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Recommendations to minimize jet lag symptoms from an eastbound five to six hour time zone change. (within World Summit for Children folder)

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Eastbound: Five- to Six-Hour Time Zone Change

Anyone who has experienced the jet lag symptoms associated with a five- to six-hour time zone change knows they can become quite overwhelming. For this reason, travelers crossing the five-to-six time zones plus are usually the first to complain seriously about anticipated debilitation. They know that jet lag will be a significant problem with which they must reckon.

Again, you are bound to have symptoms, but with the Three-Step Jet Lag Program, they will be greatly minimized. Sleep, in particular, should be more easily obtained with the Jet Lag Program than without it. Follow the simple steps outlined below. Also, don't forget to refer to the Composition of Foods table in Chapter Thirteen and the list of Major Influences on Body Clocks in Chapter Four.

FEAST = Generous servings

FAST = Limited portions

STEP ONE (preflight)

- **THREE** days before the time change, begin the Program with a **FEAST** day by initiating **HIGH-PROTEIN** breakfasts, **HIGH-PROTEIN** lunches, and **HIGH-CARBOHYDRATE** suppers.
- **STOP** consuming beverages, foods, or drugs containing methylated xanthines (coffee, tea, cocoa, or chocolate, etc.) in the early morning or late at night. If you want to have caffeinated beverages between three o'clock and four-thirty in the afternoon, feel free to do so.
- **TWO** days before the flight, eat a **HIGH-PROTEIN** breakfast, a **HIGH-PROTEIN** lunch, and a **HIGH-CARBOHYDRATE** supper. Because this is a **FAST** day, keep the meals low in calories; a daily total of 800 calories is ideal. Do **NOT** have any snacks after supper.
- The day before the flight, a **FEAST** day, allow yourself generous portions of foods based on the **HIGH-PROTEIN** breakfast and **HIGH-PROTEIN** lunch, and **HIGH-CARBOHYDRATE** supper plan. Do **NOT** have any snacks after supper.

STEP TWO (morning of the flight)

- Get out of bed earlier than usual.
- Eat a **HIGH-PROTEIN** breakfast, a **HIGH-PROTEIN** lunch, and a **HIGH-CARBOHYDRATE** supper. Because this is a **FAST** day, keep the meals low in calories; a daily total of 800 calories is ideal.
- Drink water to compensate for the dehydration that is common on flights. Limit alcoholic beverages to no more than one drink (better yet, don't drink at all).
- Shortly after six o'clock at night, no matter where you are or what you are doing, whether you are still in the airplane or not, **DRINK TWO TO THREE CUPS** of black coffee or strong, plain tea. Now **RESET YOUR WRISTWATCH TO DESTINATION TIME**.
- Since six o'clock "old time" is midnight destination time, try and rest or sleep as soon as possible on destination time—even if you do not feel tired—until morning destination time. Put on a sleep mask if necessary.

STEP THREE (breakfast, destination time)

- Do **NOT** oversleep.
- A half-hour before breakfast, destination time, activate your body and brain (see Chapter Twelve, **Mental and Physical Exercise Program**).
- This is a **FEAST** day, so when you eat, have a hearty **HIGH-PROTEIN** breakfast on destination time (remember: this meal usually occurs in flight). Lunch should be a large **HIGH-PROTEIN** meal, and supper should be a sizable **HIGH-CARBOHYDRATE** meal. Do **NOT** snack after dinner.
- Do **NOT** have any caffeinated beverages, foods, or drugs at all today.
- Keep active. Do **NOT** nap.
- Get to bed early, by ten o'clock at night, destination time.