

"Unparalleled Health Education"

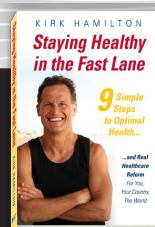
Kirk's 21 Day PowerAging Program

for

BUSINESS TRAVELERS



E-Course by **Kirk Hamilton**
Author of **"Staying Healthy in the Fast Lane"**



"Be and Stay Well"

This E-book is for educational purposes only. This book is not intended as a substitute for medical advice from a physician. The reader should regularly consult a physician in all matters relating to his or her health, and particularly with respect to any symptoms that may require diagnosis or medical attention.

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Kirk's 21 Day "Healthy Living" Program to For Business Travelers

"Fast Quick Start"

3 New Diet and 1 Lifestyle Step(s) Each Week for 21 Days

Read "Staying Healthy in the *Fast Lane*" (SHFL) **TRIAD Wellness Program** pages [133-193](#) (1-3/wks). Page numbers below in () refer to SHFL.

- Do these weekly steps that are summarized on [page 15](#) (and [16](#)) of this E-Book

Start: Week 1

- 1 large salad daily – as the meal (oil & dairy-free dressing only) ([81-88](#), [135-7](#), [140](#), [144-148](#))
- No dairy products AT ALL (milk, cheese, yogurt, etc.) ([10](#), [89-94](#), [115-117](#))
- 3 or more whole fruits daily (at least 1 cup berries) ([140](#), [142](#), [144-145](#), [153](#))
- Walks 15-30 minutes daily ([39](#), [159-167](#))

Add: Week 2

- ½ - 1 cup cooked beans daily ([145-146](#))
- No added oils for cooking, seasoning or added to foods ([4](#), [5](#), [9](#), [12](#), [139](#), [143](#), [149](#))
- No processed carbohydrates - only whole or sprouted grains, starchy vegetables, beans, lentils, peas and fruit. No added sugars or oil, or baked (or fried) packaged foods – i.e. chips, crackers, muffins, pastries, breads, etc.. Any cooked grain you boil and serve in a bowl is acceptable (rice, quinoa, etc.) ([6](#), [11](#), [12](#), [24](#), [37-38](#), [94-100](#), [106-114](#), [116](#), [136](#), [140-142](#), [148](#))
- Sit still for 15-30 minutes daily ([188-193](#))

Add: Week 3

- Eat off BED Diet food list (page 16 of E-Book) x 2 weeks ([118](#), [119](#), [135](#), [201-204](#))
- No more than a palmful or 'deck of cards' of animal food daily ([xvii](#), [xviii](#), [5](#), [6](#), [9](#), [38](#), [67-88](#), [135](#))
- 1-2 palmfuls of raw nuts or seeds daily ([142](#), [147-148](#))
- Strength training 3-4 days weekly 15-30 minutes ([167-177](#))

"WATCH THE DAILY VIDEOS AND READ THE DAILY MESSAGES FROM ME TO YOU!"

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9 Simple Steps To Optimal Health

TRIAD Wellness Program

3 Phases x 3 Steps

(Contents)

TRIAD Diet Program (Phase I):

Step 1. **EAT whole, unprocessed foods** (90% or more as plant food)

Step 2. **EAT** at least half your food intake as **vegetables**

Step 3. **ELIMINATE** all **dairy products** or eat off the **Basic Elimination (BED) Diet** for at least one month

TRIAD Exercise Program (Phase II):

Step 4. **DO** a half hour minimum of daily **aerobic exercise**

Step 5. **DO strength training** (circuit training) fifteen to thirty minutes, three to four days per week

Step 6. **DO flexibility training** (Tai Chi, Yoga, Pilates, stretching) ten to sixty minutes daily

TRIAD Mind-Body (Phase III):

Step 7. **BE thankful** for five minutes morning and evening

Step 8. **SIT quietly** for fifteen to sixty minutes daily

Step 9. **IMAGE your ideal health** and life daily five to fifteen minutes. Think about what you want, not about what you don't want. Write it down. Picture it!

Introduction

(Contents)

What I Am About?

My passion and mission in life is to teach people how to stay and be well so they don't come see me or other health professionals. I have been seeing patients for more than three decades as a physician assistant in practices that focuses on nutrition, preventive and lifestyle medicine.

******75% of the diseases that go to make up our enormous healthcare expenses in the United States (now almost 20% of our gross domestic product - GDP) are lifestyle diseases (or chronic diseases) which are not only preventable but many times reversible by diet, exercise and stress management. That means, in an ideal world, if we followed simple lifestyle guidelines (like my 9 Simple Steps) we could save \$15 of every \$100 this country produces to put on our national debt or give it to our veterans or something else that is fiscally responsible. Also, we would be more competitive as an international work force because we would have less costly employees with lower insurance premiums, healthcare expenses and time off work. It is likely that healthier employees would be more productive.******

While these above figures are simple facts, and common sense suggests that prevention of the majority of diseases by lifestyle is much more cost-effective than treating these diseases after-the-fact, it's not going to happen because of common sense. The only way the medical model will change to a sustainable one is if we find ways to make more money keeping people well than by making money treating people after they get sick. Right now the latter is "King" and that is why we are in trouble. The solution is a topic for

another day. But if business people could personally experience being and staying well as they busily go around living their professional lives, I know solutions to the health care crisis would come to fruition. Business people are thinkers, creators and doers. If I can show this group how to stay well without missing a beat in their busy lives, the health of our country (and our economy) will get a big “shot” in the arm!

Why Care About Business Travelers?

Many of you are very successful business people. You apply simple principles in a consistent manner and your business grows. Well this is how health works. It is very simple for most people to be well. You practice simple principles daily and you stay well for the most part and optimally perform.

Yet for some very smart business people it is hard to stay well. I know millionaires who are killing themselves prematurely. I see the reality that all the money in the world can't buy your health back once something serious occurs. It's nice to have, and you might be able to afford better “disease care”, but you can't enjoy your wealth if you don't have your health.

So the point of this program is to help you achieve your business goals while you maintain or improve your health as you conduct your business life. My goal is to help you have more energy, think more clearly, listen more keenly, learn more completely, speak and present more effectively, so you can achieve your business aspirations and return home with the same energy, or, maybe even more than when you left. Also, over this 21 day program, I want you to experience the power of applying fundamental lifestyle changes that will not only improve your energy and mental clarity, but also make you more resistant to these “killer” chronic diseases like heart disease, hypertension or diabetes, which are not only bankrupting our country but

educating your quality of life and reducing your ability to enjoy your hard earned livelihood.

Every day I see how food, lack of exercise and stress can cause foggy thinking, difficulty speaking and listening, and fatigue that can squelch the best ideas, learning or presentations.

So there are **“Two Tracks”** to this course. **“Track I”** is daily and weekly goals for 21 days designed for any adult to make the transition to a healthy, doable lifestyle. You will be receiving from me daily emails on what to do for 21 days (in fact there will be 22 daily tips – number 22 is bonus tip!). **“Track II”** specifically focuses on applying diet, exercise and simple mind body practices for real results when you are on your business travels. You can apply these tips right now wherever you are at in your business travel schedule. From packing before your trip to paying for airport parking upon your return.

You will see AFTER different recommendations page numbers and the abbreviation **SHFL (Staying Healthy in the Fast Lane)** which is my book that you get a link to (PDF) with this program. Those page numbers refer to actual pages in my book which elaborate on, or go into further depth, the topic that I am trying to explain to you. Go to them. They will be quick reads, save you time and “sink deeper” into your conscious principles that will set you free of many common health complaints if you apply them.

Part 3 of my book (*TRIAD Wellness Program*, page 133-198) is a manual on how to stay well. It explains in detail each of my “9 Simple Steps to Optimal Health” that show you how to really do it in a busy world. It’s incredibly valuable and practical. Skim through it if you can before you start the program.

It’s time to change your life and really be in charge of your health...Let’s Get Going!

“Quick Start” to “Tracks I & II”

Kirk’s 21 Day *PowerAging* Program to Vibrant Health (Contents)

1. If not done already, **Save This File** – “Kirk’s 21 Day *PowerAging* Program for Business Travelers” into a **NEW Folder** created by you called **Kirk’s PowerAging**.
2. Read over the [Contents](#) (pages 4-5) if you have not done so already).
3. Read over my [Introduction](#) (pages 7-9), if you haven’t already).
4. Everything that you have been asked to do over the next 21 days (**Track I**) is summarized in the 3 columns, **Week 1**, **Week 2**, and **Week 3** on the very top of “**Kirk’s 21 Day PowerAging Program to Vibrant Health**” (page 15)...

Each week you will apply 3 diet changes and one lifestyle change for a total of “9 Diet changes and 3 Lifestyle changes” over the next 21 days.

After each step there are page numbers which refer to pages in my book, “Staying Healthy in the *Fast Lane*” for further instruction and explanation on that topic. **The totality of this program is simply following the 12 recommendations involving diet and lifestyle for the next 21 days which can be found on the top of page 15** and experience powerful and lasting health changes.

5. You can start **Track I** any time. Do the best you can applying the daily and weekly goals while you are traveling.

Each day (starting now!) I will email you a 3 to 4 paragraph summary of goals and instructions on how to improve your health THAT DAY!

Keep these emails in a folder in your email program (i.e. **Kirk's 21 Day Program**). These daily instructions are incredibly valuable in-and-of themselves, but also because they refer to pages in my book (and videos) that will make your understanding more complete, easy to implement and **PERMANENT!**

6. Review the outline on the next page of **Track II** – This information can be applied immediately if you are currently on a business trip ([pages 26-80](#)). It is a total of 54 pages of directly applicable wellness tips to help you have peak performance on your business trip and remain healthy during your trip and after.

Track II

Business Travelers *PowerAging* Topics

[Packing and Preparing To Travel Healthy \(27\)](#)

[Eating in Airports, Hotels and Restaurants – It Can Be Done Healthfully \(38\)](#)

[How To Exercise Daily While Traveling – More Opportunity Than You Think \(41\)](#)

[How to “Stay Healthy” While Traveling – How to Reduce Your Chances of Getting Sick and What to Do If You Get Sick \(48\)](#)

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7. **Start Week 1**

The goal for the first week, like each week, is to make only 3 new diet changes and 1 lifestyle change.

These include for **Week 1**:

Have a salad as a meal daily – no dairy and use oil free dressings only (look for oil-free and dairy-free on the label). **NOTE:** You can also make your own, simply Google “Oil and dairy free salad dressings recipes.”

Avoid all dairy products from **any animal** (milk, cheese, yogurt, sour cream, ice cream, kefir, etc.)

Have 3 or more fruits per day (apples, oranges, bananas, 1 cup of berries = 1 fruit, etc. we will refine this later in the program).

Walk at least 20 minutes daily (can be at one time or broken up into two 10 minute walks or four 5 minute walks).

8. **Read the TRIAD Wellness Program** – on pages 133-158 in “Staying Healthy in the *Fast Lane*.”
9. **Review the Diet-Exercise Symptom Diary (24)** – write down the date and your weight. Weigh yourself the same way daily, ideally twice per day, with same amount of clothes on (i.e. like always in your underwear).
10. **Each of Weeks’ 2 & 3 Steps are found at the top of page 15.** The daily emails explain the steps in more detail. For more details about these weekly steps refer to “Staying Healthy in the *Fast Lane*.” Page numbers in parenthesis after each step refer to more in-depth reading in my book.

*******LOOK FOR MY DAILY EMAILED INFORMATIVE
“POWERAGING TIPS” TO HELP MAKE THIS 21 DAY
TRANSITION ENJOYABLE AND FOR A LIFETIME*******

These emailed daily tips are fast, concise, to-the-point, and will guide you to practical things you can do right now to make you healthier, and, direct you to specific pages in my book that will absolutely help you in understanding and applying these life saving principles.

These emails are “not for show,” each one is specifically written to guide you to becoming the director of your health...the next step!

They will just take a few minutes to read daily (save them in a file in your Email Program – “Kirk’s *PowerAging* Tips.” In addition I will have a short 1-3 minute video linked to that particular daily emailed *PowerAging* Tip to help you further “get it”, apply it and be successful.

*******You will also be receiving my normal “PowerAging Tips” several times per week because you are on my mailing list*******

“[Like or Friend](#)” me on my Facebook page and share your experiences and ask questions.

