mix measured in baggies with any other powder supplements in them, a few of the mini boxes of So Delicious unsweetened coconut milk to hold me until I can get to a store, some packets of organic freeze-dried berries, and my MagicBullet. If I can't fit the Bullet, I take a shaker cup.”

– Karen Izzi Bristing

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