

Feel

How to reach

BEAT TRAVEL TIREDNESS

The easy way to outsmart the fatigue and headaches that accompany a change of time zone: Once you arrive, eat your next meal in accordance with your destination's time zone. For example, if you arrive at 10 A.M., skip breakfast and wait for lunch. Harvard University researchers discovered that doing so leads the brain's mealtime clock to override its light-sensitive circadian clock, helping you avoid the drag of jet lag.

SINK THESE CRUISE-SHIP FUN SAPPERS



Sea queasies

When it comes to relieving motion sickness, a study at Brigham Young University in Provo, Utah, found that ginger beats *dimenhydrinate*, the active ingredient in motion-sickness drugs. "Gingerol and shogaol, powerful oils in gingerroot, increase the number of digestive enzymes in the body and relax the stomach," explains Jennifer Zartarian, N.D., a naturopathic doctor at Long Island College Hospital in New York City. Her advice: Take 1 gram of dried gingerroot 30 minutes before boarding, then 1 gram every four hours (without exceeding 4 grams in a day) as needed to keep your stomach calm. One to try: Ginger Root 550 mg, \$13 for 300 capsules, at VitaminShoppe.com.

Sunscreen amnesia

Regularly reapplying sunscreen can end up being the furthest thing from your mind as you lounge on a deck surrounded by a gorgeous blue sea, but: "It's especially important to remember to wear sunscreen on a cruise because the light reflects off the water and can cause really severe burns," cautions Joshua Septimus, M.D., an internist at The Methodist Hospital in Houston, Texas. For an easy reminder, snap on a UVSunSense UV-monitoring wristband (\$6 for a pack of seven, at amazon.com). When first exposed to sunlight, the band is blue, then it changes color when it's time to smear on more sunscreen. If it turns yellow-orange, though, it's time to step out of the sun.

GI invaders

We've all heard tales of cruises gone bad because of norovirus, a highly contagious bug that spreads when unwashed hands touch communal surfaces like railings, doorknobs and the sinks in public bathrooms located throughout the ship. "The virus affects the GI tract, causing severe diarrhea, nausea and vomiting," says Dr. Septimus. "It takes several days to go through your system and makes for a pretty miserable experience." The upside: "The more often you wash your hands or use sanitizing gel, the less chance you have of getting sick," he says. So for safe measure, in addition to sudsing up regularly, tote a travel-size bottle of hand sanitizer to keep you cruising contentedly.

great *all vacation long!*

your summer destination without getting stressed, strung out or sick

FOIL THESE IN-FLIGHT HAZARDS



Drink-cart diarrhea

Getting a bout of diarrhea *anywhere* is inconvenient, but it can be downright unbearable if it strikes mid-flight. And on planes, problem-causing bugs are lurking in a surprising spot: the complimentary coffee and tea, thanks to the tap water that's used for brewing. In a recent test by the Environmental Protection Agency, fecal bacteria (including *E. coli*) was found in the water of one out of every seven planes tested. This bacteria can lead to diarrhea, nasty cramps and nausea. To sidestep sickness, stick to bottled water, soda and juice. For extra protection, use a hand sanitizer after washing up in the bathroom.

Jet bloat

An unfortunate side effect of flying the friendly skies: button-popping bloat, courtesy of cabin pressure. "When a plane reaches cruising altitude, the atmospheric pressure is lower, making gases—including those in your intestines—expand," says Patricia L. Raymond, M.D., a gastroenterologist in Chesapeake, Virginia. "That leads to bloat and cramping." Airplane seats are uncomfortable enough, so to prevent the feeling, take one or two CharcoCaps (\$9 for 36 tablets, at drugstores) before boarding. The charcoal absorbs gas, ensuring your tummy will be flat when it's time to slip into your swimsuit.

Blood clots

You already know the importance of taking measures to prevent blood clots while flying (which is especially key for flights lasting longer than four hours). These include getting up to walk around the cabin, stretching your legs and drinking lots of water to keep blood flowing. And now researchers at Johns Hopkins University in Baltimore have discovered a delicious dose of preventive medicine: Savor a few squares of dark chocolate every day in the two weeks leading up to your flight. The antioxidant flavonoids in the sweet stuff keep platelets from clumping, lowering the odds that they will form clots.

DODGE THESE CAR-TRIP SPOILERS



Lower-back strain

The wind in your hair, the road beneath your feet...the throbbing ache in your back. Cruising the open road is liberating, but sitting in a cramped position is anything *but*. It wreaks havoc on your neck, shoulders and back, constricting blood flow and putting pressure and strain on your lumbar spine, or lower back, says Alan Hedge, Ph.D., an ergonomics professor at Cornell University. Fortunately, a few little shifts will help. When riding shotgun, adjust your seat so you can stretch your legs out and place a rolled-up towel or a small pillow between your lower back and the seat. The same goes for driving—just be sure you can fully press down on the pedals. "This posture opens up the abdominal angle between the torso and spine," Hedge explains. "That improves circulation and reduces compressive force on the lumbar spine by 50 percent."

Highway constipation

Talk about a vacation bummer: You finally arrive at your destination and are feeling primed for some R&R when that lower-tummy twinge tells you the fun is *not* about to begin. For over 50 percent of us, vacations kick off with a bout of sluggish bowels due to the hours spent traveling. "The gut has a pacing system and prolonged inactivity, such as sitting in a car while driving long distances, slows it down," explains Wesley Jones, M.D., author of *Cure Constipation Now* (Berkley Trade, 2009). Plus, not being able to move freely or bend over traps gas, contributing to on-the-road bloat, cramping and irregularity. To avoid the GI distress: Pack milk of magnesia tablets. If travel time is less than four hours, take one 500 mg tablet upon arrival. For longer journeys, keep things moving by taking a tablet once or twice a day as needed.

Congestion agitation

If you've ever been at your wit's end while sitting in bumper-to-bumper traffic on a sweltering summer afternoon, this new research finding won't surprise you: Being stuck in traffic nearly *triples* the risk of having a heart attack. One major contributing factor is stress. (Pollution may also play a role.) To prevent the onset of gridlock anxiety, pack a cooler with summer fare that's rich in vitamin C like strawberries, raspberries, peaches, raw peppers, tomatoes and broccoli. In a study at the University of Trier in Germany, researchers put participants in high-stress situations such as public speaking and doing complex math problems. Those who received doses of vitamin C had significantly lower blood pressure and reduced levels of the stress hormone cortisol than those who didn't. Now *that's* a tasty way to keep your cool!