

# Heal Your Hormones

## HOT TRAVELING TIPS

### How to Maintain Balance While Traveling!

Traveling for work or pleasure takes purpose and planning to stay on track with your health.

Stick to your routine as much as possible while traveling. You will be SO glad you did because you'll actually come home refreshed instead of worn out.

Being prepared from now on is your motto! Take the time to research grocery stores and restaurants ahead of time and pack snacks, and even meals, to take with you in the car OR the airplane. It's so possible. YES!

#### Seven Traveling Tips

1. Take your NUTRIENTS with you.
2. Bring your own FOOD or;
3. Find the healthy local grocery stores or farmer's markets wherever you're going.
4. Make your own Shake.
5. SCOPE out local restaurants before arriving - see if you can search on "farm-to-table" options. This implies locally sourced food.
6. Keep your MIND in the right place by avoiding mind altering substances like alcohol and caffeine, and by getting good sleep.
7. Find fun places to MOVE - center your vacation around activities instead of sedentary events like wine tasting.
8. Get restorative SLEEP (worth mentioning twice :)

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## Take Your Nutrients (supplements):

Keeping on track with your nutrients is essential. This will help your body continue healing, keep cravings at bay, and will keep you on track to meet your goals.

Be sure to organize your supplements before you go - you don't want to have to do this while traveling. Use your pill sorter container, small bags or travel containers. Make it simple and do-able!

## Bring Your Own Food (or purchase once you arrive)

You can actually take food on the plane with you!

I've often packed a meal at home, and taken it on the plane...many times. I feel SO happy eating my delicious meal to keep me on track with my meal timing for the day.

Do some research BEFORE you head out on your trip so you know where the healthier grocery stores are at your destination. And then, actually go grocery shopping as soon as you arrive so you're not tempted to order takeout or make a trip through the drive-thru later because you're starving. Load up on fresh veggies that are easy to prepare like baby carrots, cucumbers and sugar snap peas.

Here are some easy meal options for travel and once you have arrived:

1. Rotisserie chicken, sugar snap peas and a handful of almonds.
2. Hummus and cut veggies.
3. Rotisserie chicken and a bag of veggies, or some ripe avocados to make a quick guacamole - mashed avocados and sea salt is the traditional way.

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4. Snacks that I take with me are nuts, carrots, celery, snow peas, small tomatoes or any other veggies I can easily munch on - even raw broccolini.
5. Take some teas that you like.
6. Dip carrots and terra brand taro chips in guacamole with nuts and slice turkey or chicken (I like the Applegate brand).
7. Pick up some fermented pickles (they are refrigerated), raw sauerkraut or kombucha as well to help keep your digestion in check!
8. Bring an assortment of protein-packed snacks like raw nuts, beef jerky (organic, no soy sauce) or hard boiled eggs.
9. Look for gluten-free crackers made with nuts and seeds to incorporate in your meals, like Mary's Gone Crackers. These are an awesome carbohydrate source without needing any preparation.
10. Pack a small cooler for almond, coconut or cashew milks, nut butters and prepared meals.

## Make Your Own Shake

Breakfast is key to your whole day. Making good breakfast choices often leads to making good lunch and dinner choices.

1. You can easily bring along a personal blender.
2. Pack items that you may not need an entire container of like coconut oil or olive oil.
3. Flax seed, Chia, or Fenugreek so I can make my own quick breakfast every day because that's always the toughest meal
4. Then when I arrive I figure out where the closest Whole Foods or healthy food store is, and I go there to get some berries, parsley, and healthy water to keep in my room for my shake.

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## Scope Out “Local” Before Arriving

Look for hotels that offer a small kitchen option or at least a refrigerator. You would be surprised how resourceful you can be without having access to a stove!

Research restaurants in your vacation area that may offer Hormone -friendly meals. When dining out, opt for a mocktail that uses fresh juices and sparkling water instead of a sugary drink. My favorite is made with sparkling mineral water with a splash of ginger beer, cranberry juice and fresh lime.

Keep in mind there are many bad things about even “fresh foods”.

### **Stay away from:**

1. GMO
2. Hydrogenated oils
3. Sauces

### **Look for restaurants that serve:**

1. Organic
2. Fresh
3. Local

## Keep Your Mind In The Right Place

Keep the mentality of abundance and wholeness. Don't think of this as a time when you “can't have anything” but instead look for opportunities to indulge in wholesome local food, participate in a beautiful local community, activities that gets your body moving. Stay positive even if the situation does not feel ideal for you. Be grateful that you get to make choices that help you feel fabulous.

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## Find Fun Places to Move

Traveling can often hinder our best intentions to get out and move our bodies (ie exercise). Walk to fun local activities. Dance. Find opportunities to learn a new skill like stand up paddling... SUPping. Or simply park farther away and walk or opt to take the stairs instead of the elevator. Walking after meals increases our insulin sensitivity by 50%.

## Get Good Sleep

Getting enough good sleep is vital while traveling, even though it can be a bit more challenging. There are certain hotels that pride themselves in good sleep environments - look for those!

Here are some excellent tips to getting some well-needed and well-deserved zzzzzzs:

1. Make sure your accommodations have blackout curtains.
2. Inquire about the type of mattress. (I have never done this myself but it's a great idea!)
3. Bring your own pillow - it can make all the difference.
4. Make sure the room is the right temperature - between 60-67 degrees Fahrenheit.
5. Eliminate noise or bring ear plugs.
6. Bring a relaxing scent like lavender.
7. Follow your home bedtime routine.
8. Use 3mg. of melatonin (or the Insomnitrol Chewables) 1 hour before bedtime, especially if you've changed time zones.