

## ***Jet Lag***

1. Set your watch when getting on the airplane for your destination.
2. Do EFT (emotional freedom technique) tapping every two hours while awake and or at every switch of the time zone if following on the planes monitor. Use a phrase something like, "Even though my circadian rhythm is set for West Coast time I chose to reset for the \_\_\_\_\_ (next place landing). I continue this after landing and put in the time for Australia/Denmark etc.
3. Use "Bio Reset/Jet Lag from King bio every 2 hours (3 sprays under the tongue) while awake and/or when crossing time zones. This is a liquid homeopathic spray without alcohol or sugar in it and 2 fluid ounces so you can carry it on the plane. This can be combined with the EFT for ease of remembering to do it.
4. I use two types of melatonin. I carry a 3mg non-time released and 1.2 mg timed release. On the long trips East I will take 2-3 3mg plus 3 1.2mg on the first night-within 30 minutes of going to bed. (Depending on when you arrive a short nap is fine but make sure when doing the melatonin that you go to bed at your regular time in the new time zone). I will slowly decrease those amounts over the next 6-8 days. On traveling back to the west I only use 3-4 of the 1.2 mg and slowly decrease over 6-8 days. Wm. Dement MD said it takes something like one day for each time zone changed for the body to catch up.
5. This is the one time I use caffeine. Upon awakening I will do caffeinated tea in the morning and always do a short meditation and "power nap" after lunch. Repeat caffeine in the early afternoon only. You may want to switch to Tyrosine for the caffeine. Tyrosine is an amino acid and can be placed under the tongue upon awakening, mid morning and early afternoon.
6. Stroke heart meridian from the chest out to the finger tips when it is 11am and again when it is 12 am if long flight for the new destination (make sure you have reset your watch for the new destination). Stroke 3 times on the left first and then three times on the right. The point starts on the axilla and follows down the inside of the arm ending at the nail bed of the lateral edge of the baby finger.

It is good to remember that traveling towards the EAST is much more challenging for resetting your circadian rhythms.