Visit my educational website www.prescriptio2014.com or watch my diet and health education YouTube shows.

www.Facebook.com/kirkhamilton.author
www.youtube.com/user/StayHealthyTodayShow
www.Youtube.com/thesloppyvegan

Kirk's 21 Day "PowerAging"

Program to Vibrant Health (Contents)

➤ Read "Staying Healthy in the *Fast Lane*" **TRIAD Wellness Program** pages 133-193 (1-3/wks)

Week 1

Add: Week 2

Add: Week 3

- **1 large salad daily** – as the meal (oil free dressings only) (81-88, 135-7, 140, 144-148)
- **No dairy products AT ALL** (10, 89-94, 115-117)
- **3 or more whole fruits daily** (140, 142, 144-145, 153)
- **Walks 15-30 minutes daily** (39, 159-167)
- **½ - 1 cup cooked beans daily** (145-146)
- **No Oils** (4, 5, 9, 12, 139, 143, 149)
- **No processed carbohydrates** (only whole or sprouted grains, starchy vegetables, fruit & no added sugars) (6,11,12, 24, 37-38, 94-100, 106-114, 116, 136, 140-142,148)
- **Sit still for 15-30 minutes daily** (188-193)
- **Eat off BED Diet food list x 2 weeks** (118,119, 135, 201-204)
- **No more than a palmful or 'deck of cards' of animal food daily (Preferably None)** (xvii-xviii, 5, 6, 9, 38, 67-88,135)
- **1-2 palmfuls of raw nuts or seeds daily** (142, 147-148)
- **Strength training 3-4 days weekly 15-30 minutes** (167-177)

Super Salad: Commit to eating one **LARGE** salad every day for 21 days (even if it takes all day). Use Tupperware type container 3 inches deep and 8 X 8 inches square.

Leafy Greens - Mix 1 to 3 different kinds of organic greens – Romaine, mixed or spring greens, spinach, kale, arugula, etc. into container (above).

Vegetables – add at least 4-5 different vegetables – bell peppers, carrots, celery, cucumber, parsley, snap peas, green onions, leeks, tomatoes, Jicama, olives (actually a fruit), etc..

Fruit – add 1-2 fruits to the salad - berries (blue, black, raspberries, pomegranate, grapes, etc) and whole fruit sliced (apples, pears, nectarines, peaches, orange, tangerine, grapefruit, etc).

Legumes/Beans – ½ - 1 cup organic beans (garbanzo, black, kidney, pinto, edamame, canned are acceptable). Rinse beans off in strainer before use.

Nuts/Seeds – 1-2 tablespoons of raw nuts or seeds are optional, but can be added to the salad.

Dressing - Cut up wedges of oranges, lime, lemons or grapefruit – 4-6 wedges per salad. Can freshly squeezed juice directly onto salad – or - add to these juices that are freshly squeezed – dill, sea salt, garlic pepper, curry powder, bay leaves, sesame seeds. Vinegars may be used.

Super Smoothie (in strong blender) – 1-2 tablespoons raw nuts or seeds; 1-2 cups raw or frozen berries; 1-2 cups compressed greens or 1-2 handfuls of greens (same as in salads); 1-2 cups water or non-sweetened nut/bean milk (almond, hemp. Soy, rice or 1 cup 100% organic non sweetened juice (blueberry, blackberry, Concord grape juice, pomegranate, cranberry, etc.). – This recipe may be cut in half if there is too much fluid.

Super Simple Soup - 2-4 quarts of organic vegetable broth; chop up 3-5 different kinds of vegetables; ½ - 1 cup of beans; herbs and spices (garlic, sea salt, dill, basil, etc.); simmer 10-20 minutes; add 5 minutes before serving a palmful of cooked brown rice, quinoa or other non-glutinous grain. The grains may be precooked. Simmer for 5 minutes and serve.

Super Simple "Lifesaver" Bean Dip to Smooth Your Blood Sugar, Reduce Cravings and Provide Good Carbs, Protein and Fats – 1 – 2 cans of organic cooked beans (pinto, black, kidney, garbonza, etc.) poured in Quisinaart (food processor). Add juice from lemon, lime or orange (or vinegar) to taste with garlic powder (or real garlic), dill, and any other herbs and spiced to taste. Can add avocado if weight is under control, or any other juicy vegetable (tomatoes, etc.) for texture. **Blend to desired smoothness.** Use for vegetable dips, sandwich spreads, finger food, between meal hunger! (No added oils!). **NO MORE CREAMY, CHEESEY, FATTY, GOOEY DIPS!**

It is also recommended that you:

Use the **Diet-Exercise-Symptom Diary** sheet under **Educational Handouts** (on the home page, www.prescription2014.com) to follow foods eaten and how you feel on **page 24** of this handout.

- **Weigh yourself daily** in the morning and evening and log weight on your **Food-Diary**.
- Do some form of **aerobic exercise** daily for a minimum of 15-30 minutes (pgs. 166-167).
- **Sit physically still** 15-30 minutes twice daily (pg. 188).
- Do some form of **strength training** (i.e. circuit training) 3-4 days per week (pgs. 167-177).

Basic Elimination Diet (BED)

(Shopping List) (Contents)

Vegetables

Alfalfa Sprouts
Artichoke
Asparagus
Avocado
Beans (string)
Beets
Bok Choy
Broccoli
Brussels Sprout
Cabbage
Carrots
Cauliflower
Celery
Chard
Collard Greens
Cucumber
Daikon Radish
Endive
Escarole
Jicama
Kale
Kelp
Kohlrabi
Leeks
Lettuce
Mushrooms
Mustard Greens
Okra
Onions
Parsnips
Radishes
Rutabaga
Seaweed
Snow Peas
Spinach
Squash
Sweet Potato
Swiss Chard

Taro
Turnips
Water Chestnuts
Yams
Zucchini

Fruit

Apples
Apricots
Banana
Blackberries
Blueberries
Grapes
Kiwi
Mango
Melon
Nectarine
Papaya
Peaches
Pears
Pineapple
Plums
Pomegranate
Prunes
Raspberries
Strawberries
Watermelon

Grains

Amaranth
Buckwheat
Millet
Puffed Rice
Rice Brown
Rice Bread
Rice Cakes (plain)
Rice Cereals (plain)
Rice Milk
Rice Pasta

Quinoa

Beans/Legumes

Dried Beans
Dried Peas
Edamame
Lentils
Miso
Soy Milk
Tempeh
Tofu (Soy Bean)

Nuts and Seeds

Almonds
Almond Milk
Flaxseeds
Hazelnuts
Pecans
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Walnuts

Animal Foods (optional)

Beef
Chicken
Lamb
Pork
Poultry
Turkey
Wild Game
Cod
Halibut
Mackerel
Salmon
Sole
Trout
Tuna

Grocery Shopping in the *Fast Lane*

To shop healthfully is very simple and, in the right store, can be easily done in less than a half-hour with some very basic principles. While I am a big supporter of organic foods and eating seasonally and locally, I think it is incorrect to say America can't improve its health *dramatically* by shopping for non-organic whole food in the basic grocery store. To improve health, you first have to stop eating processed foods that do you no good, and even harm you, then eat quality foods that are good for you.

Principles of Grocery Shopping in the *Fast Lane* (Contents)

1. Shop the outside, or “perimeter,” of the grocery store where the whole, unprocessed foods are (fruit, vegetables, lean meats, etc.). Eat whole foods only (organic if possible). Buy the basics: vegetables (raw/frozen); fruit (raw/frozen); raw nuts and seeds; beans (canned/packaged); whole grains and sprouted whole grain (try non-glutinous whole grains such as brown rice, quinoa, millet, amaranth, buckwheat); water, mineral water, teas, and *real juices* (100 percent juice); animal foods (optional): eggs, fish, lean fowl, and meat (free-range or grass-fed if possible).
2. If you buy oils, get extra-virgin olive oil and/or cold-pressed canola oil for cooking and ground flaxseed or cold-pressed vegetable oils for salads and for cold sauces. Keep oils to a minimum.
3. Do not buy dairy products at all (not from a cow, goat, or sheep; not milk, cheese, yogurt, ice cream, cottage cheese, kefir, butter, etc.) for AT THE VERY LEAST ONE MONTH completely. For your whole family.

Please don't give a child under two years of age any cow's milk products at all on a regular basis.

Aside from food intolerance leading to chronic upper respiratory infections and gastrointestinal problems, of equal concern is that the early introduction

of cow's milk products in children may increase the risk of type 1 diabetes, which is not reversible. After the child is weaned, ideally from the mother's breast, rotate in organic almond, hemp, soy, rice, or other nut/grain/bean milks, fortified with calcium and vitamin D if you are concerned, and always watch for food reactions when you introduce or reintroduce foods.

4. If you want a sweet, refined grain or fatty food, don't put it in your shopping cart. Go out intentionally and buy it later by itself. Only shop for whole foods and only have whole foods in your house. Build that habit and that base. Then when you choose to eat "junk," enjoy it—but not too much, and only when you are in control of your health!

Stocking Your Refrigerator and Cupboards: The Basics (Contents)

Let's go to the fridge first. When you open the refrigerator, the vegetable bin should be filled with vegetables, pre-washed or fresh salad greens, spinach, chard, kale, collards—as much green, leafy vegetables as possible. Green, leafy vegetables are not only nutrient packed, but they are also 100 percent non-fattening. You are getting the most nutrients per calorie when you are eating leafy greens. Frozen vegetables are fine to have in your freezer as well.

Next, your fruit bin should always be full. I keep blackberries, blueberries, raspberries, or strawberries on one of my upper shelves, and the fruit bin is filled with whatever fruits are in season (or in the produce section), which could be apples, kiwis, nectarines, peaches, plums, oranges, grapefruit, and tangerines. I might have some bananas outside the refrigerator. For smoothies and things of that nature, it is easier to keep frozen fruit in your freezer section. Frozen is usually cheaper and you can get organic versions as well.

I keep raw nuts or seeds in the freezer. I will usually have some almonds, walnuts, pecans, and sunflower seeds. Pumpkin seeds are a very nutritious food, but for some reason don't resonate with me. Generally, I don't eat a lot of cashews and pistachios because I tend to be sensitive to them as well.

In my cupboards I always have cans of cooked beans (mostly organic) and also whole-food, organic types of soups such as minestrone, lentils, split pea, Cuban black bean, and other vegetarian things like chili. My canned products are meatless. I encourage you to do this as well. You can always add meat to them later if you must. I buy several quarts of an organic vegetarian broth to be used in soups, to stir fry, to “quick cook” my greens, or sometimes cook my pastas or grains in. (The organic vegetable broths in the quart containers have really been a lifesaver for me and revolutionized my cooking!) It is also good to have a few quarts of marinara sauce on hand (organic is easily available). Your cooking grains can be in the cupboard or freezer, and remember that the first ingredient for any grain or flour product ideally should be “whole grain” or “sprouted grain.” I usually have a loaf of sprouted, whole-grain bread in my freezer and one on the shelf in my refrigerator.

I do use, sparingly, extra-virgin olive oil (monounsaturated fat) for cooking sometimes. I have been more oil-calorie conscious lately, since really becoming aware that added oils are one of the biggest reasons for excess calories in our diet. I try to get most of my oils from nuts and seeds and avocados. If you are lean having a small amount of cold-pressed oil or spread or extra-virgin olive oil is probably fine. If you have never gone oil, nut, seed and avocado free, try it for two weeks. It is an interesting experiment. I dropped five pounds without even trying.

Have herbal teas around, especially green, black, and white teas. Mineral water can be used along with bottled or filtered water. The goal is to drink five or six glasses of water a day. If you feel you have to have some type of milky substance, there are soy, almond, and other different types of “milks,” including hemp, hazelnut, oat, multigrain, and rice milks. These can all come fortified with calcium and vitamin D. Buy a variety of them and see which ones resonate with you.

When you add a new food, always ask yourself how do you feel. Even if on paper it looks good nutritionally but you don't feel well, trust that!

There is always an alternative that is nutritious. Always!

If you get fish, poultry, or beef, ideally it should be wild fish and/or poultry or red meat that is grass-fed, free-ranged, and without hormones and antibiotics, or hunted game. These would round out the refrigerator.

I realize some whole-food purists, whom I respect, might look down on eating canned goods or pre-packaged, pre-washed vegetables. Ideally I'd grow my own vegetables, eat totally from my fruit trees, cook all my beans, and wash my own lettuce and greens every day, but it is not practical for me time-wise. One good thing about modern urbanization is that some businesses have done some smart things to make eating healthy in a busy world easier.

