



Kevin Snow:

And welcome! Welcome to the Global Traveler's Summit. This is it all about being healthy while travelling and were going to be talking to Dr. Robyn Benson. I am the co-host of this summit and also the co-host of the Self-Care Revolution. And again my name is Kevin Snow, I'm an intuitive counselor at Santa Fe Soul which is the Center for Optimal Health and it really is an amazing center in Santa Fe. Robyn is going to be joining live from Santa Fe and telling us all about this information that she's gathered from 35 well well-thought leaders on travel. Travelling healthfully and how we really can enjoy this process, stressful for a lot of us this industry, in this travel industry is an incredibly toxic industry right now. Is that you just industry in the world. It's amazing the technology that's involved that we are going to learn how to navigate the system in a much more healthful way. And I'm going to introduce Dr. Robyn Benson, she is the founder of Santa Fe Soul and this is an amazing center that I've been a part of for many years. She is an incredible thought leader herself and able to gather together this amazing people that really do not miss this. This is an incredible opportunity for you to hear from amazing people on this particular topic. And it's really been fascinating for us, has been throughout most agreed that they come up with this amazing healthful advice. So, again there is Dr. Robyn Benson and I'm going to have you kind of talk a little about maybe how you got started in this. First of all the Traveler's Summit, but really what guided you to really be interested in travel and what guided you to be interested in health? As far and I'm bringing this to you to huge topics together and this really powerful way.

Dr. Robyn Benson:

It's a good question and first of all, I just want to say thank you all for being here, thank you all for being part of this Healthy Traveler's Global Summit and I just want to start just by just saying a big, big thank you to all of our speakers that have said yes! All 34 of them. And I have to say that every single person I asked said yes! And it's really cool because there are many people authors, people that actually read their books, I have really my thinking about health has been really transformed by reading their research. And it has been an amazing journey to gather all the people to be part of this big global message that this is the time more than ever to take care of ourselves, on a cellular level. We have many of our speakers talk about how important it is to hydrate in that we move and that we get important anti-oxidants in our bodies in everyday life. And the

metaphor here really is, certainly were going to be talking about global travel whether it's by plane, train, bus even by cars because they are also very toxic. But this idea of how are we traveling through like every single day. Whether you're traveling to work, whether it's just that you're taking a walk in nature. How are you showing up for yourself? How are you taking care of this amazing vessel? That often we don't take care of in a way that we really need to, considering the toxic nature of the world in which we live. So, how did I get into this Kevin? It's a really good question. I happen to love travel I grew up in a very small town in Central New York State. And we basically, as a family, as a family one of four kids, and the only way we travel was we go camping, which is really wonderful. But for some reason I mean whether I watch TV or I was reading books I'm like, I'm going to go to this cool places, I want to see, I want to go to Africa one day, I want to go to Peru. And I have to say that's what I have done in your...ever since I...I think the first international trip I took was when we renounce the...a senior in high school I kind of ...I was never I went on a plane... until I was 15 years old. And that just started this journey and to know which is then 70 countries. And in my busy work for like it's 23 years now that I've been a doctor of oriental medicine and we actually built Santa Fe Soul 10 years ago, just a home of 25 practitioners and I also just want to shout out, thank you to all of my co-workers and all the people that are the heart and soul, keeping our center of driving it. All the people from literally all over the globe come visit. And... So anyway I've been to these 70 countries and I've been very fortunate in my busy practice to take off and explore a new part of the world. And actually happen to be... where in my home, in my room it's called the "sun room" this is my room of inspiration so often where our guest stay, this is where most of the sun literally comes into this house. I just love this room and when I wrote my book the 'Healthy Traveler Eight Pathways to smart and Effortless Travel', this is where a lot of that inspiration came true was here. But also I want to say, that I wrote that book when I was in Cuba, when I was in France many of the domestic trips that I have taken in the last few years, I mean just like a lot... every single... this is like every other weekend I'm going somewhere. And it just been a really fun journey to bring the best of my information as a world traveler to you today. But also to my book only 10 full chapters, literally full of amazing information about how to travel safe, how to travel healthy and for many of you whether you're a pilot, you're a flight attendant perhaps you work in the travel industry or you're an entrepreneur that you find yourself in planes all the time, [Inaudible 00:07:34.12] there are ways to do it, that you don't have to get sick and that you're not living a travel lifestyle were you're actually adding to the aging process, you can do it in a much better, healthier, smarter way. Would you certainly have heard from all of the amazing

