



Ginger: the *Jet Lag* Antidote

By Morning: Spirit: Wolf-D.R.M.

Ginger is the spicy root that has surprising benefits. It keeps digestion balanced, lowers blood sugar, and bridges the hormones produced by Pineal and Thyroid glands. The hormones that are produced by these two glands are what get the most disturbed when crossing time zones, and result in jet lag. By boosting and bridging their function with ginger, it keeps the respective pineal and thyroid hormones in synchronization with current time and location while traveling.

The happy side-effect for travels is that ginger reduces and can eliminate that "loopy" and "tired" feeling when traveling, especially when crossing multiple time zones. It also replaces the need for other toxin neutralizers as ginger flushes the chemicals and solvents in air vents, carpets, seating upholstery, and insecticide/fungicide utilized by airlines between and during flights.



Start taking ginger extract 1-3 days before travel (1 day before if digestion is good, or 2-3 days before if digestion is troubled).

Amount: Take 1 drop for every hour of flight, regardless of time zone changes, taking it just before or after each meal for 1-3 days before travel.

On flight, you are allowed to carry on up to 3 ounces of fluids, make sure one ounce of those fluids is a one ounce bottle of Peak Frequency Plant Therapy Ginger extract (its tastes great!). Put it in your purse, pocket, or carry-on bag, and keep it handy. You can place one drop on or under your tongue during each hour of flight, or 2 drops every 2 hours, except while sleeping. Hold ginger in mouth for a count of 20-30 seconds before

swallowing, allowing as much as possible to be absorbed in the mouth to go straight to blood and lymph stream.

Ginger can also be used in the same manner for return flights, and is successful in helping acclimate to new foods, environments, and conditions during travel. If encountering any type of unfamiliar or stressful condition ginger will help smooth the way. Take 10-15 drops with each meal, but not before bed, it is too stimulating for sleep induction.

If crossing the equator, where right hand spin of urine or blood coverts to left hand spin (or vice versa), then add an additional 5 drops to total of ginger drops before flight, and possibly while you are on the other side of the earth's middle.

Happy and Safe Travels