By shopping and eating in this way, we can not only be healthy, but we can also help create a new, sustainable economy and jobs centered around producing whole, healthy foods that are convenient for people in the busy, modern world.

Eating out in the *Fast Lane* (Contents)

Whether you eat at a fast-food restaurant or a high-end establishment, these simple guidelines can help you reduce your calories, increase your nutrient intake, and do more good than harm with meals eaten away from home.

- Avoid all creamy, cheesy sauces and dressings, and dips on any dish.
- Avoid all dairy products (cheeses, ice cream, milk, cottage cheese, sour cream, etc.). You have to ask to have dairy, especially cheese and sour cream, removed from many dishes. Presently most restaurants just add cheese and sour cream as normal fare to many foods.
- Don't order bread or chips before your meal or have them come with your meal.
- Order your salad with a dairy-free dressing on the side (vinaigrette, olive oil, etc.).

- **Order plant-based appetizers** if you are starved (grilled mushrooms, garlic sautéed spinach, salad rolls, lettuce cups, seaweed or cucumber salad, edamame, miso or minestrone soup, grilled vegetables, etc.).
- If you want to go completely vegetarian and there is nothing on the menu, you can just **have multiple vegetarian appetizers, side dishes, and salads**. I do this frequently.
- **Ask the chef to make you** a big plate full of sautéed or grilled vegetables—whatever they have available. They’ll generally do it happily!
- **Avoid having your food fried.** Request it baked, broiled, steamed, or stir-fried. Have it light on oil, even olive oil.
- **Order quick foods without added oils, salt, cheeses, mayonnaise, or sauces.**
- **Ask for whole-grain breads**, but most restaurants don’t have them.
- **Replace meat with beans** in fast foods when possible (on tacos, burritos, etc.). Have as many animal-free meals as possible. Leave the animal meats and products out of fast food if you can. Just ask. I do this with beans instead of meats. And of course no sour cream, cheese, mayonnaise, or creamy sauces!
- **Have water instead of soda.** Or have a small-sized soda with a cup of water.
- **Have a pizza with the crust, tomato sauce only, and all the vegetables they want to throw on it.**

The goal of eating out healthy, or doing the least amount of harm, is to keep excess calories to a minimum and eat as many unprocessed foods as possible.

That is achieved by keeping creamy sauces and added oils off your basic foods; not eating lots of pre- main course snack foods; keeping high-calorie foods out of your main courses (cheeses, creamy sauces, and oils); avoiding

deep fried food; avoiding alcohol; and eating as many vegetables in salads, appetizers, or in your main course, as possible.

Controlling Food Cravings (Contents)

The key to controlling food cravings is to eat lots of good, whole food that gives you an even blood sugar from time-released carbohydrates and adequate protein, and has lots of fiber or natural bulk from water content. In addition, these whole foods should be **nutrient dense**, packed with lots of vitamins, minerals, antioxidants, and phytochemicals. Dr. Joel Fuhrman (*Eat to Live*, 2011) and colleagues recently showed in a study in the *Nutrition Journal* that the higher the micronutrient density of the diet, the less hunger people had while consuming fewer calories. You should also keep to a minimum or eliminate foods that increase the risk of blood sugar swings (e.g., excess caffeine, simple sugars, etc.).

- Eat whole, unprocessed foods only.
- Have whole, unprocessed snacks between meals (fruit, nuts, seeds, bean spreads, whole grain snacks).
- Eat only good, unrefined carbohydrates or what I call “long carbohydrates” (beans, whole grains, fruit, starchy vegetables).
- Keep only whole foods in your house (refrigerator, cupboards).
- Go out and buy the craved food if you must. Don’t have it lying around in your house.
- If you must satisfy a food craving, have it with or after a whole-food meal, not as a separate snack.
- Exercise regularly. Many times this will subdue your food cravings. Do it even for short periods of time 5-10 minutes. These short periods of exercise have a cumulative cardiovascular effect, but also are quick stress reducers and “nip the cravings in the bud!”

- **Bring whole-food snacks** to work, recreational activities, and have them in your car.
- **Realize that many foods are addictive**, especially ones containing simple sugars, caffeine, chocolate, dairy products, and refined grains (e.g., wheat). Avoid completely or at least take breaks from them every few days each month.

Social Media (Contents)

For more information about Kirk, please visit:

Website: www.prescription2014.com

Facebook: “Like or Friend” Kirk at:
www.Facebook.com/kirkhamilton.author

Twitter: www.Twitter.com/kirk_hamilton

”Staying Healthy Today Show” You Tube:

”Sloppy Vegan Cook Show” You Tube:

[illegible]

Track II

Kirk's *PowerAging* Program

For

Business Travelers

Track II

Kirk's *PowerAging* Program For Business Travelers ([Contents](#))

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Packing and Preparing To “Travel Healthy” (Contents)

Clothes

- **Workout Clothes** - Pack a pair of shorts and some comfortable top (s) so you can go to a gym, jog or walk. That means you have to have a comfortable pair of walking shoes, running or tennis shoes. I like taking a pair of swim trunks that I can work out in, then do a quick dip in the pool, Jacuzzi or do a swimming pool shower. They also dry quicker if thin and a type of polyester.

Food Items

- **Teas** - Bring tea bags you have a special affinity with since most hotel rooms have some type of hot water - coffee maker. Could be a black or a green tea for a morning wake up or afternoon boost, or a chamomile to help you sleep, or ginger for GI upset or nausea.
- **Sweeteners** - If you have a special type of sweetener such as agave or stevia bring some. I would not use artificial sweeteners, or minimize their use. In my own case I'd rather have plain sugar as a sweetener since aspartame gives me a headache and the alcohol derivative sugars like xylitol make my blood sugar drop an hour or so later. This usually happens when I chew some gum before dancing. You need to know your personal reactions to sweeteners.

- **Snacks** - Nuts (raw would be best) or dried fruit are reasonable things that can be packed and are durable in your travel bags.
- **Salt** – Not to eat (unless you have low blood pressure) but to use a ½-1 teaspoon once or twice a day in a sink of water or small bowl so you can do the facial rinse or sinus flush (SHFL, 121-122) which can really help with keeping nasal congestion at bay and your head clear, especially in a hotel room.

Medications

Ideally you don't need medications on a trip if you are living the right lifestyle and are optimally healthy. But stuff happens away from home.

You want to know what you can tolerate **before** your trip and what works for you and then have it on you.

- **Antacids** – I hate talking about antacids because they are such an unnecessary drug with simple diet change, probiotics and a healthy gut. And I really think the ad with Larry the Cable Guy is terrible. While he is an amusing guy you are telling people to physically hurt themselves by eating certain foods and presuming, because some or all of the pain is prevented with the use of Prilosec OTC, that no harm is done except your pocket book. Just look at Larry the Cable Guy. He is a “chronic disease machine” waiting to happen. This ad signifies all that is wrong about our pharmaceutical driven healthcare and really what's wrong with Americans. If you want a pharmaceutical quick fix (acid blocking drug) to a lifestyle habit that hurts your body instead of changing your lifestyle, you deserve what you get!...and you should have to pay out of pocket for it!...The problem is I have to pay for these bad lifestyle choices in higher insurance premiums because of this behavior. Don't get me started! Use your antacid if you have to

for the short-term, but here are some simple things to do to prevent this even while on your trip:

- 1) **Cut out all dairy products** (all dairy products! See my 2 You Tube **Ain't Got Dairy 2** if confused), **added sugars/desserts, spicy foods, alcohol, coffee, bread products, chocolate and added fat to your food** (butter, margarine, oils, creamy dressings) while traveling.
- 2) You will have a lot less heart burn or none. Also **don't eat late at night**, after 7:00 p.m. if possible.
- 3) **Eat light in the evening**. Soup, salad, rice, potato (just a potato, yam, sweet potato with seasoning but no pepper), steamed vegetables, pastas without meat or creamy sauces, lean meats or fish without sauces and less than a palm full per day of animal food (Pick foods off my BED Diet).
- 4) You can try **ginger tea** after meals.
- 5) **Deglycerinated licorice** - a typical dose is 400 to 800 mg in chewable tablets 15 to 20 minutes before meals or between meals may help. Ideally you have tried your brand out before your travels.
- 6) **Tums** – is simple, quick and non-toxic. Tums is calcium carbonate and is a reasonable antacid to try for short-term use. 2-4 tablets with symptoms.
- 7) **Probiotics** – with the above diet changes go to a drug store/pharmacy and get either Culturelle 2 per day or VSL#3 2 per day with food. This won't help immediately with the heart burn but with daily use and the diet changes mentioned above my take care of the problem permanently.

- 8) *****NOTE:** If you heart-burn persists you may need to contact your physician to screen for Helicobacter Pylori (H. Pylori) and/or if you are seeing an integrative medicine physician (ACAM.org or A4M.com) you should have a comprehensive stool analysis done to look for other “bugs”, as well as H. Pylori, and assess appropriate digestive function. A food allergy panel can be done but do my BED Diet first. It could save you thousands of dollars if done right.
- **Antibiotics** – While I am conservative in the use of antibiotics in general, and I look for lifestyle factors in my patients that set them up for chronic infections, if you have a good preventive relationship with your physician, then having some antibiotics with you, **THAT YOU HAVE TRIED BEFORE AND KNOW YOU ARE NOT SENSITIVE TO**, is very reasonable. On longer foreign trips I will give my patients a Z-Pack (azithromycin) for respiratory infections and either Bactrim DS or Cipro for gut or urinary infections to have on hand. **ALWAYS have a good probiotic (beneficial gut bacteria) (VSL#3 / Google VSL#3 pharmacy locator or Culturelle) are available in most stores, pharmacies, etc. across the U.S..)** for any busy trip and take 1 per day. I many times have the foreign traveler take additional probiotics (3-4 per day extra) away from the time they take the antibiotics if they are using them. (For infections see my simple infection protocol below).
 - **Antihistamines** – it is very reasonable to take along a non-sedating antihistamine like Zyrtec (Cetirizine HCL), Claritin (Loratadine) or Allegra (Fexofenadine HCL) **THAT YOU HAVE TRIED BEFORE** just in case you get exposed to something that

causes you to have sneezing, itching or some other allergic symptoms.

If it's a significant allergic reaction you can get over the counter Benadryl (diphenhydramine) but it can be sedating and cause a dry mouth which could definitely effect your presentation, speaking or listening.

When there is a “-D” after the name of the anti-histamine (i.e. Allegra-D) that means there is a decongestant attached to it. The decongestant simply shrinks blood vessels so there is less drainage from nasal passages. Decongestants are basically “speed”. Use as directed. Watch for your heart racing, palpitation or jitteriness. They are acceptable for short-term use to save you from annoying and embarrassing “dripping” at your presentation, over your microphone, etc..

- **Condoms** – males or females if sexually active should bring them. Protect yourself and be responsible. Ideally you’ve tried the brand and they work for you (no allergies? lubricants OK? etc.)
- **Decongestants – are basically “speed”** (ex. Pseudoephedrine (Sudafed) is a common decongestant (sympathomimetic). They work by narrowing the blood vessels to decrease swelling and congestion. So they can be used with an antihistamine (allergy attack) or without (a regular upper respiratory infection). **Don’t take them more than the recommended amount for a couple of reasons – 1) it can make your heart race or have extra beats. 2) They might cause a rebound reaction if over-used.** Meaning they work initially for the runny nose, then it comes back with a vengeance. This is more likely with a nasal spray. BUT if you have to give a presentation, talk, be on the radio, TV, etc. and you have a cold or flu they can

be very helpful, especially in combination with a non-sedating antihistamine. Don't exceed the recommendations. If you have a history of heart palpitations, irregular heartbeats, check with your cardiologist before your trip to see if these medications are acceptable.

