
Practical Ways To Stay Healthy While Traveling

Shally: I'm sorry, I'm already snacking. If you love to snack and you travel, this is going to be the segment for you. Christa Orecchio for Food As Medicine. She's a clinical nutritionist, from thewholeJourney.com, talking top supplements and snacks that you can take, because this is the travel time. What do you take with you?

Christa: Summer is the travel time and the easiest thing to do is to just blow our diet. The vast majority of us do it. There's that old saying, Shally, "If you fail to plan, you plan to fail."

Shally: That's very [00:00:30] true.

Christa: Myself included. If I don't bring this stuff, I'm not going to eat as well.

Shally: Okay, so let's say we're packing our bags. Some of you I know are going on a road trip for summertime. What are some of the snacks you should take with you and supplements?

Christa: Okay, we'll start with supplements because they're right here. So I always bring probiotics with me because flying changes your gut bacteria. An easy way to keep your immune system healthy is to take a probiotic when you travel. Take one a day for the whole trip. I always take melatonin if I'm traveling through different time zones.

Shally: Why?

Christa: Because it helps to regulate [00:01:00] your hormones and your sleep/wake cycle. It will get you over jet lag so much faster.

Shally: Oh, good. I didn't know that.

Christa: Yeah, about one milligram per every hour of time difference. So you go to the east coast, you take three milligrams of melatonin that night, you'll be able to start getting on their time zone much quicker.

Shally: Who knew? What's next?

Christa: Greens, because we don't eat as many vegetables when we travel. So I like to take greens pills, or here I have greens powder, if you just want to pour it into

your water. You get the little travel packs, that's pretty easy. Digestive enzymes. Who knows [00:01:30] what we're eating when we're eating out? There's a lot of poor quality oil. There's just a lot of stuff that we wouldn't prepare ourselves at home. So taking enzymes is going to keep you from being bloated, no pain, keep things moving. Then, I always bring oregano oil, and I take one on the plane because there's so many germs and you're stuck in a box, right?

Shally: Yes.

Christa: So I always take oregano oil just to keep myself and everyone else healthy during travel.

Shally: Oregano oil, that does the trick?

Christa: Oregano because it's antifungal, antiviral, antibacterial. It's great.

Shally: Okay, now to the snacks.

Christa: So bringing something [00:02:00] fresh when you travel is really important. Tangerines, they're easy to open, they're not like oranges. Carrots and apples, they travel the best. Then you just get these little to-go nut butters.

Shally: Oh, I love those.

Christa: Then you just pop them open and you can either eat them right from the pack or put them on your carrots.

Shally: I couldn't help but snack on this.

Christa: So then we're going to send Chris off with some of this. This is great. Road trip trail mix. Cashews, almonds, pumpkin seeds, walnuts, Goji Berries. I don't know if you've ever had those.

Shally: Yeah, I love Goji Berries.

Christa: Great for your immune [00:02:30] system, and raw chocolate.

Shally: This is a good idea. Travel size stuff.

Christa: This is, yeah... Trader Joe's, I was so pumped to find these travel-sized coconut oil. You can use this as a lotion when you travel. You could use it for anything, but I like to put it in my coffee when I travel.

Shally: That's such a great idea.

Christa: Look at this. If you're gluten free, you can get coconut aminos, and for your soy sauce, travel soy sauce. They often have Keurigs for coffee makers in hotels and now they make bone broth for the Keurig.

Shally: [00:03:00] Stop it.

Christa: Yep.

Shally: Where do you get that?

Christa: They're on Amazon. They're everywhere. This is Lono Life. Yeah, and then this, we are dehydrated when we travel. We can't travel with liquid, we can't bring our coconut water with us. So Ultima, it's kind of like Emergen-C, but healthier.

Shally: I want to get to the stuff on the other side of the table.

Christa: All right, stuff on the other side. Okay, so healthy bars. You can't travel without bars, right? I've got the Primal Kitchen collagen bars, Larabars, Patagonia's now making bars. These are the healthiest meat sticks, because we tend to eat [00:03:30] too many carbs and not enough protein when we travel. These by Paleovalley, these grass-fed beef sticks, they will keep you satiated so you don't go grab that pizza or taco, whatever it is.

Shally: In the airport, yes.

Christa: I bring tea with me everywhere I go. Then avocados, this travels really well. Hard-cooked eggs, people on the plane don't necessarily appreciate that, but once you get there... and these are new cassava tortillas, super low-glycemic. So this is an easy breakfast in your hotel room. I love these easy dose travel bags for supplements [00:04:00] and salt.

Shally: I love it. Christa, thank you for being here. All really good stuff. If you want to get more information on The Whole Journey, just go to our website fox5sandiego.com. Click the Seen On tab. We'll get back over to you.