speakers here? And I just want to say so here's my photo albums. I have Kenya here, Peru, Egypt, and China. I went to China in 1993 it was fascinating because I had been in practice for a couple of years, prior to that but even deepen my understanding of this incredible medicine that I have been practicing. That's the oldest continuous form of medicine on the planet. And then Turkey, I went to Turkey, with my husband. Europe has already made it the countries in Europe. Malta which is a really interesting country that I went to with 25 amazing people that were kind of on this quest to do some, planetary healing. In fact a lot of my trips to this countries have been about helping Mother Earth, go through this amazing change by ways in which that we can deepen our connection to the earth and remember that we are not even here without this vital life force which is a big message in my book, in fact I talked a lot about the "holy spark" there's a magnetic field around the earth that all of life depends on. And that magnetic field has actually diminished over the last 70 years but certainly over the last 5-10,000 years. It's impacting at all of us on a cellular level. And it also was a big change into why I have taken this big deep dive into helping people understand how their body work... how your body actually works on a cellular level because if we have healthy cells, you have healthy body. And I...Kevin before I go into a little bit more about my book and maybe talking about our summit a bit more. I just want to say, that in my 23-year career it happened in 2008 probably the biggest aha... like people ask me not to like what is the most important lesson where some of course important information, what is really shifted you as a healer, as a mother, as a spouse, as a lover of this earth what has really been your biggest learned lesson and that had to do with a series of issue I had a lot of my life? And it took me most of literally, it took me until 2008 for me to really discover what was really impacting my sleep. Throughout my college years, throughout even being a pregnant, in two different times with my children, throughout my practice and that had to do with finding out that the main reason that I was not sleeping was because I was very sensitive to electromagnetic pollution. So, what does that mean?

Kevin Snow: Well, definitely not definitely know that.

Dr. Robyn Benson: Right?

Kevin Snow: I definitely know them, you are sensitive.

Dr. Robyn Benson: I explained. You didn't know this?

Kevin Snow: Yes absolutely. We got a protocol but I'll sleep with advantage in maximum.

Dr. Robyn Benson: You had some problems with sleep?

Kevin Snow: You have a protocol?

Dr. Robyn Benson: I do, I talk about that in my book it's SLEEP, I'll certainly go into that. But just to tell... and need be that are listening that have a sleep issue or maybe it's a chronic digestive problem, it could be palpitations, it could be serious EENT. There are so many symptoms that many of us are experiencing that really are a result of all of this artificial energy that were around it at any given time. And I found it out in 2008 after being like literally thinking I'm going to lose it if I have one more night of sleeplessness. I hired a guy that comes to my house. This house that I'm still in and he spend about two hours because I thought maybe it was a mold over growth. I've got there were some type of toxic chemical that might be impacting my sleep and my children too for that matter. But what I find out is right outside my door here, there was this cell tower... actually it's a water tower that's the water supply for 10,000 people in my neighborhood. On top of that cell tower, there I don't know maybe 20-25 different cellular towers and all kinds of different types of... who knows, who knows what the heck they are made in. But he had a very sophisticated what's called a "gas meter" it was like a \$4,000 gas meter and he showed me that there was like a little dial on there. And he showed me that it went... as far as it could go so the influence of all this frequencies that were coming into our house were so high that they were couldn't be detected, they couldn't be measured. They could be detected but they could not be measured because it was so much. And I have a very inexpensive version of that. So, just to give you, I'm going to right off the bat introduce you to electromagnetic pollutions. So, our computers that we very often...like the laptop right here that I have, that I've actually read in front of. I'm just going to tell you, that we should never put a laptop on our lap that's a bad name. Call it a table top computer, but it's not meant for your lap in fact it's teratogenic, it heats up this very important part of your body, I really do feel like it is a huge contributor to why there's so many fertility issues and I think we're going to see that much more. So, but let me just let you hear this for just a second. [Noise [00:13:01.05] Kevin can you hear that?

Kevin Snow: Yes. Yes.

