



## **HEALTHY EATING AND LIFESTYLE FOR THE BLUES TRAVELER**

- ✚ Set an example by bringing healthy food; everyone will see the colorful food that you tote and they will try it themselves. Arrange for “crunch time” where you take a break on the plane for veggies, nut, seeds and dips like hummus or tahini.
- ✚ If not traveling with your own food pack, look for healthy cafes on the road. If it is a place to recommend, write it down and tell others about it.
- ✚ Be creative on the plane or in your hotel room; use the coffee maker to heat water or the broth that you brought.
- ✚ Pay it forward. Bring a delicious seasonal dish enough for an entire crew and share with the crew on the plane. You’ll all walk away happy and content. Next time I am sure someone else will push this act of kindness forward and slowly we will all be “full”!
- ✚ Instead of eating alone your tuna sandwich in the room, call your colleagues and find a healthy café so you may all eat together!
- ✚ Set up a network; email the person you will be flying with, tell them you will be bringing a tofu steamed vegetable dish and ask if they would provide the greens.
- ✚ Recipe exchange. Let us put together a “club” where we can exchange ideas, recipes and ways to become more of community!



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## **ARMED FOR HEALTH**

### **FOOD ITEMS TO CARRY WHILE TRAVELING\***

**NUTS AND SEEDS (PUMPKIN SEEDS, SUNFLOWER SEEDS, WALNUTS, RAW ALMONDS AND PECANS)**

**MISO SOUP PACKETS: MIX WITH HOT WATER, ADD SOME FRESH SPINACH AND VOILA! YOU ARE READY TO GO.**

**TORTILLAS (NON GMO CORN)**

- **BRING ALONG COOKED TEMPEH OR TOFU CUBES; ADD SOME GUACOMOLE AND TOP WITH TOMATOES AND/OR SALSA.**

**BOILED ORGANIC EGGS**

**YAMS (GREAT TO BAKE ON THE AIRPLANE); ADD SOME NUTS**

**BAG OF GREENS-ADD TO YOUR HEARTS DESIRE; AVOCADO, NUTS, CRANBERRIES, FRESH VEGGIES, FETA AND YOUR OWN SIGNATURE SALAD DRESSING.**

- **SALAD DRESSING: PICK UNREFINED OIL, VINEGAR, JUICE AND A SEASONING.**

**SALAD MADE FROM HOME USING A GRAIN, VEGETABLES, NUTS OR SEEDS AND LEMON/ LIME AND OLIVE OIL PLUS SPICES OF YOUR CHOICE\*\***

**HUMMUS, TAHINI, PESTO OR NUT BUTTERS**

**ALREADY BAKED PIZZA CRUSTS (MINI) + SOME PESTO & TOMATOES**

**FRUIT OF ANY KIND (MAKE SURE IT ADDS UP TO 3/DAY)**

**VEGETABLES FOR SNACKING: CARROTS, JICAMA, CHERRY TOMATOES**

**SMALL CANS OF WILD SALMON OR TUNA**

**PACKETS OF FROZEN BAKED CHICKEN**

**POWDERED GREEN MIX (KYO GREEN, VITAMINERAL GREEN OR GREEN MAGIC)**

**PACK PLENTY OF HERBAL TEAS; MINT, CHAMOMILE, GINGER OR MY FAVORITE- ROOIBUS**

**VEGETABLE BROTHS (MAKE YOUR OWN THEN FREEZE IN ICE CUBE TRAYS)**

**DRY CEREAL (high quality) TRAVEL SIZE SOY OR NUT MILK**

**FRUIT AND NUT BARS**

**DON'T FORGET VITAMINS AND SUPPLEMENTS!**

**\*ALWAYS KEEP FOOD CHILLED WITH ICE PACKS INCLUDING NUTS AND SEEDS. CARRY ONLY ENOUGH FOOD FOR HOWEVER LONG YOU ARE AWAY**

**\*\*RECIPES AVAILABLE-SEE HANDOUTS**



**PREPARE FOR TAKEOFF!  
SUPPLEMENTS AND HERBS FOR OPTIMAL DIGESTIVE FUNCTION  
( ESPECIALLY WHILE TRAVELING)**

SUPPLEMENTS	SUGGESTED DOSAGE	COMMENTS
ACIDOPHILOUS	1-2 DAILY WHILE TRAVELING	NORMALIZE BACTERIA
MULTI-ENZYME COMPLEX	TAKE WITH MEALS AS DIRECTED	ANTI-INFLAMMATORY
VITAMIN B COMPLEX	AS DIRECTED ON LABEL	BREAKS DOWN FATS AND PROTEINS
VITAMIN A & E	25,000 IU DAILY/ UP TO 800 IU	ANTIOXIDANTS PROMOTE HEALING
COLOIDAL SILVER	AS DIRECTED ON LABEL BY MOUTH	BROAD SPECTRUM ANTISEPTIC THAT FIGHTS INFECTION, PROMOTE HEALING
ESSENTIAL FATTY ACIDS (FLAXSEED, FISHOIL)	1-2 CAPSULES PER DAY	PROTECTS LINING OF COLON
GARLIC	2 CAPSULES 3X DAY	NATURAL ANTIBIOTIC; HEALS COLON
MULTIMINERAL COMPLEX WITH CALCIUM, MAGNESIUM AND ZINC	AS DIRECTED ON LABEL	USE A HIGH POTENCY FORMULA
VITAMIN C	2500 MG.PER DAY	ANTIOXIDANT, FIGHTS INFECTION
ALOE VERA JUICE	½ CUP DAILY	HEALS COLON
ALFALFA	SUPPLEMENT (AS DIRECTED)	BENEFITS DIGESTION
COENZYME 10	AS DIRECTED ON LABEL	HELPS DETOXYFY
FIBER	BEST TO OBTAIN FROM FOOD OR CAN TAKE IN SUPPLEMENT FORM	HEALS & CLEANSSES
PEPPERMINT	TEA IS AN EASY WAY TO GET THIS	AIDS IN DIGESTION

**RECOMMENDATIONS AND CONSIDERATIONS:**

- EAT A HIGH FIBER DIET WITH PLENTY OF FRUIT, VEGETABLES AND WHOLE GRAINS
- PINEAPPLE AND PAPAYA. THEY CONTAIN BROMELAIN, GOOD SOURCES OF BENEFICIAL DIGESTIVE ENZYMES.
- CHEW YOUR FOOD SLOWLY.
- DRINK PLENTY OF WATER.
- CUT DOWN ON CAFFEINE, ESPECIALLY COFFEE
- DRINK WATER WITH LEMON FIRST THING IN THE MORNING. IT IS HEALING AND PURIFYS.
- MOST ANTI ACIDS CONTAIN ALUMINUM COMPOUNDS AND CAN CAUSE CONSTIPATION.
- SODIUM BICARBONATE CAN CAUSE BLOATING AND GAS.
- CHOOSE SUPPLEMENT(S) THAT BEST WORK FOR YOU!!! DON'T TRY AND TAKE TOO MANY—JUST A FEW THAT WILL WORK BEST.

**References:**

Balch, James F. MD and Phyllis A. CNC, Prescription for Nutritional Healing, 3<sup>rd</sup> Ed., New York, NY; Penguin Books, 2004  
Murray, Michael ND, Encyclopedia of Nutritional Supplements, New York, NY; Three Rivers Press, 1996