

The

HORMONE CURE

DR SARA GOTTFRIED, M.D.



*Dr. Sara's Travel Secrets:
How to Navigate Vacations, Business Trips
& Other Voyages - Without Gaining 10 Pounds*

Dr Sara's Travel Secrets

It's tough enough to stick to a healthy routine at home, but go on a trip and most of our healthy habits fall right out the window, bounce off the airplane wing and disappear into the clouds. Know what I mean? Fast food becomes acceptable especially when there's *no other options*, (maybe even genetically modified food even sneaks in, but you look the other way – after all, *you are traveling* and the bar is lower), extra doses of high-octane coffee is allowed to combat jet lag, and an unfamiliar bed make it nearly impossible to get a good night's sleep.

Unfortunately, these actions collectively add up to groggy business meetings, weight gain, and vacation pictures that don't exactly feature us at our healthy, glowing best. Travel is one of the great pleasures in life, and there are some surprisingly easy ways to optimize your out-of-town experience.

Here are the top 12 Dr. Sara-approved strategies for keeping travel--whether for business or pleasure--as healthy as possible. I promise that they are tried-in-true. In fact, I'm writing this guide for you from the Salt Lake City airport after test-driving nearly every strategy below!

I. Take Your Supplements.

If you're like most people, you've got a daily routine that includes bathing, brushing your teeth, and maybe a little lip gloss. While a toothbrush is a staple in most suitcases, I know most people rarely think to pack their cache of vitamins and other supplement. If you take a few extra supplements that help balance your hormones (like [fish oil](#), vitamin D, or a [probiotic](#)), don't forget to take those on your trip as well! Especially if you're planning to



loosen your dietary rules a little, the extra vitamins and minerals will keep your hormone levels balanced and your mind sharp. My patients for the past 20 years have asked me to make this ridiculously easy, so I created a multivitamin packed that balances your hormones and is conveniently divided into packets. Your trip is 5 days? 5 packets. *Done.* [Go here to get yours.](#)

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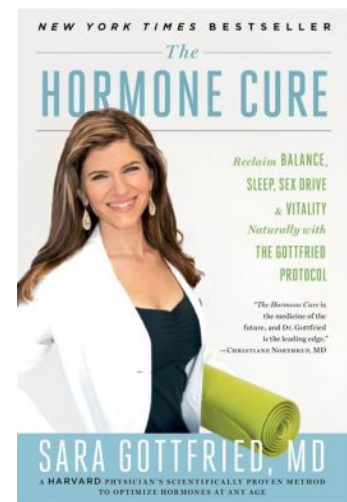
2. Go Shopping for Activated Charcoal

When I travel, I know that the food quality is not the same as when I'm at home, particularly at airports. There may be GM foods. There may be more alcohol than intended. There will definitely be vegetables and salads that are not 100 percent organic.

For that reason, I take a bottle of activated charcoal.

Want the “**why?**” Of course you do!

Activated charcoal is a bit strange in the realm of supplements. You're not taking it to fill a nutritional gap like the many supplements that I recommend in my New York Times bestseller, [*The Hormone Cure*](#).



WHAT IS ACTIVATED CHARCOAL? It's carbonized organic matter -- such as coconut shells, peat, or coal – that is designed to soak up potentially harmful toxins or chemicals.

WHY IS ACTIVATED CHARCOAL USED? It's used mostly in emergency rooms to help people who've ingested something they shouldn't have, such as a bottle of sleeping pills. In other words, it's used to soak up potentially harmful or toxic substances. Activated charcoal can only absorb toxins or chemicals that are still in your stomach and intestines. The charcoal and toxin are then removed from your system when you have a bowel movement.

WHEN DO YOU TAKE IT? I advise taking it as a capsule prior to eating food of unknown quality or alcohol.

3. Pack the Mini Blender and Shake Powder!

Another travel essential, especially when you're traveling for business (and there's less time for the slow meal), is your mini blender and shake powder.

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Here's what I do. I take my *Nutribullet* with my protein powder and fiber individually packed as serving sizes in zip lock baggies (2 scoops of protein powder plus 2 scoops of fiber in each bag). I start each day with a shake, which stabilizes my blood sugar all day, and helps me make wise nutritional choices.



[Get my shake powder here.](#)

[Buy your fiber here.](#)

[I got my Nutribullet on Amazon.](#)

4. Success Rewards the Planner: Bring the Protein Snacks

Here are my top three easy-to-pack protein snacks.

- Prepackaged nuts. Have you ever had the experience of a bowl of nuts disappearing on you while you were mindlessly snacking? We've all been there. It's easier if you plan the right serving size. I bring small stainless steel containers with 20 soaked and dehydrated (super crunchy) raw almonds! Go to TheHormoneCureBook.com/recipes for my favorite protein snacks including a yummy ghee, almond, rosemary, and macadamia mix.
- Sardines. These are not your father's sardines! I take either Crown Prince or Matiz with me. [Here's a list of the top-rated sardines.](#)
- Canned or bagged wild-caught salmon. Make sure there's no BPA! Make it easier by ordering my package of [wild Alaskan salmon at a deep discount!](#)

BTW, [here are the cute glass containers](#) I use for my nuts.

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5. Stainless Steel Water Bottle.