- **Hormones** – If you are on hormones, whether they are “Bio-Identical” or not, take them consistently while traveling and don't try something brand new on your trip. Hormones can affect cognition and energy quite dramatically at times. You want to be taking your hormones consistently with no surprises. Hopefully you have been working with someone with your hormones that believe in them, measures them, and is listening to your experiences with them to help find what works best for you.
- **Pain Relievers** – Have your “go to” pain reliever for simple things – headaches, mild back pain, menstrual pain, joint pain etc... That you tolerate. For example, I am allergic to aspirin and all the class of drugs called Non-Steroidal Anti-inflammatory drugs (NSAIDs). So my simple “go to” pain reliever is acetaminophen, or I just live with the pain. Generally most people tolerate NSAIDs like ibuprofen (ex. Advil) or naproxen (ex. Aleve). These drugs can have “magical” results to get rid of pain so they can be over-used quite easily, initially leading to gut inflammation and down the road, if chronically used, liver and kidney damage. So periodic use no problem. But if you are taking them daily or 3 or more days per week you need to see a health professional who understands how to reduce overall body inflammation first by diet, then by treating the gut, reducing your environmental load, judicious supplements and then medication (READ SHFL, Chapters 11 (page 115), 12 (page 120) and Appendix A (page 201) and Appendix B (page 205)). If you understand where inflammation comes from and the simple steps

you can do to reduce it with diet, environmental control and a few supplements you are going to prevent a whole lot of suffering and unnecessary and expensive office visits.

I will leave with this thought. Think about how ibuprofen (ex. Advil) can be used for so many different conditions with so many different names – headache, PMS, arthritis, menstrual cramps, sore muscles, etc... Just about any..."itis"? This is because inflammation has a common biochemistry and its precursors come from what we eat mainly. Where inflammation manifests in our body is due to our use or overuse, injury, environment and some genetics.

Short-term use of medication is no problem. Chronic use is a big problem and you need to ask yourself, "What am I doing to set myself up for more inflammation?" Read my book, especially Chapters 9 through 12 (SHFL, 89-129). The causes of inflammation and how to approach it by diet and lifestyle are a central theme. See a health professional who really believes the root cause of inflammation is diet, abnormal gut function/ecology and environmental exposure...and some genetics.

- **Prescription Medications** – Take them as prescribed. Make sure you have enough for your trip. If not refill them early. Remember to bring them. Don't be experimenting or cutting doses while you are on a business trip.
- **Sexual Performance Medications** – This comment generally applies to sexually active men using a class of drugs called phosphodiesterase *type* 5 (PDE5) inhibitors (Viagra, Cialis, Levitra, Stendra) which produce nitric oxide (NO) a naturally

occurring gas from the inner lining of your arteries causing dilation and increase blood flow.

Whichever you are using DON'T try it for the first time on your trip. Make sure you have tried this medication several times BEFORE your trip.

The reason is these medications are very effective but can cause mild to very annoying side effects like a runny nose, cough, red face and eyes, headaches, etc... You don't want to get an annoying or embarrassing surprise on business trip without knowing what's coming. (If interested in alternatives to these medications get "Survival of the Firmest" at www.erection-function.com. Listen to my interview the author Dr. Meldrum on this topic <http://www.prescription2000.com/Staying-Healthy-Today-Radio-Interviews/2012-06-27-david-meldrum-erection-function-cvd.html>)

- **Sleep Medications** – On a business trip is not the time to be changing your sleep medications. The two most common are Lunesta (eszopiclone) Ambien CR (zolpidem). These are reasonable to use. But if you are using them daily then other things need to be addressed. But if they work for you and you don't wake up groggy wait to try some alternatives when you get home (see below Tips for Getting A Good Night Sleep While Traveling).
- **Wrist Blood Pressure Cuff** – ask your pharmacist at your local drug store what wrist blood pressure cuff they like. Get one. Bring it into your doctor and have someone competent check your blood pressure on their device then check yours against that. See how close they are. I always have my patients bring in their home blood pressure device. I use the traditional arm cuff and listen

with a stethoscope and take their pulse. Then I use their device and see how close it is. If the top number (systolic) is within 10 points then I just note that so I know when a patient gives me their home reading where we approximately are. Wrist cuffs are very convenient and give you a blood pressure and pulse quickly (make sure the batteries are new!). **Monitoring your blood pressure and pulse is not only valuable if you have high blood pressure but also if you have low blood pressure, especially if it is associated with fatigue, light headedness or dizziness. That can be a sign of too much high blood pressure medicine, or “adrenal insufficiency” related to stress, high sugar and caffeine diets, allergies, etc.”**

Why is “Mr. Natural” Talking About How to Take Drugs?

I probably have a few people who know me scratching their heads since I have practiced nutrition, prevention and lifestyle medicine for 30 years and mainly use diet and supplements to treat most illness. So why did I just go through this drug list. Because the time to change medications, or wean off them, is not in the middle of a business trip. And if you understand how to use your medication, and how you might get rid of the need for it, they can be used more safely and with fewer side effects.

Also, as you follow this 21 Day Program you will probably need less and less of these medications. If I could put all the principles of healthy living that are in my book into your brain and have you practice them daily you would need much less medication, and many of you none at all.

Supplements

I recommend some basic supplements. **I tell people when on a trip just to take their basics.** I realize there are many health professionals who recommend no supplements. I usually try and keep my personal supplements to a minimum while traveling. I throw them in a sandwich bag with a separate bag of powdered vitamin C. You can use a pill box or small little plastic bags to make daily packets if desired. If you take the time to do this before your trip it makes a difference. I don't know if it is psychological or not, when I take my supplements when traveling I "feel" them more. Just a clear increase in energy and mental clarity. Maybe because I don't skip them like I do at home!?

Basic Tier Supplements

- **Daily Multivitamin/Mineral 2-4/day** – Take with food. The greater amount of recommended pills usually means a higher amount of calcium and magnesium per capsule/tablet because they take up greater capsule space. [This is my multivitamin/mineral](#). There are many good ones.
- **Vitamin C 2000 mg/day** - Take any time. If you start to get a cold you can take it to bowel tolerance. To the point of loose stools and then back off. You can get vitamin C anywhere in powder or capsules/tablets.
- **Vitamin D 5000 IU/day** - You could actually leave this at home and make up the missed doses by taking the missed daily doses all at one time either before you leave [recommended] or after you get home. Get 1000-2000 IU capsules or drops, or just one 5000 IU capsule with meals. One advantage of taking it with you is if you start to get sick

you can take 10 times that dose for a week and have no toxicity problem. After a week taper your dose back to your base 2000-6000 IU/day. **Every physician can and should be checking vitamin D levels.** Though the optimal level is debated. All agree you should be above 30 ng/ml. Many integrative medicine physicians feel a level between 40-80 ng/ml is more optimal.

- **Coenzyme Q10 100-200 mg/day** (ubiquinol) with meals. Ideally a fatty meal. This nutrient helps with energy production in every cell in your body and has many uses. It is best absorbed with a fatty meal. Your level can be checked by your physician. Most don't know about it. Since there are many poorly absorbed forms of CoQ10 (ubiquinol or ubiquinone) you should have your levels checked two weeks or more after taking it to see if it is being absorbed. If you have heart disease or a neurologic condition (Parkinson's, Alzheimer's, etc.) your levels should definitely be above 3-4 ug/ml which are outside the normal range. The normal range is not optimal for those diseases!
- **Powerthru – green tea extract 1 in the a.m.** Helps with gentle energy increase. My patients ask for this once they try it. Best to take in the morning. If a second is desired at noon or before.
(www.novanutrients.com)
- **Probiotic – Culturelle 1/day or VSL#3 1/day** with meals. They are available at pharmacies or drug stores. (Google – VSL#3 pharmacy locator – find a pharmacy in your town)
- **Calcium/Magnesium 400-500 mg of each (1:1) 1/2 hour before bed** (have to really read labels to get a 1:1 ratio. Most are 2:1 Ca/Mag). [Liquid](#) [Capsules](#)

- **Melatonin 2-3 mg** sustained release between 8:00-10:00 p.m. for sleep or [Z-Caps](http://www.novanutrients.com). (www.novanutrients.com)
- **Sunlight – Get “non-burn” sunlight** for 20 minutes between 10 a.m. – 2:00 p.m.. If your skin starts to turn “pink” get out of the sun. I am not against “non-burn” sun tanning booths, especially during the winter months. So get outside on your business trips. A good time is a lunch time walk in the sun.

Secondary Tier (Add to above)

- **[Insight Natural 1-2 per day](http://www.novanutrients.com)** – Promotes calmness, centeredness and ability to focus on task at hand. (www.novanutrients.com)
- **[E-Factor – 1 scoop per day](http://www.novanutrients.com)** - Mental clarity and thinking. (www.novanutrients.com)

Eating in Airports, Hotels and Restaurants – It Can Be Done Healthfully! ([Contents](#))

Whether you eat at a fast-food restaurant or a high-end establishment, these simple guidelines can help you reduce your calories, increase your nutrient intake, and do more good than harm with meals eaten away from home.

General Guidelines When Eating Out

Whether you eat at a fast-food restaurant or a high-end establishment, these simple guidelines can help you reduce your calories, increase your nutrient intake, and do more good than harm with meals eaten away from home.

- **Avoid all creamy, cheesy sauces and dressings, and dips on any dish.**
- **Avoid all dairy products** (cheeses, ice cream, milk, cottage cheese, sour cream, etc.). You have to ask to have dairy, especially cheese and sour cream, removed from many dishes. Presently most restaurants just add cheese and sour cream as normal fare to many foods.
- **Don't order bread or chips** before your meal or have them come with your meal.
- **Order your salad with a dairy-free dressing** on the side (vinaigrette, olive oil, etc.).
- **Order plant-based appetizers** if you are starved (grilled mushrooms, garlic sautéed spinach, salad rolls, lettuce cups, seaweed or cucumber salad, edamame, miso or minestrone soup, grilled vegetables, etc.).
- If you want to go completely vegetarian and there is nothing on the menu, you can just **have multiple vegetarian appetizers, side dishes, and salads**. I do this frequently.
- **Ask the chef to make you** a big plate full of sautéed or grilled vegetables—whatever they have available. They'll generally do it happily!
- **Avoid having your food fried.** Request it baked, broiled, steamed, or stir-fried. Have it light on oil, even olive oil.
- **Order quick foods without added oils, salt, cheeses, mayonnaise, or sauces.**
- **Ask for whole-grain breads**, but most restaurants don't have them.
- **Replace meat with beans** in fast foods when possible (on tacos, burritos, etc.). Have as many animal-free meals as possible. Leave the animal meats and products out of fast food if you can. Just ask. I do this with beans instead of meats. And of course no sour cream, cheese, mayonnaise, or creamy sauces!

- Have water instead of soda. Or have a small-sized soda with a cup of water.
- Have a pizza with the crust, tomato sauce only, and all the vegetables they want to throw on it.

The goal of eating out healthy, or doing the least amount of harm, is to keep excess calories to a minimum and eat as many unprocessed foods as possible.

That is achieved by keeping creamy sauces and added oils off your basic foods; not eating lots of pre- main course snack foods; keeping high-calorie foods out of your main courses (cheeses, creamy sauces, and oils); avoiding deep fried food; avoiding alcohol; and eating as many vegetables in salads, appetizers, or in your main course, as possible.

Tips for Eating in Airports

Watch your wallet!

There is really no way to eat cheap in the airport and get decent food. So the goal is to eat before you go or have some snacks with you if possible. You can get relatively healthy food like salads (no cheese or creamy dressings); mixed fruit salads or individuals fruits; burritos without cheese or meat; raw nuts and seeds; vegetable Asian dishes with the same rules as above with regards to creamy, cheesy sauces and excess oil.

Tips for Eating in Hotels

Aside from generally being more expensive, watch out for creamy sauces, cheese containing dishes and bread or chip type appetizers that just add extra calories to meals, increase food sensitivities and fill you up with low nutrient-dense, calorie-rich foods. If you are eating an evening meal in a hotel “light” is better. You don’t want to eat a big meal late at night then go to bed. Soup, salad, side of steamed vegetables with a baked potato (yam or sweet potato if possible) or rice might be a light evening meal. Or, this may

sound weird, but if late at night a bowl of oatmeal with some berries and walnuts (no cow's milk though), or a fruit salad with some nuts might be perfect. Also keeping alcohol to a minimum, if consumed at all. If you are ready to fall asleep then have a “long” carbohydrate before bed like a baked or steamed potato, yam, sweet potato, piece of whole grain bread, or rice. The carbohydrate will enhance serotonin production and help induce sleep (see below Tips for Getting a Good Night Sleep While Traveling)

Tips for Eating in Restaurants

As above just emphasizing the avoidances of dairy foods; creamy/cheesy sauces; automatic appetizers like bread and chips; limiting alcohol; and reducing the quantity of food eaten late at night (or before an important meeting, presentation, speech or lecture). If possible and safe, walk back from the restaurant to your hotel if traveling and get some exercise after that evening meal. So ideally pick something near your hotel within walking distance so it's not an automatic cab ride.

