

Nutrition Travel Tips to Minimize Jetlag

Before Travel

1. **Adjust Meal Times:** Gradually shift your meal times to match the schedule of your destination. This helps your body start adjusting to the new time zone.
2. **Hydrate Well:** Drink plenty of water in the days/hours leading up to your trip. Staying hydrated can help reduce the effects of jet lag.
3. **Immune Boost:** Consider taking vitamin C, vitamin D, and zinc supplements to support your immune system 2-3 days before your flight.
4. **Mindset:** Set your expectations; while you can limit the impacts of jet lag, understand that if you are traveling across several time zones, it will impact your physiology no matter what you do. Accept and acknowledge your body's limitations to crossing time zones in short periods and do what you can to ease the transition as best as possible.

During Travel

1. **Fasting:** Some studies suggest fasting during your flight and eating upon arrival can help reset your body clock.
 - a. Modified Argonne Diet Protocol:
 - i. Eat normal Breakfast/lunch on day of travel
 1. Start fasting immediately before and during the flight.
 - a. Fasting should be ~14-24 hours (>24 hour fast not recommended)
 2. Drink plenty of water/[non-caloric electrolytes](#) to stay hydrated.
 3. Eat soon after landing as close to local meal times as possible.
 4. Eat on a normal schedule based on local time.
2. **Avoid Alcohol and Caffeine:** These can disrupt your sleep patterns and dehydrate you, making jet lag worse.
3. **Light Meals:** If you are not fasting, opt for lighter meals that are easier to digest. Heavy meals can make you feel sluggish and uncomfortable.

After Arrival

1. **Eat According to Local Time:** Try to eat meals at the local time as soon as you arrive. This helps your body adjust more quickly.
2. **Balanced Diet:** Focus on a balanced diet rich in fruits, vegetables, lean proteins, and whole grains to maintain energy levels and overall well-being.
3. **Hydration:** Continue to drink plenty of water to stay hydrated and help your body adjust.
4. **Immune Boost:** Continue taking vitamin C, vitamin D, and zinc supplements to support your immune system 1-2 days after your flight.
5. Consider trying this protocol (with or without melatonin)
 - a. Gradually advance wake schedule (1 hour earlier each day for 2-3 days)
 - b. Early morning light exposure for 10-20 minutes upon waking
 - c. Melatonin the night before, right before bedtime

Why this works: Slowly adjust to new wake times, light exposure, plus melatonin can help reset the circadian rhythm.

Supplements

1. **Melatonin:** This can help regulate your sleep-wake cycle, especially if taken **close to bedtime at your DESTINATION.** (0.5-3 mg) for the first 1-2 nights.
2. **Magnesium:** Helps with relaxation and can improve sleep quality.
3. **Probiotics:** Helps with maintaining gut health, regulating sleep, improving immunity, and may improve oxygen saturation at altitude on long flights (hypoxic environment under pressure at altitude). Start 2-3 days before travel and take 2 hours prior to take off.

General Tips

- **Gradual Adjustment:** If possible, start adjusting your sleep and meal times a few days before you travel.
- **Stay Active:** Light exercise or maintaining your regular exercise schedule can help reduce fatigue and improve your mood.

References:

The case for fasting:

Reynolds NC Jr and Montgomery R. Using the Argonne diet in jet lag prevention: deployment of troops across nine time zones. Military Medicine. 167(6) (2002):451-3.

Advancing sleep schedule:

Revell VL et al. Advancing human circadian rhythms with afternoon melatonin and morning intermittent bright light. Journal of Clinical Endocrinology & Metabolism. 91.1 (2006):54-9.

*Always consult with a qualified healthcare provider before beginning any new supplement regimen, especially if you have underlying health conditions, are taking prescription medications or are pregnant or nursing