I cannot say enough good things about packing your own stainless steel water bottle when you travel, but here are a few of my top reasons:

- Hydration is key for healthy skin and happy cells. The pressurized air in airplanes has an extremely low humidity point, so drinking lots of water during your flight (not alcohol) will help you feel less *blah* and more *ta-da!* when you de-plane.
- You'll save money: Bottled water in airports and hotels is notoriously expensive. Beat the system!
- It's green! Plastic water bottles are serious issue for the environment. Reduce your carbon footprint by reusing your H2O receptacle; just make sure it's BPA-free. My favorites are durable metal bottles with funky graphics – that is, stainless steel. They don't break and they don't disrupt your normal hormone balance.

6. Track Your Travel.

Let's face it: when you're traveling you're often too exhausted to consider hitting the hotel gym. Instead, focus on increasing your steps and set a goal! I aim for 12,000 steps



a day, and it's surprisingly easy to hit that goal especially when schlepping around airports to catch connecting flights. Take a walk around the airport during your layover, go on a hike instead of hanging out in your hotel, or walk to nearby destinations instead of taking a taxi. I recommend using a tracking device such as the [Up by Jawbone](#), the [Nike+ Fuelband](#) or the [FitBit](#) - but you can also use a regular pedometer.

7. Get Your Pound of Vegetables!

I recommend that my clients eat one pound of vegetables per day, and I guarantee that you will prevent constipation and feel more energized if you hold the line. Pack sliced veggies and hummus – and always order the salad first on a menu. Low-glycemic vegetables will keep your blood sugar stable, help your cells retain water, and keep you feeling full longer than the high carb options you find while traveling.



8. Eat Regular, Nourishing Meals & Snacks Throughout the Day.

Don't let your blood sugar get low, as you are more likely to overeat when this happens. Your internal schedule may be a little bit off, but eating meals at normal times can help get you back into a normal eating and sleeping pattern. Don't fall prey to the coffee and pastry breakfasts offered at hotels and conferences; if you can, try to eat produce and protein at every meal.

Pack your homemade trail mix, berries, coconut water, and dark chocolate.

Here are my favorite swaps:

- Try substituting a couple of pieces of 80%+ dark chocolate instead of over-indulging in sweets. Dark chocolate helps lower cortisol, improves insulin sensitivity, and is loaded with antioxidants.
- Substitute sparkling water with lemon or lime for soda or alcohol.
- Choose black or green tea for coffee.

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9. Sleep Your Way to the Top

If you want to “win” your vacation or business meeting, you can't do it without a rejuvenating night of sleep backing you up. Whether you're defeating jet lag or staying



sharp for a high-level meeting, sleep is crucial element in everything from mental acuity to metabolism.

Not getting enough sleep lowers your insulin sensitivity (cue the sugar cravings), raises your cortisol levels, and slows down your thyroid. That means sluggishness and brain fog during the day, but over time a pattern of poor sleep can lead to weight gain and an increased risk of heart disease and diabetes. I suggest [melatonin](#)--*not* sleeping pills--as a natural sleep aid that helps with jet-lag and eases falling and staying asleep.

10. Make Your Smartphone Your Friend

Use your smartphone to help manage the stress of travel. I know my own cortisol levels skyrocket when I'm rushed before a trip, so here are my smartphone strategies to make travel just a little smoother:

- Take photos of your credit cards, passports, and prescriptions. If your luggage is lost or your wallet stolen, you'll have all the important info still stored in your phone.
- Download several inspirational books on tape for the plane or beach-- this will cut down on heavy tomes weighing down your carry-on. What's on my nightstand? [Hardwiring Happiness by my friend Dr. Rick Hanson](#).

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- Download the free [Inner Balance app](#) for on-the-go stress reduction. Guided meditation, color and music therapy, and calming reminders help me keep my cool at the airport and on the plane.

II. Go Shopping upon Arrival

No one says you have to eat out every meal while you travel. Look for the closest health food or grocery store, and buy enough healthy snacks or even meal ingredients to last for the duration of your trip. I always make sure that my hotel rooms have at a minimum a mini fridge, and at best a kitchenette. Not only is it more cost effective, but exploring new grocery stores and farmers markets is one of my favorite ways to get acquainted with a new city, and add steps to your pedometer!

12. Sweat a Little (or a LOT!)

If you're going to travel a week or longer, you'll want to incorporate some fitness into your trip. I love early morning runs through new neighborhoods, but I'm also a big fan of hotel room yoga or resistance band sessions. I pull up a few [YouTube videos](#) of my favorite instructors and get to it. If you're feeling adventurous, you could sign up for a local class, whether it's yoga, boot camp, or CrossFit. I also take Jillian Michaels with me on my iPad, especially her 20-minute workout.



Final BONUS: Pack Smart

What's in *your* suitcase? It could make the difference between a grand adventure and a great flop. There are a few travel essentials that will keep you healthy and happy during your trip. Below is a list of must-haves for up-leveling your immunity while on the road:

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- Sunscreen. My favorite is organic from Alba or Eminence.
- Benadryl for allergies or nausea
- Antibiotic ointment
- Pain relievers, such as arnica, or ibuprofen
- Hand sanitizer (works way better than regular hand washing!)

*Sara Gottfried, M.D. teaches women how to balance their hormones naturally so they can rock their mission. She is a Harvard-educated physician, speaker and New York Times bestselling author of *The Hormone Cure* (Simon & Schuster, 2013). She is board-certified in Obstetrics and Gynecology, and is regularly featured in magazines such as *Cosmopolitan*, *Glamour*, *Redbook*, *O Magazine*, and *Yoga Journal*, and TV including *The Ricki Lake Show* and *20/20*. Known for effortlessly blending the seriousness of women's health with playfulness and humor, Dr. Sara's mission is to help women lose weight, feel great and vital from their cells to their soul. Learn more at www.saragottfriedmd.com.*