How To Exercise Daily While Traveling – More Opportunity Than You Think (SHFL,164-165) ([Contents](#))

Have an “Exercise Plan” While Traveling

You should have in your mind a game plan for exercise while traveling before you even leave on your trip. I recommend you skim through my section on exercise in my book (Chapter 14, The TRIAD Exercise Program, pages 159-184) and just highlight in yellow principles that you can apply while traveling. It is loaded with tips and tricks for quick exercise in all three important phases – strength, flexibility and aerobics.

I was recently at an Alzheimer's conference focusing on diet, environment and nutrition. One researcher said the best therapy for Alzheimer's that actually improved cognitive functioning was vigorous walking every day for 50 minutes. **The point is exercise is critical for clear, quick thinking and analysis.** And it generally is for free!

The most important thing about exercise while traveling is to **have a picture in your mind of where and how you might exercise while on your trip.** Get a picture of your location and its surroundings, what type of transportation you are using (you driving or other mode), the hotel or business location. Then just start thinking of ways you can exercise.

Personal Example – “Getting Exercise in Vegas”

Here is a personal example of getting exercise while on a business trip using your location and situation while traveling. I was in Las Vegas for a three day medical conference. I stayed outside Las Vegas with a relative and had a half hour drive each way daily. I had a car rental. So there was no gym for me to work-out in that was convenient. The conference started at 7 a.m. and went to 5 p.m.. So I did my main strength work with my 15 minute circuit training (SHFL, 169-170) the day I left (a Thursday). I planned to go to the gym and do my circuit training (strength work) upon my return literally from the airport for 15-20 minutes. So, as always, I left a pair of gym shorts and shoes in my parked car.

There was not any great Salsa dancing close by on the nights I was there (I am a salsa dancer) and I wanted to visit my relative so I wasn't going to get much evening exercise, and I needed to work an hour or so in the morning before the 7:00 a.m. conference start so there wasn't a lot of time at beginning of the day. **So it looked like lunch time was going to be the only**

time to get some movement aside from walking through a big casino a few times per day between lectures and at breaks.

So the first decision was to take as many stairs and the least amount of escalators and elevators as possible from the parking garage at the airport, to the parking garage at the hotel (meeting venue) and through the casino to the meeting rooms. So I did. No escalators just stairs.

During lunch time I grabbed a quick Asian dish of vegetables, tofu and vegetables, and on another day a salad and headed up to the top parking garage. I took the elevator to the top floor of the parking garage and was on the very top level in the sun, even on a December day, in Las Vegas. I tied my sweater around my waist so I was just in my T-shirt and walked around the top parking lot in the sun where there was only one car parked. Not only was the brisk walking for 20-30 minutes refreshing (though not my optimal exercise) but sunlight is critical for optimal health. It does many things including increasing vitamin D, elevating mood, bring warmth to a cold body and increases a gas in the body called nitric oxide (NO) which is heart protective. Then, after a security guard stopped me and asked me what I was doing, I went and did my 10 minute Yoga routine in the corner of the parking lot in the sun. Then I sat against the wall and had 10-15 minutes of meditative time. Just concentrating on my breathing before I hoofed it down eight flights of stairs to the casino and convention halls.

The real point of the story is not actually what I did but how I have an “exercise attitude.” I was thinking of my location in a big casino hotel without my normal access to exercise before and after the daily meetings. I only had lunchtime so I had to eat a light quick lunch (brought fruit and nuts back to conference) and had a choice of walking on the “Las Vegas Strip” at noon or going up...to the roof! Worked perfect! I did this all three days I was there. I did some sit-ups and push-ups each morning at my relative’s in the morning and then upon my return late Sunday night (had been gone since Thursday) stopped off going home from the airport and danced salsa for an

hour before going home to start my normal routine that Monday. I mentioned in the beginning my goal was to go directly to the gym from the parking garage and work out. Turned out I left an interior light on in my car so my battery was dead in the parking lot. By the time I got a jump and got my car started the gym was closed so I took Plan B with my “exerciser mentality” and went straight to Salsa dancing.

When movement or exercise is as important to you has the habit of brushing your teeth, you will find a way (read “Building the Exercise Habit”, SHFL, 161) no matter what obstacles get thrown your way.

Some *PowerAging* Tips About Exercise When Traveling:

- **Pack your simplest exercise clothes.** For me its tennis shoes and a pair of shorts that can also be used to swim in.
- When you think of exercise there are three components to keeping your body functioning optimally – **aerobics, strength training and flexibility exercise** (SHFL, 159-184).
- **Is there a gym where I am staying?** Does it cost me extra – some are outrageous so I might pay for 1 gym day out of 3 days to go. I always scout out the gym first in any hotel I stay in. Or, if with family or friends I find the nearest gym and see if it is reasonably accessible and cost-effective.
- **Can My Hotel Room Be My Personal Gym?** I can always do my “10 Minute Yoga” [see Tony Horton’s 10 Minute Trainer CD series – I highly recommend this series of short 10 minute routines] in my hotel room. You can bring any type of exercise CD and do it from

your computer in your hotel room in the mornings or evening (...or both!). I have brought my salsa CDs when I can't go out and dance for 15 minutes.

- Close your eyes for a few moments and **think about ways to get “Non-Exercise” Exercise** (SHFL, 162-165) on your trip. These means exercise outside of being in a gym or maybe going for a traditional run. Any time you move...that's non-exercise exercise!
- **Walk around the hotel or up-and-down stairs.** For me I will Google a Salsa or Lindy Hop club in the area to go dance.
- **Start taking the stairs instead of escalators** when time permits; walk on the non-moving floor in airports instead of taking the moving walking paths.
- **Plan to go to and walk to near-by restaurants** when staying at hotels instead of taking a cab to a restaurant out of walking distance (does two things – you get exercise and you “walk off” a late evening meal); at lunch time or breaks between meetings go for a walk outside . Even if the weather is bad indoor walking can be achieved in a hotel.
- **Walk between meetings.**
- If **watching television in your hotel room do stretching** (10 Minute Yoga by Tony Horton).
- Don't think it is a “victory” getting the closest parking space. **Be happy when you park far away** so you can get 5 minutes of walking! Think of the walking time as being productive not an inconvenience

because it is! Not only is it productive but its protective and enhancing your quality of life, functioning and longevity.

- **Do you have a normal recreational activity near your business location?** Take some time to do it (dancing in evenings; tennis courts at hotel; skiing in the mountains; body surfing; exercise classes etc..Any recreational activity you do that is accessible at your business location. Another example when I was taking Aikido for many years I would find a dojo in the area and take a class on a business trip)!
- **Are there are any exercise classes at or near your hotel** that you are staying at that you would enjoy taking (aerobic, yoga, tai chi, Pilates, martial art, etc.)?
- **Walk to public transit** before taking a cab.
- **If you have a back issue do back exercises daily** (See “**How To Protect Your Back While Traveling**” below and SHFL, 179-182).

Exercise “Truths”:

- **ANY exercise is better than NO exercise.**
- **Exercise is cumulative.**
- **Non-exercise exercise is REAL exercise.**
- **Use it or lose it!**

- **Consistency is more important than periodic intensity, or said differently “Better to be the Tortoise than the Hare” and “win the race” with regards to exercise!**
- **Build the “Exercise Habit” and you will see opportunities to exercise everywhere.**
- **No matter what injury or limitation you have there is a part of your body you can move safely and effectively!**
- **You will have a sharper brain if you exercise. Your performance at whatever you are doing will be better.**
- **Exercise up to pain and around pain, but not through pain for health maintenance (not necessarily true for competition).**
- **Exercise is like the best “mutual fund.” It always gives you a consistent, predictable and positive return. It pays dividends. Always! Exercise is an investment in you that has no down size. There is always an immediate and long-term return.**

How to “Stay Healthy” While Traveling – How to Reduce Your Chances of Getting Sick and What to Do If You Get Sick ([Contents](#))

Diet – Low Allergy and Nutrient Dense

- Avoid all dairy foods and creamy sauces.
- Minimize alcohol to 1 drink or less per day.
- Avoid sugar and desserts.
- Keep bread products to a minimum if at all.
- Have a salad as one meal daily.
- Eat vegetarian appetizers (that means no dairy products too!).
- Vegetable soups with added garlic.
- Drink pure pomegranate juice daily if possible

Hygiene

- Wash your hands every time you leave the bathroom.
- Flush your sinuses (shower) and do the facial rinse (sink) once each day each (SHFL, 122-123).
- Do the facial rinse and sinus flush at the first sign of a cold every 1-3 hours if possible.

Supplements

- **Vitamin C 2000-4000 daily** – at onset of any respiratory infection take vitamin C to bowel tolerance – 1000 mg every ½-1 hr titrated to looseness in stool. (DON'T GIVE YOURSELF DIARRHEA – CAN HAPPEN ESPECIALLY IF YOU ARE TAKING 400-800 mg of magnesium).
- **Take vitamin C powder ½-1 teaspoon** and “chase” with water upon waking and before bed for health maintenance while traveling.
- **Vitamin D3 2000-5000 IU daily** – at onset of any respiratory infection take 20,000 IU/day x 1 week then go back to 2000-5000 IU/d for health maintenance.
- **Probiotics – 1 capsule per day** – with any respiratory infection, cold or flu or urinary tract infection take 2 capsules 2 x day – (Culturelle or VSL#3). Take probiotics with food.
- **If you go on antibiotics** take 2 capsules 2 times daily of either of the above mentioned probiotics but a couple of hours away from your antibiotics.
- **Drink green tea** 2-6 cup per day.

How to Protect Your Back While Traveling (SHFL, 179-182) ([Contents](#))

By doing simple, gentle, pain-free flexion-extension exercises, simple trunk rotation, and hamstring exercises consistently, many lower back problems can be prevented.

(NOTE: No matter what any health professional tells you (me included), if it hurts, DO NOT DO IT! Go “up to” and around back pain, but do not push through it!)” .

This paragraph starts off the section in my book called **“Simple Exercises to Keep Backs Pain Free.”** (SHFL, 179-182)

This chapter comes from research and personal experience from a ruptured disk resulting in losing muscle mass in my thigh and having weird twitching and numbness over a one year period with a build-up of back problems over a 5 or so year period prior to this event. It is now been almost 12 years since that event and I religiously do flexion-extension exercises, hamstring stretches and aerobics to do everything in my power so a serious back problem doesn't happen again.

The period I had my on-and-off-back was between 1990 and 2000 when I had a publishing business and used to cart cases of books around the country through airports, onto planes, to hotels to sell them in the “bowels” of exhibit halls standing for hours at a time on hard floors. I have been stuck on a floor face down in a bathroom for several hours. I have been left in my Aikido dojo overnight with my legs propped up on a garbage can because I couldn't move. I have grabbed onto a pillar in a hotel lobby and held on so I would not crumble to the floor praying that I wouldn't embarrass myself writhing in pain on the hotel lobby floor in front of everybody. I have spent many a night sleeping on the hard floor because it was the only place my back wouldn't spasm. And there are many more such experiences. I share these only because I want you not to have to go through this, especially when you are on a business trip! So what I share doesn't just come from medical journals and seeing patients, it comes from real life personal experience (and pain...and recovery!).

Protecting Your Back Before Your Trip

While it may seem like back pain comes out of the blue, it really doesn't. That sudden spasm out-of-nowhere that brings you to your knees has been building up. Whenever I had my acute back spasms there was usually a similar build-up scenario: I was usually preparing for a trip; I was very stressed for time; staying up later; maybe a bit more caffeine; doing my weight work-outs but sacrificing my stretching because of

time; doing less aerobics and I was usually flying across the country. While I had some “close calls” while on business trips I usually made it home and then POW! “Drop to my knees” type stuff. And when I look back over that time period in hindsight the episodes became more severe and debilitating, and each time took more time to recover. And, that above pattern repeated itself.

While that was a very stressful time in my life (when hasn't it been!?) I still think if I knew what I know today I may have been able to prevent some of those back episodes and possibly prevented the disk rupture. I just don't want this to happen to you! **Prevention of back “episodes” or spasms is so much more effective than trying to treat a back once you are in an acute situation.**

Truthfully, you could have a neurosurgeon as a roommate and they can't help you when your back goes out.

True story...The time I laid on the bathroom floor face down and couldn't move for 6 hours my girlfriend at the time was a doctor and she was there...and she couldn't do anything.

