

## **M.M. Van Benschoten, O.M.D, CA, Inc.**

### **TRAVEL FATIGUE PREVENTION**

1. One liter of water to be consumed on the flight.
2. Avoid dairy, sugar, coffee.
3. If night time sleep is disturbed, take afternoon nap.

The effects of a single round trip by air can result in low level petrochemical exposures from jet fuel, combined with respiratory infections that may trigger a cycle of constant fatigue, insomnia, anxiety, and muscle pain. Frequent flyers will have more severe neurological effects from repeated jet fuel exposures, including numbness and tingling of the hands and feet, and low immune function that contributes to low grade infections and exhaustion. Poor diet or spoiled food consumed while traveling adds to the burden on the immune system and nervous system. All air travelers should bring one liter of water with them on the flight to prevent dehydration. As much as 20% of commercial airlines may have bacterial contamination of their water supplies, so it is safest to bring your own water.

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