

how to STAY HEALTHY WHILE YOU TRAVEL

EXPERT TIPS TO STAY ON TRACK WITH YOUR GOALS ON-THE-GO

Summer holidays are fun, but they can actually be a bit stressful if you want to relax and also stick to your usual healthy routine. Will you actually use those runners you packed? What if your kids don't sleep on the plane? Will you end up living on truffle pasta? If you want to stay (relatively) healthy while away, there are ways to do it that don't involve deprivation.

WHAT TO EAT ON THE MOVE

Accredited nutritionist Jacqueline Alwill dishes the best food choices:

AT THE SERVO: "Good options are raw, unsalted nuts, juices, and the real fruit at the counter. Aim for water or kombucha over flavoured milks or soft drinks, rice crackers instead of chips, and if you want chocolate, go for a dark one with a higher cacao content."

AT THE AIRPORT: "Head straight to the

juice, smoothie and salad bar options. Look for anything fresh and primarily plant-based: fruits, vegetables, nuts, seeds, beans, legumes, whole grains. Aim for vegetable-based juices and smoothies."

IN AN ESKY: "Fill it with fruit and whole crunchy vegetable sticks which are chock-a-block with vitamins, fibre and naturally occurring sugars. Pack small pots of hummus or your favourite dip, and nuts and seeds, and healthy snack bars like Eimele wholefood bars. Freeze your (reusable) bottles of water the night before to throw in, so things stay cold."

HOW TO BEAT JETLAG

As well as the insomnia and digestion issues, disrupting your internal body clock can also lead to weight gain says a study by Stanford University. Lisa Perkovic, global travel expert at Expedia, gives her best minimisation tips.

PACK DISSOLVABLE MAGNESIUM TABLETS.

"They're great for taking on your flight for a peaceful sleep, and also for aiding sore muscles after those long days walking around."

IF YOU CAN'T SLEEP ON PLANES, USE APPS TO RELAX. "I like Calm – Matthew McConaughey's bedtime story is a favourite – and Blinkist, which lets you read the key takeaways of well-known books in 15 minutes."

HIT THE JUICE BAR. "Find a juice bar at the airport once you've landed, and treat yourself to a ginger shot, known to be an anti-inflammatory and relieve nausea and pain."

60 SECOND TIP: "There are lots of ambient lights you aren't used to in your hotel room (such as the TV, smoke alarm, alarm clock) so I pack a little Blu Tack to stick on them. It keeps the room dark to minimise sleep issues."

Your wellness first-aid kit

INSOMNIA RELIEF
Mist on your PJs and pillow to encourage sleep
\$29.95
In Essence Sleep Essential Oil Mist, 100ml
inessence.com.au



NERVOUS FLYERS
Calming tea to sip before take-off
\$11.95
Little Wildling 'I Need a Moment' Teabags
littlewildlingco.com



ROAD TRIP RESCUE
Apply as needed in traffic jams
\$40
Slip Relax Roller
slip.com.au

slip relax roller



INFLIGHT BED PILLOW
Helps kids sleep on a plane – and help save your sanity
\$79.95
Plane Pal
planepal.com.au

breakfast bliss

A LIGHT AND ANTIOXIDANT-RICH BOWL THAT TASTES LIKE SUMMER



TIP

You can use black or white tahini in this recipe. Swap pears for other seasonal fruits such as kiwifruit or honeydew melon.

Benefits

- VEGETARIAN
- LOW GI
- HIGH FIBRE
- GUT FRIENDLY
- SUPERFOOD
- ENERGY BOOSTING

Recipe from *Earth to Table*, available at thehealthychef.com for \$49.95



Plant-based eating is the hottest food trend right now (sorry, paleo) and the good news is: it's totally doable.

"Plant-based is not about being fanatical, it's about including more fresh fruits and vegetables and making those the HERO on our plates," says Teresa Cutter, AKA the Healthy Chef.

"Plant-based diets have higher amounts of fibre, vitamins, minerals and antioxidants. They are the perfect wholefood multi-vitamin and pre-biotic for digestive health."

Get your morning off to the right start with this one-minute recipe from Cutter's new book, *Earth to Table*, which is filled with 168 quick and budget friendly recipes, all designed with health benefits in mind.

"Pears and blueberries are low GI and rich in antioxidants and fibre that instantly makes you feel like a super warrior after eating them," says Cutter. "A generous dollop of tahini helps to balance hormone levels and boosts calcium. This is my version of the classic bircher muesli that's just purely delicious."

Muesli with pear, blueberry + tahini

SERVES 2

INGREDIENTS

- | | |
|--|---------------------------|
| 2 pears, thinly sliced or shaved on a mandoline | 1 lemon |
| 4 generous tblsps yoghurt (your choice Greek or coconut) | 2 tblsps tahini |
| 1 punnet blueberries | 2 tblsps almonds, chopped |
| | 2 tsps hemp seeds |
| | 2 tsps raw honey |

METHOD

- 1 Arrange pears into serving bowls and dollop the yoghurt to the side.
- 2 Add blueberries and the zest of the lemon, followed by a light squeeze of lemon juice over the pears.
- 3 Drizzle over tahini then add almonds, hemp seeds and honey. Serve and enjoy.



EMMA JARVIE
WHO Deputy Art Director



WHAT: IV LEAGUE DRIP
WHERE: IVLEAGUEDRIPS.COM
TIME: APPROX 1 HOUR

Been feeling a little tired? Foggy headed, skin breakouts, and your immune system is down? An IV League drip can help.

Intravenous Therapy (IV) delivers vitamins and nutrient fluids directly into the bloodstream, which allows for a faster uptake than if you take vitamins orally. If, like me, you go weak at the knees at the thought of needles, a numbing cream can be applied before starting the treatment.

My treatment began with a health consultation, where an IV League medical practitioner helped identify underlying problems through a medical and physical

COST: \$289 FOR THE LIMITLESS ELITE TREATMENT + ADDED ON BRAIN BOOSTER \$29

examination, then tailored an individual approach for me. My practitioner recommended the Limitless Elite treatment, which helps optimise mental clarity and energy levels, as well as supporting the immune system.

Along with my treatment I had an add-on on intramuscular shot called Brain Fuel, which helps to increase focus and optimise energy levels. The timing of my treatment was great, as it was the lead-up to the festive season where the daily grind can be a struggle as we limp to the year's end. It's now been three weeks since my treatment, and I'm still feeling the benefits.

HOW TO READ THE LABEL: NATURAL DEODORANT

Natural deodorants have gone mainstream, but they're not all created equal and the labelling can be confusing. We asked Lisa Raciti, founder and CEO of KIND-LY deodorant (kind-ly.com.au) what to look for if you want to make the switch.

- 1 **LOOK FOR ALUMINIUM-FREE.** Aluminium blocks sweat glands. Natural deodorants work to prevent odour, they won't stop your body sweating entirely ... but that's a good thing as it allows your body to function normally!
- 2 **ALSO TRY TO AVOID** anything that has parabens, alcohol and synthetic fragrance listed in the ingredients.
- 3 **LOOK AT THE WAY IT'S SCENTED.** The ingredient 'fragrance' or 'parfum' (without any mention of being naturally derived) means it uses synthetic ingredients.