So if you have a history of back issues you want to do preventive care before your trip and take better care of your back doing, simple, non-time consuming preventive techniques while on your trip.

Simple Back “Preventive Medicine”

- Read pages 179-182 of SHFL “**Simple Exercises to Keep Backs Pain Free**” and “**Common Back Pain Things You Can Do Now**”.

- **DON'T eat inflammatory, muscle contracting foods** – dairy products, caffeine drinks, heavy meat, egg and high fat diets; avoid bread/pastry products; avoid sugar and desserts. **FOODS CAN CAUSE INFLAMMATION, PAIN AND MUSCLE SPASM.**
- **Don't smoke.** At least cut your cigarettes done. Smoking reduces blood flow to muscles in your back and around the disks.
- **Make sure you are doing gentle stretching daily of your hamstrings AND flexion and extension exercises** of your back (gentle Upward and Downward Dog or my wall yoga (SHFL, 180); at least 5 minutes daily before or during your trip.
- Make sure you are getting some type of **“non-back hurting” aerobic exercise** daily before your trip to reduce your stress.
- Try and **get a good night sleep before you travel**, not one where you slept only a couple of hours and you're drinking extra caffeine to stay awake and get things done for your trip.
- Give yourself extra time when going to the airport so you're not rushing to your plane and if you are carrying heavier luggage you're not trying to move the luggage quickly and forget to lift with your legs and trigger a back spasm.
- If you feel like your back is on the “edge” take 500-600 mg of calcium and 500-600 mg of magnesium before bed (1:1, Ca:Mg).
- Get Tony Horton's 10 Minute Trainer CD set. One of the six 10 minute routines is his **“10 Minute Yoga.”** Doing this, while not overstretching or creating pain, is an outstanding way to keep your back at bay. I do this routine at least 4 days per week and it

has protected by back from all the pounding I have given it...and still do. I highly recommend the “10 Minute Yoga” routine which I have done in hotel rooms and hallways; on the top of a Las Vegas parking garage; in parking lots; parks; in my home; the gym, etc.. It has really been a “back savor” for me.

While on Your Trip - “Quick Tips” for Your Back

- If you are driving you can pull off at a rest stop or gas station every couple of hours and do “Wall Yoga” against a wall just doing 15-20 pumps of your pelvis in and out (SHFL, 180). I have done “Wall Yoga” in the back of a plane and in my hotel room. Tilting or “pumping” the pelvis every half-hour to an hour for 2-5 minutes can keep a back episode at bay.
- In your hotel room you can do what I call the “Reverse Chair”. It is a great way to rest your back and takes about 5 minutes and little effort. If you were sitting in a chair and you tilted it completely backward so your back was flat on the floor and your legs were at a 90 degrees resting on the seat of the chair with your hands and arms out to the sides, shoulder level and palms down this is the position to hold for about 5 minutes. I have put my legs on a hotel bed before in this position. If you keep this position after several minutes you will feel the arch of your low back begin to relax and flatten and then any muscle tightness or spasms start to relax in your back.
- Another “go to” exercise when your back is tight is the “Angry Cat” or “Pelvic Tilt.” While on all fours arch your back like an “angry cat” with head tilted down, then tilt your pelvis down like a horse with a “sway back” and your head looks up. Tilting your

pelvis back and forth in this manner 10-20 times “gently” not only helps your back to feel better but also gives you an idea of where your back is. This exercise is a must every morning after you get out of bed to “wake your back up” (SHFL, 179) and to see “where your back is” for that day.

- The last “go to” exercise for a back that you can do in a hotel room is the “Hamstring Towel Stretch” (SHFL,180). Simply grab a bath towel (or cloth or leather belt) and lay flat on your back. With both hands on either end of the towel wrap the middle of the towel around the arch of your foot with your leg semi-straight. With your back still straight and flat on the floor and your leg slightly bent gently pull your leg up and forward feeling a light stretch in your hamstring, NOT your low back. THERE SHOULD BE NO PRESSURE ON YOUR LOW BACK. With gentle, pulsating pressure you can stretch each hamstring 30-60 seconds each.

If You Get a Spasm

- First you have to get your body into a position where there is no spasm. Easier said than done. As mentioned, I have been “left” in some pretty weird positions for long periods of time in years past. There were times when I looked like a screaming, “flopping fish” that had just been caught trying to flip over into a more comfortable position.
- If you get a spasm you can ice your back or use a heating pad. I have done both. Whatever feels better. There is no right answer. Most recommend starting with an ice pack. Again I’m not sure what is best. Whatever makes you hurt less and relax. (i.e. I

always liked lying on a heating pad right under the area where my back hurt when going to bed.)

- Take your “Go-To” **anti-inflammatory medicine** (aspirin, ibuprofen, naproxen, etc) with food. Take as prescribed.
- **Use a prescribed muscle relaxant** if the spasm is intense – “old school” valium is excellent for this. 2.5-10 mg, but you should use whatever you are accustomed to before your trip if possible.
- **Do gentle range of motion** stretches that **don’t hurt** if possible (Wall Yoga, Reverse Chair, Angry Cat, Towel Hamstring Stretch).
- **Consider sleeping on the floor** of the hotel room.
- **Try a hot Jacuzzi** and do gentle stretches or weight less walking.
- **Get a gentle massage.**
- **Don’t eat dairy, caffeine**, sugar/desserts, breads, high fat or lots of meats
- **Take calcium and 500-600 mg of magnesium before bed** (1:1, Ca:Mg).
- Drink some **ginger tea.**

Sitting all day is “back death.” Get up and move periodically and doing “Wall Yoga” with 10-20 pumps of your back every ½ to 1 hour can make a big difference. Good luck in remaining

“Back Strong,” mobile and pain-free during your trip! Let me know how you do!

Tips for Getting A Good Night Sleep While Traveling (Contents)

- **Don't drink** more than 1 drink at night, if at all (SHFL, 102-103).
- **Don't eat dairy foods** (like a bowl of ice cream, milk or yogurt before bed!) **or bread products**. These are the two most notorious foods causing reactions (food allergy/intolerance) which create swelling and mucous production in your upper airways aggravating or causing snoring and sleep apnea (Frequently have given a talk and convinced people to go off dairy products – many times snoring is reported to be much less and sleep apnea much reduced) and obviously effecting your sleep (SHFL, Chapter 9, 89-100).
- **Don't eat a big meal late**, especially one high in fat.
- **Don't eat a sugar loaded dessert** or products after dinner (SHFL, 106-114).
- **Don't have caffeine later in the day or after dinner**. Know how caffeine affects you with regards to sleep (SHFL, 103-106).
- **Careful on getting hooked on a late night movie**, especially if action packed or violent.

- **Get some vigorous exercise** (I don't believe exercise keeps people awake. Maybe initially but I think it helps with continuous sound sleep). Try it and see if it works for you.
- If you have a night time urine problem **don't be drinking much fluid after your evening meal**, if at all.
- If you are a male and have an enlarged prostate causing you to get up to go urinate several times per night take your prescribed Flomax (tamsulosin hydrochloride) or Proscar (finasteride) as directed if they work, BUT, **better yet, change your lifestyle! Get on a totally unprocessed, no fat added, plant-based diet** rich in organic, non-GMO soy products (edamame, tofu, tempeh, miso); eat a palm full or two of raw pumpkin seeds daily; 1-2 tablespoons of fresh ground flaxseed daily; drink 8 oz of pure pomegranate juice daily or eat a whole pomegranate; eat tomato based products or have some tomato juice like V-8 daily; eat cruciferous vegetables daily (broccoli, cauliflower, Brussels sprouts, kale) and you can have some cold water fish 2-3 x per week if you have to eat animal food.
- If you are a female **bioidentical hormones may help** with sleep (estradiol and progesterone). Natural **micronized progesterone in capsule form 100-300 mg at bedtime** gets converted to a metabolite allo-pregnenelone which helps put you to sleep. Progesterone creams don't work as well for sleep because it doesn't go through the liver and get converted to this compound.
- **5HTP 50-200 mg ½ hour before sleep** (tryptophan→5HTP→serotonin→melatonin) help makes serotonin and helps you go to sleep.

- **Melatonin 2-3 mg** at 8:00 p.m. can help with sleep (melatonin containing sleep aid – Z-Caps 1-2 ½ hr before bed. (www.novanutrients.com))
- **Calcium/Magnesium 400-500 mg of each (1:1)** 1/2 hour before bed (have to really read labels to get a 1:1 ratio. Most are 2:1 Ca/Mag). Liquid or Capsules (www.enzymatictherapy.com) (www.prescription2014.com)
- **Meditate or just sit still** while concentrating on your breathing for 15-20 minutes.
- Take a **hot shower or bath**
- **Take your sleep medicine if they work as directed** – Lunesta (eszopiclone) Ambien CR (zolpidem) are common sleep aids.

How to Optimize Your Listening and Speaking Abilities for Peak Performance **(Contents)**

First and foremost you have to look at the food you eat to have peak performance, whether it is to listen and learn or speak and teach. **The food you eat directly effects how your brain functions. I see the improvement in cognitive function, or cloudy thinking, every day correlated with what my patients eat** (or I eat for that matter).

If I had a 20 dollar bill for every time I heard a patient say after a diet change “the fog lifted,” well I probably wouldn’t be sitting here writing this, I’d be on a beach somewhere.

This is a very common comment when people remove offending foods from their diet. There are some general principles that will help most people feel clear after eating, but there is some individuality, which can be discovered as long as you really believe and will ask yourself this simple question if you feel fuzzy, foggy, sleepy, snotty, headachy, achy, itchy, puffy.... “What did I just eat?” It really is that simple. If you don’t believe food can, within minutes, cause those above symptoms, like most health professionals don’t, then you are in trouble. Because you’ll either be taking medicines to feel better or self-medicate with usually stimulants (caffeine and sugar) to feel better.

When I was thinking about how to keep my diet program simple I came up with three rules (*TRIAD Diet Program*, SHFL, 135-136). If you understand these rules and follow them most people will have an improvement in their overall wellbeing, including their thinking and energy. Not to mention the prevention and reversal of a lot of bad diseases.

(STEP 1) EAT whole, unprocessed foods (90 percent or more as plant foods, if not all plant foods) (SHFL, 135-151)

- When you eat unprocessed foods, in other words foods in their whole state (vegetables, fruit, whole grains, bean/lentils/peas, meat, poultry and fish) with nothing added to them, you wipe “bad carbs” like pastries, breads, chips, candies, etc. and the *sugars and fats* that goes with them (SHFL 11, 12, 95-100, 158). Foods that are unprocessed don’t contain refined carbohydrates that can mess with your blood sugar and make you very sleepy after a meal, especially if there is little or no protein eaten at the same meal. The sleepiness after your

turkey dinner is not the tryptophan in the turkey, it's the type of carbohydrate consumed (and the amount of protein around it) which drives tryptophan into your brain to be converted to serotonin which makes you sleepy and "foggy."

- When you eat whole, unprocessed foods, particularly what I call "long" carbohydrates such as beans, lentils, peas, whole grains and root vegetables like yams, sweet potatoes and squashes your blood sugar stays lower and is "time released" and you avoid rapid fluctuations in your blood sugar which can lead to sleepiness and "foggy brainness," or a rapid heartbeat and anxiety when your body releases a hormone called epinephrine to raise your blood sugar. Eating "long carbohydrates" generally avoids this.
- If you eat animal foods (not necessary, I don't), use them as a condiment "sprinkled" over your plant-based diet. No more than a palm full (or deck of cards) per day. Ideally the animal would be from free ranged fed animals who received no antibiotics, hormones or medications.
- I left dairy foods out of "Whole Foods." Some would debate me on this. Bottom line is dairy foods are a totally unnecessary food for human survival and optimal functioning. No other species drinks milk, not alone the milk of another species after weaning, and for many people milk reactions (true allergy or intolerance) are devastating to their health and many times the dairy factor goes completely unrecognized because no one ask the "sacred" question, "Could dairy foods be harmful to my health?" A debate for another time. Read my chapter (9) on this topic (SHFL, 89-95). And actually, I don't want you to believe me by reading, I want you to experience it for yourself. That is why in **Step 3** (below) I ask you eliminate all dairy foods for 1 month, or, eat of my **Basic Elimination Diet** (SHFL, 201-204), or **BED Diet**, which eliminates dairy foods and other common allergens and then reintroduce them and see for yourself. Most will have some type of reaction. Some of you, especially "cheese-a-holics," can have real withdrawal symptoms till about the three week mark. Then they go away (see **Step 3** below).

