

How to Protect Yourself from the Harmful Effects of Flying

Flying in an airplane brings a whole set of stressors that often derail the process of healing unless they are properly addressed. Those problems are primarily radiation, dehydration, prolonged sitting, time zone changes, sleep deprivation, air sickness, neck strain, and the adrenaline surge from the excitement of visiting new places. We recommend you address them as follows:

Radiation – wear the TBM Flying Protection vials and follow the protocol. Take two (2) Flying Protection vials, place them on the body, in a pocket is fine, within five (5) minutes of boarding plane. Immediately place all five (5) fingertips together and tap the mid forehead once, tap the top of your head with the back of your hand once, tap the forehead again with all five (5) fingers, tap the chest with your arms in an “X” configuration while your fingers are extended and your thumbs pointing away from you, one time, then finish by grabbing the right wrist with the left hand and, while holding your hands together, make a light thrust (downward) over the pubic area. Within five (5) minutes of leaving the plane, repeat above sequence then remove the vials from your body. Repeat this with every boarding and debarking of an airplane.

Dehydration – drink more water than normal in advance of the flight and then ask for three full glasses of water, with no ice, each time the flight attendant offers beverages. Drink only water while flying.

Prolonged sitting – get up from your seat frequently. This happens, more or less, automatically because of all of the water you’re drinking. Spend some time moving around while you are up. Take a stroll to the back of the plane, do some stretching, move your body around. If you find that you tend to have fluid pool in your lower limbs on long flights, you may want to purchase support stockings at a medical supply store.

Time zone changes - To program your body to the local time zone upon landing, rub the Spleen 21 point (left rib cage halfway between the armpit and the bottom of the rib cage) for 30 seconds. Immediately following, rub both ears beginning at the bottom and working toward the top as if you were trying to unfurl or flatten the ears with the thumb on the back of the ear and the index finger rubbing backward on the front. Do one pass up and one down. If you are less than 3 hours away from going to bed upon landing, then wait to do this upon waking up, preferably prior to your feet touching the ground. This, by the way, eliminates jet leg in virtually all cases.

Sleep deprivation – sleep on the plane. Take a light blocking eye mask. If you forget, most airliners have them available. When you get there, take a nap, but don’t sleep in. Wake up at your normal time to maintain your sleep cycle. Take a nap later in the day if need be.

Air sickness - If you are experiencing airsickness, firmly tap half way between the bottom of your breast bone and your belly button for thirty to sixty seconds. Repeat as necessary.

Neck strain – invest in a flying neck pillow. They can be a life saver. They are always available in airport gift shops.

Adrenaline surge – yes, traveling is fun. It’s easy to get hyper, stay out late, push ourselves hard and the like. Just be mindful that you are doing it. I suggest that you have the supplement ADR (available from professionalbotanicals.com) on hand and take three per day while you are on your trip. Remember to bite them before you swallow them. This is adrenal gland nutrition and will help keep them from getting drained of reserves.

Montezuma’s Revenge – for traveler’s diarrhea, when symptoms first appear, pull any capsule you have apart and empty it. Fill the large side with the liquid supplement BCT (also available from professionalbotanicals.com). A dropper works best, but if you’re careful you can pour it straight out of the bottle by place the lip of the bottle against the empty capsule. Replace the other half of the capsule and swallow. Repeat each morning, preferably on an empty stomach, until symptoms subside.