Dr. Robyn Benson: So, anyway if you have a clock radio in your head like I used to for a lot of my life, within let me be just two feet, those frequencies where it was plugged into. Just right near my head and this is again before I moved into this house, before I ever knew I thought that was just a water tower, I have no idea they're all these electrical devices. I stopped the water guy one day because it's a well. And I said so tell me what's going on up

there. He said, we get another \$4,000, we get another cell tower goes up there. This is what's happening on some of our schools, restaurants, government buildings, a lot of the world, you can't escape it. So, anyway that was a big reason that I wanted to do this summit and it's why I wrote my book, I wanted to help people understand that it's we want our cell phones, we're going to use our computers, we're going to go into planes and trains and buses or in our cars a lot. But how do we do it and stay healthy. So, it's not eroding our internal landscape. And so, we've got some amazing speakers that are going to talk specifically too, is Magda Havas is world renowned, she's quite extraordinary the amount of research that she's done on this topic. And then we also going to learn about hacks, this Dave Asprey, many of you know him and he wrote his book the "Bulletproof Diet". He is going to be sharing some of his best bio-hacks. He is a specialist; he is an expert on bio-hacking. So, what exactly does that mean, by that and listen to his interview. And I just want to mention we also have... and he happens to be a sponsor of this whole series and I just want to say thank you to the whole Bulletproof community. I know many of you I love you very much. And I had to say just I really love all the people that have partnered with me. Because every single speaker, all of our sponsors just know how important this message is we get it out to every single person. Not just people who travel but people who need to upgrade, to up level to know how to take better care of your body. So, there are lots of okay again great technology is part of my talk today. This is from Virginia Brown "bio-electrical shield" bio-electric shield, it is something that actually helps to protect you from all of these negative influences and you could just wear that around your neck, you can wear it around your wrist for women many of us just what...attach it to our bra whatever just to find certain ways that your protecting your cells not just in planes, but even in your office when you go to work or when you're in your car. So, this is also a really great thing that you can wear. But I got lots of different things. So, Kevin before I go into my great spread of travel hacks. Do you like to... where's your [Inaudible 00:16:03.21] like to go next?

Kevin Snow: Absolutely I think a little more about your practice, this idea that you got to ozone therapy, called the Myer's cocktail there, most and they're [Inaudible 00:16:17.20] just in them therapist. So, many [Inaudible 00:16:24.01].

Dr. Robyn Benson: So, what is true is that, I do treat a lot of people that travel on a regular basis and they come to me for acupuncture primarily, but also I'm very fortunate in my... I guess for the last 14 years I do a lot of oxidative therapies. So, that means I offer vitamin C drops, Myer's cocktail and it's actually an infusion, I call it infusion of love but quite frankly it is vitamin C

primarily B5, B6, calcium, magnesium has some hydrochloric acid in it. I can be very creative depending on exactly what I picked patient is presenting words. But for like one of our speakers Michael Gelb. Incredible guy who's written 15 books and he travels the globe, I think he was in, I think he said he was in Italy a couple of times like two or three times last year. Anyway, he will always get a Myer's cocktail before or certainly after he travels internationally. But even, domestically a lot of my gurus and takers want to feel well. And any people will get off the plane and they have like a big speech to give to 5,000 people. So, I'm really grateful that I can offer some of this modalities. I also do glutathione pushes and just for people who have aches and pains, I do a prolozone injections were, are phenomenal for people who have really bad knee pain, or elbow pain and they know they have to travel or just people who just want to function, they want to be at their exercise when they go away. I had this one woman recently that was scheduled for surgery, but she wanted to go to a wedding and she's like Robyn what do I do, I have to get on this plane tomorrow. So, I gave her a prolozone shot in her knee. And it's really pretty painless quite frankly and it helps to restore ligamentous integrity. She was able to get off the plane but not only that she canceled her surgery. That's how powerful some of these modalities are that I'm fortunate to offer to my clientele.

Kevin Snow: Since acts more can I [Inaudible 00:18:31.12] now one of this is be conscious and they're about it's not one of the...where's this? [Inaudible 00:18:42.00] you talk a little about that or putting that message that are not here.

