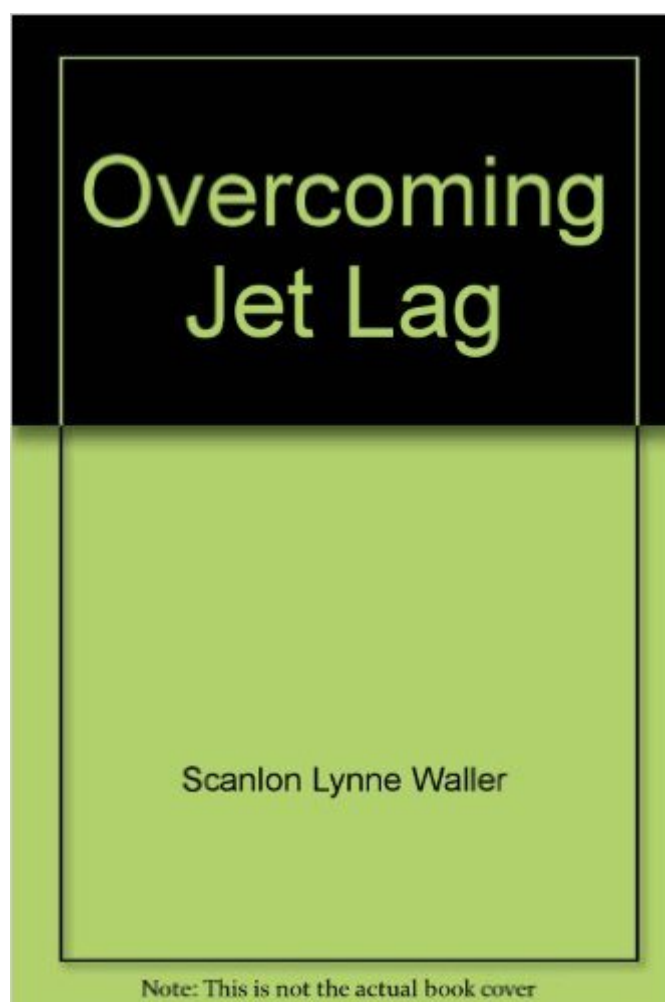


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# Overcome Jet Lag Tr



## Synopsis

This book describes ways to get rid of jet lag. Methods are used widely for those who travel on a regular basis.

## Book Information

Paperback: 160 pages

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (37 customer reviews)

Best Sellers Rank: #1,965,664 in Books (See Top 100 in Books) #41 in [Books > Travel >](#)

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## Customer Reviews

I've followed the advice in this book for numerous trips to Japan and Korea. It really works - I rarely have trouble with jet lag. The advice they give is not gimmicky or based on folklore. It's a matter of changing your behavior and diet a few days before you leave, and during the initial adjustment. Especially important is start acting like you're on destination time as soon as you get on the plane - just the opposite of what the airlines do. The authors explain about what is actually going on in your body as it tries to adjust. I've found their method is simple, easy and understandable.

I began using this system in 1986, based on an earlier version of this book. I've used it repeatedly on trips to Europe and Asia, and I've been able to make the best use of my first day at my destination every time. On the few occasions when I couldn't use this system (due to sudden unexpected trips), I found out how debilitating jet lag can be... like having a case of the flu, I was just "out of it" for a couple of days! I've given copies of this book to many friends and business associates over the years, and all have praised the results!

Over the past year, business trips have taken me around the world, with jet lag as my constant travel companion. Not anymore! I tried the program on a recent trip to Europe and experienced

virtually no jet lag. After an all night flight and 7 hour time zone change, I was able to work immediately upon landing at my destination and felt great. The book will go with me now whenever I travel abroad.

I have used the program detailed in this succinct little book for 10 years now, beginning with a trip from Los Angeles to Thailand. After following the program and flying for what seemed like days, I arrived at midnight. The following morning I was fully functional and alert at 10 am and suffered no symptoms. I recently used the program for a trip to London and back with no appreciable jet lag. The book explains in very simple terms how our body clocks work, and how modern studies have learned how to reset them quickly and easily with a minimum of deleterious effect. One starts the program from 1 to 3 days prior to travel, and much of the book is filled with detailed instructions for each time zone interval. It does take discipline to adhere to the program while on the plane, but with a little effort it can be done and the result is definitely worth it. I highly recommend this book to anyone who travels by air. It will make your journey far more enjoyable and you will have more time to enjoy your stay instead of recovering from jet lag for days. A must read for business travelers as well.

I used this plan for 3/4 international trips and it really works! I have always been very sensitive to even minor time zone changes and I generally need at least 6.5 hours sleep to feel pretty good - 8-9 hours is ideal. When I first heard about this plan, I figured the best it could do for me was to prevent me from feeling really lousy for the entire trip. Instead, I felt great! In 2/3 cases, I arrived at the destination in the morning and went right into a full day of work without any loss of energy. Further, it did not come back and bite me the next day or the day after. The time change became a 'non-event'. The one time I did not use the plan, I felt lousy for at least 3 days. I highly recommend this to any one who will be changing time zones as a part of their business or vacation travel! It's become a part of my travel ritual.

I recommend this book to all my sleep-deprived customers. Jet lag is NOT inevitable. In an easy to follow program Ehret shows how you can beat nature at its own game through the judicious use of food, light and exercise. The best purchase a regular traveller can make.

Although I don't make long flights often, when I do I have used the authoritative Overcoming Jet Lag program for many years. Since it is a bit of a nuisance (requiring some discipline to start and follow

the diet 3-4 days in advance) I keep my eyes out for a simple pill. Meanwhile, where I used to be zonked for about one day per time zone, now I've found I'm a bit groggy but fully functional the first day, then completely void of symptoms after that. It works. Reassuring is the technical explanation for each feature of the program -- not hype.

We have been traveling overseas an average of once per year for the last 20 years. We started using an earlier version of the book 15 years ago, and we won't leave home without it. Even when we don't follow the "rules" religiously, we still arrive ready to do "time battle" within a day or two. For folks on a short 3-5 day trip to Europe or beyond, this book is a MUST. The folks on the airlines will look at you strangely when you ask for two cups of coffee and then insist on going to sleep right away (eastbound) with no dinner, but trust me, it works. Why waste the first day of your vacation in London, Paris, or Rome sleeping?

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