

Darwin Chiropractic Center

Healthy Traveling Tips

Nutritional Support

- Take your vitamins! If you already have a supplement regime that works for you, don't take a vacation from it. Pack 'em up!
- Nothing's worse than a vacation ruined by illness. Boost your immune system's response with vitamins C and D. Both have been found to be important for this function. DCC has new, great tasting C and D gummies from Nordic Naturals. Ask Dr. D. for samples.
- Valerian Root can help with jet lag, travel anxiety, muscle tension, and the stress of family interactions (-: Dee Cee Labs "Formula 303" brand of valerian root, 45 count, is in a small bottle for ease of packing.

Keep Active

- A day of plane or car ride, coupled with loss of routine exercise can throw a body off. Consider packing resistance bands for work-outs on the go.
- Plan enough time during car travel to stop to walk and stretch every two hours or sooner.
- Reserve aisle seats to afford easier standing and walking in planes.
- See if you can keep up conversations with family while walking around their neighborhoods and parks rather than while sitting.

Travel Posture Tips

- When driving, stretch out your left leg too. There's a footrest in most cars on the left.
- Don't sit with your wallet or phone or anything else in your back pockets.
- Even in the best of circumstances prolonged sitting can be challenging. Take along a Stability Cushion for your seat. We have these cushions to test and purchase at the office. They turn that static sitting into an active time. These cushions have benefits similar to sitting on a fitness ball, but you get to use your chair back, and they are portable. Additionally, stability balls can provide sensory input to help kids who have a hard time sitting still, a "wobble seat".

Aromatherapy

- Essential Oils come in small enough containers to satisfy airline guidelines and are very versatile. DCC offers Aura Cacia pure essential oils.
 - Peppermint: Inhaled for motion sickness, or to boost driver alertness, or in water as a foot soak after a long day of walking.
 - Frankincense: Dab behind the ears to ease cabin pressure changes in air travel, inhale for breathing ease.
 - Tea Tree Oil: Topically used as an antifungal in oil, repels mosquitos, opens clogged sinuses when inhaled.
 - Lavender: Inhaled for relaxed sleep and to ease travel anxiety.

Pack Healthy Snack Options

- Plan your hydration: Carry a reusable water bottle, maybe one with a filter if you are traveling where water quality is unreliable.
- Carry healthy snacks to substitute for roadside or kiosk junk foods. Nuts, cut veggies, organic jerkies, individual packets of nut butters, pickles, and applesauce are quick. Fresh fruits like apples, oranges, bananas, plums travel well. Dried fruits aren't just raisins anymore: try mango, pineapple, cranberries, and cherries. If you will have a cooler or refrigerator, string cheese, yogurt, hard boiled eggs, precooked shrimp or chicken and salads can be satisfying. If you will have a microwave, organic popcorn takes little suitcase room for a large volume of snack.