Dr. Robyn Benson: Okay very important Kevin. I think that one of the big messages is that were scaring here with this whole summit but certainly in my book is that. We really want to... when we travel just every day for everyday life also is the awareness that were bringing into how do we wake up in the morning, what is our morning ritual, what is our go to bed ritual? And it's just being aware, being conscious of our decisions, like I have a whole chapter devoted to your healthy travel blue print, and what it means to like prepare your physical body even three weeks in advance of a trip or more. Or the idea of always keeping your health optimized on a regular basis. So, we are bringing in Gregg Braden who is talking about the importance of resiliency and when something is unexpected and travel always we find that a lot. We could be delayed in an airport overnight, we could find that we don't make our flight for any good reason but, how do you deal with that unexpected stress? And knowing the cascade of hormonal reactions that happen because of that stress, so I love that

message that Gregg Braden is bringing to this summit. And then we also have Sandra Ingerman who is a world renowned Shaman, and how she prays for her brothers and sisters and the pilots and everybody. It just reminding us that were part of this revered life, and that bringing that incredible conscious message and how important that is. So, that awareness that we are living more by design not by default.

Kevin Snow: Excellent. Where in New Mexico [Inaudible 00:20:40.03] Chile. And one of the big questions is [Inaudible 00:20:46.16] and this idea that you find in your book [Inaudible 00:20:54.04] or the green zone.

Dr. Robyn Benson: Thank you Kevin, I'm hearing a little bit of metal noise is that better?

Kevin Snow: It is, it's absolutely better and I think that this is a good time to point out how much we have love this new technology that we're doing. And how this really is again a leading edge technology this little hang outs and the ability to see live into your office and to see you really brings a dimensionality to what we do, and we have that some interesting challenges along this journey of technology. But, we definitely appreciate being able to use this.

Dr. Robyn Benson: And many of our speakers have never done global hangouts. So, again a big applause to all of them who said yes! I guess just a few of them were audio. So, I to... it was a huge charge because Kevin and I spent the last two years of the Self-Care Revolution interviewing this pioneers, this big thought leaders in bringing to our audience our global community their best information on a Self-Care. And that's certainly a huge message throughout this whole summit. Because truly to feel alive and well and to experience joy it's really about how you're taking care of your body on a mental, emotional, spiritual level. So, getting back to your question Kevin about the red, green and yellow which is pretty much a message throughout my entire book 'The Healthy Traveler', and what I'm essentially saying here is when we were in the red-zone, that is when we are pretty much like when you've been on a plane for eight hours, you're like you're ready to like lose it or you've been on your computer all day long and you can't think straight. But it's really this consistent lifestyle of being in this red zone, there's a very... I called the yin and yang of your nervous system being a doctor of Chinese medicine. We need to get up and go that's the yang side. And then we also have the digest and rest and that's the yin side. So, to have a life that's healthy and to live it in a more balanced way, you need to the balance of the go and rest, right? But many of us in today's world we never shut down and a lot of us that are living with Wi-Fi on all the time our neighbors have Wi-Fi will... never can escape it. So, what happens is, is that we're in the red-zone consistently that the body begins to breakdown and this is... what was

happening to me when I was what? How old then, 43, when I was just at my wit's end when I finally found a solution to my sleep issue which I don't to go talk to you about, but that's going to be in this talk today. I never got to the actual solution. So, anyway this is why there are like 30,000 known diseases... pretty much just in the last 50 years and even more so on the last 10 years. Because of this chronicity of our bodies being over charge in that yang, the go, go, go that never get in the proper digestion rest. In Chinese medicine if we don't have digestion rest we do not have health. So, were very often compromising that nature in a regular basis in what we need to do, and I just to use that word nature. I have to say the solution in what I found from my sleep issue was restoring my body to the cycle of rest that it was desperately needed by being outdoors more. Even though I was a big time runner, pretty much all my life too. I just was not getting enough of being connected to those that negative ions of the earth. Way too much time indoors and once... it was actually John Grey, 'Men Are from Mars, Women Are from Venus'. He came to Santa Fe it was part of a wonderful non-profit that we have at our center and he told me about this wellness device that basically mimics nature. So, green zone is nature and this is when we're living in the green zone, that's when we're practicing go green zone ways of life. So, that's eating green vegetables. Its making sure you're getting the important fats that you need for your cellular function. It is meditation, it is walking and being outdoors as much as possible. So, that green zone. And I just want to say before I go into the nature peace more. To say, a lot of us are living kind of in between. I see most of my patients this way, they are in what I call the yellow zone were their hormones are not working. Massive headaches, gut issues I see that a ton, chronic pain, insomnia just to name a few. But so, there a lot of people just... they're functioning and they're functioning pretty well but they know they could function a lot better and that's why they're coming to me. And I do get a lot of people that are in that full red zone, they have a chronic health condition, they have an auto-immune whether it's Parkinson's or it's... I have a lot of people with fibromyalgia, rheumatoid arthritis just to name a few. But just to know and a big part of the message of the book and certainly this summit is that it's accumulation of your choices, we don't just wake up one day and have cancer or have an auto-immune disease, it's the accumulation of your choices for a full... what you're doing every day, what did you done for the last 10 years, the last five years, the last year. What did you do yesterday to nourish yourself even this morning? So, think about that and as I'm assuring this you might ask yourself, am I in the red zone or are you a pilot listening to this and you think? I'm in the yellow zone, my sleep is not great, my digestion is not great, I'm not finding enough time to exercise, I know I have let go of bringing my food