(STEP 2) EAT at least half your food intake as vegetables. (SHFL, 144)

- All health experts agree eat more vegetables. Imagine you and God sitting up in heaven and looking down at a huge pizza platter (Pizza Platter Test, SHFL, 136-137) with all your food intake for the day. God's trying to help you out and show you what a good diet is. First thing God looks for on your "pizza platter" is that it is all "Whole Food" (Step 1). Second thing God is going to say is, "I created these "Superfoods" called vegetables so all the nutrition experts could agree on at least one thing, and so you could live a long, disease-free life because vegetables have all these protective compounds that will keep you from getting disease. So EAT THEM! In fact, more than half of your total food intake should be vegetables!" (God says pointing down at your Pizza Platter with only whole food on it, and at least half of this platter is a colorful, rainbow of vegetables).
- Vegetables (and fruit) have phytochemicals, vitamins, minerals and antioxidants to protect you (and your brain) from disease. These compounds are what the supplement industry takes out, studies, and then puts into pills which can be somewhat helpful and healthful. BUT, what a supplement can't mimic is the "health" synergy between these compounds in the whole food. And there is a powerful healing synergy between groups of these phytochemicals. And, even though nutrition science has come a long way, there are probably thousands of these compounds to be discovered. Why wait. Eat lots of vegetables. At least half of your total food intake.

(STEP 3) ELIMINATE all dairy products or eat from the Basic Elimination Diet (BED) for at least one month. (SHFL, 89-95, 115-129; 201-209)

- Any food that you have a reaction to, true allergy or just a plane "intolerance," can result in foggy brainness, memory difficulties,

sleepiness, a headache, dizziness, visual disturbance, congestion in your sinuses, a sore throat, swollen glands, a cough or sneezing. These symptoms will affect you presenting (speaking) information (sales, meeting, etc.) or receiving (listening) information.

Food affects your thinking, mental functioning and speaking. If you just acknowledge this fact, then when you don't feel good (especially in your head), ask yourself what you just ate and you will be able to figure it out 90% of the time.

- With regards to the topic of mental clarity, dairy and processed grains can make you foggy and sluggish if you eat them directly before either talking or listening, and, they can mess with your sleep if you eat them late at night because they are a frequent aggravant of sleep apnea (stopping breathing at night) and snoring because they lead to weight gain and upper airway inflammation and mucous production. I have heard these comments multiple times after giving a talk, “Kirk, I really didn’t do everything you said, but I did stay off all dairy products for two weeks and lost about 5-10 lbs and my wife also said my snoring and sleep apnea was dramatically reduced.” If you don’t sleep well because of what you ate the night before (bowl ice cream, milk, yogurt, candy bar, alcohol, big desserts, etc.) you can be very “foggy” in the morning and fatigued due to the food reaction AND poor sleep!
- Here is a key point and why doing an elimination diet for at least 3 weeks is so important. I keep talking about if you feel bad think about the food you **just** ate. **Problem:** For many of you, you don’t feel well ever so you can’t tell the difference between feeling good and feeling bad. Some of you are living in a “fog” or constant fatigue and lethargy so you can’t tell the difference when you react to a food because you are in a perpetual state of reaction, or as bestselling author Joe Fuhrman, MD(*Eat to Live*, 2101] says “toxic hunger,” and a perpetual state of uncomfortable withdrawal symptoms that drive you to eat the same “nutrient-poor” foods to get rid of (temporarily) these withdrawal symptoms (SHFL, 156-157).

- If you throw away this program and just do one thing for 3 weeks – eat off the **BED Diet** food list. Many of you will feel remarkably better and your energy and performance will improve. More importantly you will experience firsthand that food can not only affect your body but your brain, thinking and performance.

Please, at the very least, stay off for 3 weeks – ALL dairy foods, bread products (breads, pastries, crackers, chips, etc.) and added sugars of any type (that means eat whole foods only) COMPLETELY (not a little bit of any of those three). You can even have some caffeine if you have too, but no dairy, creamer or added sugar – just for 3 weeks. Better yet eat of my BED Diet.

- Many times in the clinic where I work, because people don't want to make food choices, I either put them on a hypoallergenic non-dairy protein shake (rice or pea protein) or sometimes even send them to a water fasting clinic (TruNorth, Santa Rosa, CA). There people REALLY “GET” how much food effects every aspect of their health, especially their thinking, mood and energy.

10 Simple Things You Can Do on a Business Trip to Improve Energy, Mental Functioning and Peak Performance

- 1) No dairy products (all of them!), wheat and bread products, sugar or creamy sauces.
- 2) Avoid alcohol or minimize alcohol, especially the night before and important presentation or meeting.
- 3) Vitamin C (powder or capsules) ¼-1 teaspoon (1000-4000 mg) before bed and in the morning (to bowel tolerance).

- 4) **Powerthru 1 pill in a.m.** (gentle energy) and Insight 1 pill (if stressed or overwhelmed, for focus) in the a.m. (www.novanutrients.com).
- 5) **CoQ10** (ubiquinol with food) 200-400 mg/d.
- 6) **Caffeine (tea - green or black; or black coffee)** - 1 cup tea or 1/3-1/2 cup coffee before presentation or if listening to a talk or lecture.
- 7) **Exercise daily** (aerobics definitely – at least a 15-20 minute walk, circuit training 6/6 every 3rd day, 10 Minute Yoga daily).
- 8) **Get “Non-burn” sunlight** daily if possible 10-20 minutes.
- 9) **Flush your sinuses** morning and evening (sink and shower).
- 10) **Sit still** in a chair and breathe for at least 15 minutes daily. Just concentrate on being physically still...and breathe!...Then for 5 minutes **image** your perfect and successful meeting, presentation, class or crowd loving your talk, a successful trip! Then **be thankful** for the opportunity and freedom to conduct your business! (**TRIAD Mind-Body Program**, SHFL 185-193).

Driving Tips While on a Business Trip **(Contents)**

Sometimes you may choose to drive to your business destination. This could be a long out of town trip or across town. Here are some thoughts on how to make a long drive a bit better...and safer!

- Bring your **driving glasses**.

- Bring a car phone charger and some type of headset or blue tooth since this may or may not come with your rental car.
- Have some type of GPS on your cell phone.
- Have some type of clothing, neck support or small pillow to be able to put behind your neck if you get tired and need to pull off to sleep.
- If your back hurts or just driving for hours just pull off at a rest stop (or anywhere where there is a wall) and do “Wall Yoga” and pump your back, flexion and extension 10-20 times. Or take your time really bending forward and backward. You can also take your time flexing forward if no pain and really stretch your hamstrings. Walk around your car for 5 minutes after doing “Wall Yoga.”
- If it’s a long drive you can bring some running shoes and shorts. Pull off, change in the car and go for a 20-30 minutes run or walk (I have done this several times in a long commute from Sacramento to Los Angeles and back). A brisk 20 minute walk gets some exercise in your travel day and it helps keep you awake. Or, do 10-15 minutes of yoga in a park or school that you have GPS’d on your drive. Or if you have a universal gym membership, or you have \$10-20 pull off at a local gym and do 15-20 minutes of circuit training. I am not kidding! I remember driving back from Los Angeles to Sacramento and it was mid night and I was fading with about an hour drive left. I had a universal membership to 24 Hour Fitness. I GPS’d the closest gym of I-5 and pulled into the parking lot at midnight. Did a half hour of circuit training and drove safely home. And, I got my workout in! There is always a way to find

somewhere and some way to get some kind of workout which is a better “wake-up” device than more caffeine (I have done that too!).

- **Don't eat a high carbohydrate meal before you drive, especially if you are tired, especially if it is a refined carbohydrate and you have eaten no real protein rich food with it (animal foods, nuts, seeds, beans).** The reason is carbohydrates alone, especially processed carbohydrates, are rapidly absorbed and increase insulin which drives tryptophan into the brain (especially if there is no competitive amino acids/protein available) and gets converted to serotonin which makes you sleepy and foggy. This makes for unsafe driving, especially if you have been pushing yourself and not sleeping much and tired already rushing to get to your business destination. **To avoid this eat protein first (animal foods or nuts, seeds or beans), and eat more vegetables or fruit, but not a lot of pure carbohydrate rich foods – breads, pastries, pancakes/waffles, candies, crackers, chips, pasta, grains (especially processed grains), especially without the protein rich foods because you can get very sleepy.** I have done this on more than one occasion to myself coming back from salsa dancing late at night and having to drive more than an hour. I grab something to eat because I am starved. I have been working very hard and haven't been sleeping much. Then in about 15-30 minutes after eating have to pull off the road and take a snooze. It can happen in the day or night, but especially if you are tired in the first place and pushing yourself, which I know some of you are doing!
- **Bring a pillow or neck rest.** Something that if you pull off the side of the road (preferably a parking lot where there is some people) and take a half hour snooze you can get comfortable and not wake up with a neck ache. In my car the neck rest, no matter how reclined I am, is so uncomfortable I cannot get comfortable and sleep. And if I do, I wake up with a neck ache and not refreshed. I

finally experimented with different “neck pillows” and found one that I could relax and keep it in my car and I have a jacket or towel to throw over me if I get cold.

- **Have small packets of nuts or seeds in your glove compartment.** If you spit shells out have a small cup to spit them in...I’m serious! For some reason, when I am really tired and driving, cracking and eating sunflower seeds helps keep me awake!

Some Food Combinations To Keep You Awake

Small amounts of any meat or animal food without bread but with some vegetables or a salad (no dairy or creamy dressing).

Nuts or seeds in a snack pack with 1-2 pieces of fruit.

Bean dip with vegetables. Puts some ground nuts in it.

Bean salad with nuts/seed in it

Vegetable salad with nuts, seeds and beans. No creamy dressing, cheese or grains

Have your tea or coffee black without sugar or cream in it

Don’t eat a lot in the car or before getting on the road. **EAT LIGHT** while driving Avoid alcohol, even a small amount before driving.

If you are going to use an energy drink to stay awake make sure you have tried it before. Here is a point with coffee, tea or any energy drink with regards to helping you stay awake. The main ingredient is caffeine. If you are a regular drinker of these beverages you may not

get a lift because your body has acclimated to metabolizing caffeine more quickly. If you really want a kick from caffeine minimize your caffeine intake or eliminate it a day or two before your trip. Then you are more likely to get a bigger “pop” to keep you awake. **The real solution is sleep, which is really a nutrient that is deficient in many of our lives.**

YOU WANT TO AVOID SUGARY, PROCESSED CARBOHYDRATES (CHIPS, BAKED GOODS, ETC); CARBOHYDRATE RICH FOODS WITHOUT PROTEIN; AND CREAMY “GOOEY” FOODS LIKE CREAMY SAUCES AND DAIRY PRODUCTS BEFORE DRIVING, ESPECIALLY IF YOU ARE ALREADY TIRED!

USE YOUR EXPERIENCE. IF YOU EAT A FOOD NORMALLY AND YOU FEEL FOGGY, SLEEPY, LETHARGIC 15 MINUTES TO AN HOUR AFTERWARDS DON'T EAT IT BEFORE YOUR START DRIVING, AGAIN ESPECIALLY IF YOU ARE ALREADY TIRED.

How to “Rest and Reset” Your Mind While Traveling (Contents)

No matter what spiritual discipline or life philosophy most people would agree that many of us, especially business people, get so busy that we run from one thing to the next, and many times get scattered. **And, that everyone should have some type of quiet time daily.**

In my “9 Simple Steps to Optimal Health” the last three are about the mind (TRIAD Mind-Body Program, SHFL 185-193): Step 7 – Be Thankful ;

Step 8 – Sit Quietly; and **Step 9 – Imagine Your Ideal Health and Life** are simple steps that can be applied to your business travels and life.

Just Sit Still...

What I suggest is just sitting still in a comfortable chair and physically don't move for 15 minutes and just breathe. Set your cell phone alarm for 15 minutes (or more), be still and just breathe. Don't think about anything else AND don't try to NOT think about anything else. Just be physically still. You can do this in a hotel room, at a rest stop, in a park, in your car, just about anywhere you can sit and be quiet. It will make a difference.

When you are just physically still and breathing after 5-10 minutes there is a “settling.” It's just a deeper level of relaxation and I believe “receptive consciousness” especially if you have set an intention.

