

Title:

Tips On How Frequent Travelers Can Stay Healthy

Word Count:

480

Summary:

Travel for business or pleasure can bring to the fore several health concerns. The most common

Keywords:

online travel directory, online travel planning, air tickets reservation, cruise travel, travel

Article Body:

Travel for business or pleasure can bring to the fore several health concerns. The most common

To protect yourself pack a small medicine kit as well as your medical records and insurance ca

Here are a few tips:

- For every time zone you cross, take a day's rest to allow your body clock to reset it
- Avoid alcohol but drink plenty of fluids. The crucial thing is to avoid dehydration.
- While on the plane try and rest as much as possible and exercise by getting up and mov
- Eat low fat meals on the plane, eat lightly, avoid salty, rich, and fatty foods.
- The CDC recommends that you drink only bottled water and that too the carbonated kind.
- Use bottled water for brushing your teeth and for gargling. Wash you toothbrush in bot
- Eat and drink anything that is at boiling point or deep fried. Eat freshly cooked food
- While in flight you should do a few stretching exercises to avoid cramped muscles. Yaw
- If you suffer from hypertension, motion sickness, an overactive bladder, weak digestio

Be sure to pack in your carry on bag a bottle of water, a few snacks especially if you are dia

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