with me, I'm eating airport food again. Well it doesn't take a lot to get you back on track and that's again a big message from each and every one of these speakers. And I just want to say to, they travel every single one of them. Some of our speakers like Gregg Braden travel 30 weeks a year, Dave Asprey I think he said over a 100 days, Pedram Shojai, Pedram Shojai a lot too. I mean, every speaker has a story. We're also bringing since 'I'm talking about sleep'. Dr. Breus and he is considered Doctor Oasis sleep doctor. And to be able to hear his... for him to share his best information with all of you travelers. To find out what you can do to, deal with jet-lag. We're going to be... having a lot of people share their remedies for that. So, that was kind of a long answer Kevin, but I think I have basically shared what the red zone is, what the green zone is nature. And how many of us are living in that yellow zone. And again for all of you listening here to these speakers, if you're in the yellow zone, you're going to find out how you can get into the green zone. And so, finally the whale is able to remedy, or I was able to solve my sleep issue was a health technology called "Pulse Electromagnetic field," it's also known as magnetic resonance stimulation. It's essentially a Tesla coil that is in this mat. Tesla is my favorite genius of all time, I love Tesla. In fact if he's big birthday is coming up on I believe its April, July 10th and a movie is coming out about him. From a friend of mine Bob Conley in Canada and it's all about Tesla and all the incredible healing wellness devices that he really was known for. So, anyway six Tesla coils in here and when this mat is actually turned on it mimic the frequencies of the earth. So, when you lay on this mat for eight minutes. Because you have to remember that our cells are like batteries. Our cells are batteries and when you're feeling good, that's like when your green light is bright and when you're exhausted like after being on a flight where you've gone like six different time zones. You get off that plane your light, if you're actually. You can actually measure the voltage of your cells, very low voltage after being on a flight. Especially if you don't hydrate, if you eat the crappy food on the plane. If you watch movies around all those lights all the time that impacts your health and Doctor Tennant. I just want to say we're very fortunate aren't we Kevin that we got Dr. Tennant who wrote this book, 'The healing is Voltage', phenomenal book, medical doctor extraordinaire. He pioneers so many patents and did lots of things with Lasik. But talking about his journey from literally being in bed for like I can't remember if it was 7 or 11 years, to researching and finding out the source of why the voltage of his cells was so low. So you definitely want to hear his interview on this series. Okay. So, anyway I started using the mat eight minutes.

Kevin Snow: Yes.

Dr. Robyn Benson: A couple of times a day and that help me get my life back.

Kevin Snow: Truly powerful message and I think that... this technology piece was going to be sharing more throughout this interview about the technology. Are you drinking your banana tea? It's one of our very interesting uses of the horizon, the tosses of banana and some water in making some tea. I really... some of these things are very simple but they're very profound and really getting the potassium that you need. And that's how important that is to this voltage, and then we're also concerned about keeping their cell phones charge. In which we have a little battery indicator on ourselves because we would definitely be doing more work to re-charge ourselves. But that's what this summit is all about right?

Dr. Robyn Benson: We're getting charge Kevin, right?

Kevin Snow: Yes.

