

## Assess Your Healthy Travel IQ! Are You Up For The Challenge?



Are you traveling the healthy way? Assess your knowledge about healthy traveling and find out if you're prepared enough before, during and after your travel. Take the Healthy Travelers Quiz below and increase your travel experience each and every trip.

Have you signed up for the Healthy Travelers Global Summit at [www.healthytravelerssummit.com](http://www.healthytravelerssummit.com)? Once you do, bookmark your gift page for easy access to the speaker lineup. After each speaker we will provide additional questions. To engage with the speakers and participants and to stay updated with leading edge travel information, join our interactive Facebook page here.

We are on a mission to raise the health bar of global travel. Share and invite your friends, family and loved ones to be part of this summit so they too can be a Healthy and Smart Traveler. [www.healthytravelerssummit.com](http://www.healthytravelerssummit.com).

Cheers to your healthy travel with each and every trip.

### Healthy Travelers Quiz:

#### Questions:

1. What is the name of the high levels of distorting frequencies that emanate from Wi-Fi, cell phones, computers, routers, server rooms, cell towers, cordless phones, and plasma screens?
2. Airplanes, cars, buses, and trains all emit unhealthy electro-magnetic frequencies. True or False?
3. Which is true? Blood oxygen saturation during commercial flights can be 5 to 10% lower or higher than normal.
4. What is the name of the hand-held measuring device used to measure harmful electro-magnetic frequencies (EMFs)?

5. What is the name of the powerful acupuncture point on the sole of your foot that is strongly rooting and when activated, helps you return to your connection with the earth?
6. What can be added to water to help rehydrate your body before, during, and after travel?
7. What is one of the best ways to avoid high levels of radiation while flying?
8. You can have lesser radiation exposure when you take your flight at night. True or False?
9. You create inflammation in your body simply by living a stressful life. True or False?
10. What is in our foods, such as vitamins A, C, D, and E, that can reduce inflammation response and restore order to our tissues?
11. We can forget about exercise while traveling. True or False?
12. Name an activity that is an excellent way to keep you fit and flexible while traveling.
13. What is a common health problem when traveling, caused by poor hydration, and eating too much sugar and foods full of excess sodium, chemicals, and preservatives?
14. Most people are dehydrated, even people who drink a lot of water. True or False?
15. What should you do every morning to flush your body of toxins?
16. What chemical released by the plastic containers in the water we're drinking is considered to be an endocrine disrupter and has been linked to a range of health problems?
17. What has a life force that flows naturally and is filled with negative ions and liquid crystals that vibrate in high frequency?
18. Which high-water content vegetable has the exact same mineral composition as bones?
19. How many hours of rest does the National Sleep Foundation recommend?
20. Sleep deprivation causes weight gain or loss?
21. According to Ayurvedic and Chinese medicine, the ideal hours for sleep are between what hours?
22. Alcohol and deep restorative rest can go together. True or False?

23. What is one of the best ways to stimulate melatonin production naturally in your body?

24. Which food helps triple your blood levels of melatonin and gives you healthy omega-3s that can be eaten before you sleep?

25. What do you call being electrically connected to the earth, which helps reset circadian rhythms?

## **END**

What's your score? You will find out the answers to these questions below and much more as you listen to the 30+ experts on the 10-day Healthy Travelers Global Summit from May 1-10, 2015. Visit us at [www.healthytravelerssummit.com](http://www.healthytravelerssummit.com).

## **Answers:**

1. Electromagnetic field (EMF)
2. True
3. Lower
4. Gauss Meter
5. Gushing Spring
6. A pinch of salt
7. Sit further away from the window during the day or if you do have a window seat close the window cover.
8. True
9. True
10. Antioxidants
11. False
12. Yoga
13. Dehydration
14. True
15. Drink two cups of room temperature water with a squeeze of organic lemon.
16. Bisphenol-a (BPA)
17. Structured water
18. Celery
19. 7 to 9 hours
20. Gain
21. Between 9 p.m. to 6 a.m.
22. False
23. Sleep in a completely dark room.
24. Raw organic walnuts
25. Earthing

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