

# Travel more naturally

✈️TU✈️

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Monday, June 28, 2010

## TRAVEL MORE NATURALLY



1. Solar radiation doubles every 6,500 feet of altitude. Boost your in-flight UV protection by drinking water with Emer'gen-C it contains vitamin C and antioxidant that studies has shown to protect cells from sun induced DNA damage.

2. After deplaning, eat and sleep on local time to stave off jet lag. Or take one tablet of homeopathic treatment like No Jet-Lag, which contains Arnica Montana, Bellius operennis, and Chamomilla, at takeoff and landing.

3. Too much caffeine can lead to dehydration, so skip the coffee and tea on your flight. For an added measure of safety, pack plenty of your own bottled water, such as volcano-derived Volvic or Fiji water, which comes from the island of Fiji. The Environmental Protection Agency recently found that tap water on 15 percent of aircrafts contained harmful bacteria. But, be sure and buy your water after passing through the security checkpoint. Otherwise you will have to place the water in a sealed zip-lock baggie and it will take longer to get through the checkpoint, it is easier just to buy it after the security x-ray point.

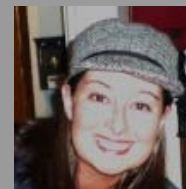
4. Ward off plane-spread colds and flu with Budda Nose immune Booster Spray and Salve an aromatherapy prophylactic that contains lemon, clove, cinnamon and raven Sara essential oil to fight airborne viruses and germs.

5. Whether you're suffering from motion sickness or too much road-trip fare, sweetened ginger slices, like Reed's Crystallized ginger can alleviate queasiness. Also, a study in Aviation, Space and Environmental Medicine found that taking slow, deep breaths reduces the symptoms of motion sickness.

6. Recycled air can leave you with a dull and haggard complexion. To moisturize and refresh your skin go for a spray. Spiriting your face and hands with rose water (10 drops of rose essential oil in 1.8 ounces of water) throughout the flight can help drastically.

7. Crowds and close quarters can bring on a tension headache. To keep you body relaxed, rotate your shoulders and roll your head in each direction. When snoring, cradle your neck in a supportive pillow. Try the buckwheat-filled Bucky U-shaped travel pillow.

## Quicksearch




My name is Shelly Hardage-Wilkerson and I'm a mom, professional blogger, environmental writer, aspiring photographer, yogi and borderline tree-hugger. I am from Arkansas, but currently live near the Pacific Coast.

Thoughts Unveiled (TU) was started in July 2003, but really took off on March 2004 when I moved to Oregon. I started TU because I wanted to chronicle my life living in the Pacific Northwest and now it has become much more than that. I like to touch on the topics that I am very passionate about and the earth is very important to me.

I hope you will find topics of interest here at TU and bookmark us for future visits. If you would like to network with me, drop me an email and let me know!

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To contact me, please email [mcwilkerson1977 \[at\] yahoo \[dot\] com](mailto:mcwilkerson1977@yahoo.com)  
**Other places I can be found at:**

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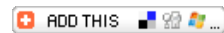
**St. Gabriel Laboratories A...**

8. Long flights and car rides can lead to blood clots in your legs, also known as deep vein thrombosis. To keep your blood flowing, wear below-the-knee elastic stockings on long journeys. That way you'll be six times less likely to suffer DVT.

9. Don't forget to pack your aromatherapy needs with Soothing Sol's Traveler Tote. It's loaded with five essential oil blends that fight germs, calm your skin, keep you energized, relieves tension headaches, and settle a queasy stomach. All are contained in a space-saving zippered pouch.

10. And keep all your holistic travel needs in a zippered, clear, see-through plastic bag. It makes it easier to go through the security-checkpoint at the airport as well.

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These tips will really help those who are first time travelers. This will surely help people who often forget things when they pack. Great!  
[#1 brochures online printing \(Link\)](#) on 2010-07-03 00:47 (Reply)

These are great tips. Never heard of the crystalized ginger. Will have to hunt for that. Thanks.  
[#2 Bridgette Stone \(Link\)](#) on 2010-07-04 13:08 (Reply)

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