You can do this type of relaxation generically or do it with some spiritual intention. Either way you will get benefit. I call this type of relaxation by just sitting still “Parking Lot Meditation”. Why? Over the last several years I have spent so much time in my car, and, my car has turned into my “safe space” to be quiet away from working, and all the busyness that I create even if I wasn't traveling far.

So for example, before going back to work from lunch I pull off into a parking lot; lock my car doors; set my alarm on my cell phone for as little as 5 minutes to a half hour; close my eyes; set my intention of “Help me see the next step in my life” and just breathe.

I have done this same concept driving on long trips, on airplanes, hotels, you name it.

I like the term “Parking Lot Meditation.” It resonates with me and suggests that I (you) can bring my (your) quiet space anywhere I am (you are). You can bring peace into your incredibly busy life anywhere. This is very freeing and comforting to me. I also feel guided, even if I don’t know what’s going to happen next.

For me personally this is how I get connected so I can be guided and stay at peace with my busy life.

Kirk’s *PowerAging* Tips on “Parking Lot Meditation”

- **Find a place to sit comfortably and quietly.**
- **Set some type of alarm for the time you wish to be quiet.**
- **Set the intention and ask to whatever “higher power or deity” you believe in: “Help me see the next step to live to my full potential and life purpose.”**
- **Sit still and breathe. Don’t worry about what thoughts come and go. Don’t try hard to think about anything. Just sit still and breathe.**
- **After your “alarm” goes off be thankful that you have the time to be quiet and that some loving force is guiding you.**
- **Expect and be open to seeing your next step in the next several hours or days. When you see that opportunity don’t doubt it. It is the next step being offered to you. You are being guided.**

- The more you have this quiet time the more you begin to trust in what you “see” over the next hours or days. This by itself takes the pressure off worrying about success or failure on your business journey. You know you are on the right path. You are being led by a power much wiser than you.
- At the end of the quiet time spend a few moments just being thankful for having the time and loving guidance.
- If you have more time whatever positive image comes into your mind about your life embrace them. If they have emotion stay with them. I do believe that the emotion of that image brings it closer to physical reality.
- Don’t judge at all the “correctness” of your quiet time. I felt for years I was a failure and was not meditating “right” because I couldn’t let the thoughts leave my mind. Just be still. Your quiet time experience has been perfect.

Poor Man’s (Women’s) Meditation – “EXERCISE!”

I would be very hypocritical if I said I have been able to quiet my mind with the above “being still” practice and reduce my stress for most of my life. NOT! The biggest way I have reduced my stress over my lifetime has been vigorous exercise. Almost daily, consistently and persistently. Many times I have been so stressed and I went and ran, did my circuit training, stair climber, martial art or danced with just a congested mind, and as you exercise, especially vigorously, a funny thing happens. Your mind starts to empty of all those thoughts and eventually you are concentrating only on what you are doing or your breathing – one thought. That is meditation. I

have needed this approach for most of my life and still use it daily. But I am getting better at my “Parking Lot Meditation” practice the more I do it.

I remember one time I was so stressed I was having chest pain. While I knew I was not having a heart attack intuitively, on paper I had substernal chest pain that was taking my breath away. So I left work. Went to the gym and said I am getting on the treadmill and either I am going to “drop dead from a heart attack” or my chest pain is going to subside. Sure enough with 5-10 minutes it was gone. After a half hour or so on the treadmill I was pain and anxiety free. But as I approached the parking lot getting into my car I noticed the “chest pain” starting to come back as I went back to my office because I didn’t know what to do next in my business life.

The point is NOT to go exercise if you have chest pain. BUT vigorous exercise is one of the best ways to experience that relaxation response, think of only one thought (sometimes your breath), and clear your head.

Now as I get older my “Parking Lot Meditation” practice is getting better and though working just as hard as I did twenty years ago I am creating a daily consistent relaxation response with my sitting still to complement my exercise program.

...I am a very slow learner!

Coming Home and Maintaining Good Health (Contents)

I like to make my transition home from a business trip almost “seamless” with respect to my health program. And when you really think about it, when a “healthy lifestyle” really becomes “your lifestyle,” you practice it

wherever you are...business trip, at home, on vacation...and your really enjoy it!

Coming Home *PowerAging* Tips

- Have your gym cloths and athletic shoes available in your car or at the top of your packed clothes for easy access. Or in my case, what I might easily put on to go salsa dancing for a quick hour before I go home.
- If your gym or club is on the way home (from the airport) swing buy for a short workout. Anything is better than nothing. Welcome yourself home with some movement. Any type of exercise.
- If you are going to eat out one more time on the way home have a simple healthy meal. Clean. Like a big salad, stir fry with lots of vegetables, fruit salad, or something with lots of color and whole. No fatty, cheesy, gooey, meaty meal. Something light that has lots of color and is not processed.
- When you are unpacking at home put your gym close aside so you can easily grab them on the way to work the next day.
- Usually the first day at work is quite hectic after a trip. Make a big salad or pack your lunch as soon as you get home the night before so you get back to your normal living situation easily and maintain your health.
- Spend 5-10 minutes sitting still and being thankful for a safe trip and all the good things that took place and that you have in your life. Even if your business trip didn't go quite the way you wanted it, count your blessings. Just living in a country where you can pursue your dreams is an incredible gift to be thankful for.

On days that I am frustrated with myself and a patient says “How you doing?” I frequently say with gratitude and all sincerity, “I am very blessed! I have a job and no one is shooting at me!”

- At first people think I am trying to be funny, but I really mean it! There are many places in the world where there is no work and people can't go freely outside because of civil unrest and their life being in danger... Not alone having the freedom to bring a new business idea to reality!

Conclusion

(Contents)

As I said at the very beginning of this book my passion is to teach people that the lifestyle diseases (chronic diseases, age-related diseases), that are in epidemic proportions world-wide, and wreaking havoc on national economies (almost 13% of U.S.A.'s GDP) and the quality of life of billions of people, are not only preventable but many reversible by simple lifestyle changes involving diet, exercise and mind-body practices.

The science, knowledge and experience on how to achieve this change in national and individual healthcare is already here. It just has to be delivered to the masses (and you) in a format that busy, everyday folks can understand and implement as they are moving rapidly moving through their hectic days.

There is no accident that my printed book, “Staying Healthy in the *Fast Lane* – 9 Simple Steps to Optimal Health and Real Healthcare Reform,” provides an overview of our collective and individual health problems (Parts 1 & 2), and then the solutions (Part 3) in my “9 Simple Steps” or TRIAD Wellness Program.

I strongly encourage you, if you want to make these lifestyle changes permanent, to read the pages that I refer to throughout this “21 Day Program” so the knowledge can sink into your psyche of the “why” and the “how to” to Stay and Be Well in this busy world.

People do not change or learn, especially about health, when they hear or read things just once. Repetition is a must, and then there is timing. There has to be a “Why”, the reason to change.

Like when Bill Clinton adopted a vegan lifestyle to get control of, and reverse his heart disease. He had been exposed to this knowledge before, but it wasn't until Chelsea's wedding that the "Why Appeared":

- The thought that "I need to lose weight for the wedding;"
- The awareness that even with some of the best medical care in the world – including his heart bypass (2004) and stents (2010), his heart disease was continuing to progress;
- That he wanted to be around for his grandchildren;
- To keep doing his altruistic work through the Clinton Foundation and finally;
- Understanding that the science exists showing heart disease is reversible (i.e. Dean Ornish, MD, Caldwell Esselstyn, MD) and he must "sell out" to reverse his heart disease with a strict, low-fat, whole food, nutrient dense, plant-based diet.

Why I Believe Helping Business People Be Healthy is the Answer To Real Healthcare Reform, Economic Revival and Protection of the Planet!

I have said this at many talks over the last 5-6 years, that **I believe healthcare will not change because of logic, compassion and common sense, it will only change when society (or the powers that be) make more money keeping people well than making money treating people when they are sick.** And those that are in the real power positions are making money keeping people

well to a greater extent than making money treating preventable and reversible conditions, which is the case right now and why we are heading towards governmental and societal bankruptcy and ill health. All the rewards in our free enterprise system are to let disease happen, then treat it, and then get paid for it. It's a model doomed to failure.

If I Can Teach You, the Busy Business Person, How to Be and Stay Well Living Your Hectic Lifestyles, I Believe You Will Create Ways To Make Money Keeping People Well!

While I believe business people are the answer to reversing our national healthcare crisis I have to qualify a very key point. If the business person remains unhealthy, practices bad lifestyle habits, and really doesn't believe in wellness, but just looks at it as another way to make a buck, well, we are still going to crash and burn.

Because ultimately you will just take an aspect of the wellness movement and try and make a buck off it. That will lead to focusing on making money, and perpetuate treating a condition instead of preventing it. For example, selling supplements. While I believe in judicious use of them, what happens is the supplement industry becomes just like the drug industry, it needs disease to sell its "safer" and less "toxic" treatments for a condition. Any business person can take a supplement company and make it successful by just marketing and selling more product. But are we really teaching people how to stay well?

What I want is for you to experience how you got to "being well" by this program and then find ways to make money in the wellness industry that prevents disease and keeps people well.

A simple example is creating a restaurant that serves healthy food that keeps people well. Let's say there was a fast food chain that only served whole food in combinations that I've described in my program and they made lots of money. Fabulous! It's a "win win" for the patron and the owner! Or, like when I recommend Tony Horton's 10 Minute Trainer in this program. You improve your health in a cost-efficient way by using his CDs. He makes money, you save money, you have a more enjoyable life, and even the Government saves money, and again a "win win."

I don't believe hardcore business people will invest time and energy into making money keeping people well unless they have really experienced it themselves and live it. Then their creative entrepreneurial juices will begin to flow and we'll get real solutions to our healthcare, economy and environment. So I think it is critical business people not only experience wellness, but the "practice and discipline" of getting there. That is what this program is about.

In closing there will be a struggle, because medicine has to be turned "upside down" as we know it to achieve a sustainable healthcare system and healthy citizenry.

If we are truly successful in creating a successful wellness movement and economy there should be less hospitals not more; less medical specialists not more; a very small pharmaceutical industry, not "Big Pharma" and less new drugs; less junk food sold on grocery store shelves and more produce; less animals used for food not more; less pesticides produced not more,....catch my drift?

There will be some unhappy people unless they find ways to make money and livelihoods in a new economy that makes

money off keeping people well and happy, and not making money on treating people when they are sick and miserable.

I BELIEVE YOU, the educated, well, and vibrantly healthy entrepreneurial business person are the solution to our healthcare crisis and much more. That is why I am so excited about this program, your participation and your success.

If you haven't learned anything about me by now after going through this program and reading through my book I don't throw out hype! Everything I share has scientific backing. That doesn't mean it's always correct, but the attempt is there to be as accurate and informative as possible. Also, everything in this program and my book I have experienced personally and have done myself. I walk my walk! Again, not perfectly, but I know most of these recommendation will work for most people because I have experienced this in myself and in my patients.

So I can say with complete confidence that most of you will experience steady and consistent improvement in your health if you follow this **“21 Day Program for Business Travelers”** and keep living my **“9 Simple Steps to Optimal Health.”** Some will improve faster than others, but all will improve if they (you) don't quit!

There are two things I will leave you with that I share with all my patients. Any effort you make in applying any of these principles to your health is never wasted. It is always a positive. Always! Your health is better because you did something than if you didn't! The second is you cannot fail if you just keep trying. Because every effort makes you healthier than you were before.

I look forward to working with you and seeing your success!

Be and Stay Well!

Kirk's Personal *PowerAging* Coaching Program (Contents)

- Get FREE Extra 1 hour (\$350/hr) consultation if you sign-up for Kirk's coaching program **within 7 days of your purchase of Kirk's *PowerAging* Program for Business Travelers**. (Purchase 5 Hour Package Here)
- Five weekly 60 minute sessions for \$1750 done on Skype or GoToMeeting – if done in person all travel expenses and ½ consultation fee for travel time (\$175/hr).

OR

- Single 1 hour consultations \$450 per hour (Contact Kirk at kirkhamilton@prescription2000.com)

Hourly Sessions:

- 1) Medical and Lifestyle History and Initial Plan
- 2) Review Home Environment (Kitchen, cupboards, refrigerator, exercise equipment via Skype or GTM)
- 3) Personalize Exercise Program
- 4) Follow-up (review of changes, progress and re-adjust)
- 5) Follow-up (review of changes, progress and re-adjust)
- 6) Free Extra hour if sign-up within 7 days of purchase.

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