Dr. Robyn Benson: Every single one of you will be charged, part of that charge I have to say in terms of being fully lit up, is listening to every single talk. Because each speaker will share their own jewel or a lot of jewels in just one talk. We have seven different categories? And so, one is about super immunity and we bring Dr. Glen Wilcox to talk about parasites and worrying about bugs and yeast overgrowth. All of these important critters that are part of travel and what to do about it. How to prevent malaria. So, we're also... we're starting the whole series of Donna Gates because she wrote a phenomenal book called 'The Body Ecology Diet'. And quite frankly a lot of our immunity has to do with a healthy gut. So, you want to hear her talk, it was... she really has a wealth of information and years and years of experience. And she's the only reason Donna if you're listening to this, that I eat fermented foods. Because, I never like Sauerkraut as a kid and I now have it in my home filtrator and at work and I'm really beginning to like it. I don't like pickles, but I'm getting more cultured fermented foods. And she says you can do that pretty easily on... in world travels. Quite a few of our speakers talk about food and how they've hack about whole issue and how they've got into security. One woman talks about how... I think it was Kayla that she's going to be talking about how she... she will just bring beverages that are frozen, because she can get through security that way. And I would just so many interesting tidbits and information that you are going to learn throughout this whole summit. And even after this summit we want to say the people that really upgrade. And you choose to make the investment to have this series forever. Normally that to get a 35 videos and just a few audios. You also... being got questions? Kevin and I really care about any of the information that is being shared through this whole summit. So, we had questions that we will give to you based on every talk. So, what we're talking about here is we want to increase forever you're healthy traveler's I.Q. so that's pretty

cool. Also many of our speakers have given gifts to people who often to have this ever green product then you're going to get... the price of that is invaluable... you can't even put a price on some of these gifts. And more just to stay connected to our healthy travelers community and one final thing, this is a big deal because even before Kevin and I came up with this global summit the Self-Care Revolution. I was starting my book in healthy travel and it was actually I entered a speaker author contest my first ever where I was asked what's your most important message and by far after seeing all the people suffering unnecessarily on my table. I said self-care because so many people get sick whether it's a common cold, whether it's a stomach issue that it has to do with how people are taking care of themselves. So, number 1 I've discovered too that speaker, author contest and writing my book on travel. Because again as Kevin mentioned in the very beginning it's a large industry in the world, it's a \$7 trillion industry in fact. And it happens to be one of the most toxic and I just thought God I love to travel. And it was one of the cool things in the world that I've been fortunate to do is travel to countries and to learn from so many people? I've been in hospitals, I've learned from the Masai tribal people in Kenya, I've been to Peru a couple of times, I've really connected to many different cultures and to really realize I'm connected to this incredible web of life as I've mentioned earlier but, to really understand the unity and diversity which is a part of our message at our center... Santa Fe Soul Center for Optimal Health where we have approved all that represents all healing, all spiritual traditions. But just to give you a kind of a snap shot into what this whole summit's about in my book. So, when you decide to buy this... we'll to make this investment I think it's a lifetime investment because it's about again how you travel for life; you're going to get a copy of my book. And the title of it: 'The Healthy Traveler Eight Pathways to Smart and Effortless Travel, it's almost a 300-page book. It's many years in the making and quite frankly you're going to be the very first people to get my book, those of you that... many of you are here, everyone has the option to just come in for free, the people who really want this library the Healthy Traveler's Summit forever, you also will get a digital version of my book before it goes live into the worlds a couple weeks later.

Kevin Snow:

It's such an important thing in that, most of our speakers have identified this as well because they travel so much that they're so appreciative that you have taken the time to really put this effort in. Because this is a travel... when we go to places, we buy a travel guide for that place. And so, this is a travel guide for the travel then I really think it's a profound thing that you have done and that you're bringing out into a world and it's very, very succinct and awesome way and you want to introduce us to

your back pack which has been a long time travel companion for you.  
So...

Dr. Robyn Benson: Kevin, you did not forget... all right. So, I'm going to share some of my strategies to have a healthy trip every time I go. And again this a... four times my suitcase is packed, ready to go for the next trip. One thing that I do take and again lot of people wanted to travel with me, because I have everything from good food, I have a nail clippers if you need them, I have all kinds of EMF pollution, ways in which that...to protect your cells from the negative fields. But my back pack I have to say, I travel in the business world too and I like one of my friends like men and women and my dear friend Harmony who said Robyn it's not very professional that you travel with a back pack, where's your brief case? I'm like, "You know what? This is me." I need... I love to have all my necessities with me in one convenient place and she named my back pack... this is a couple years ago, Barney. I'm on to Barney number 2 because the name was so great and so fitting but it's the same make, it's not even about the make I just like it because it has all these little pockets. So, let me just introduce you to Barney. I still need this little mic. But anyway this is my back pack, it has so many pockets in it so I have to time I don't know where everything is, but this is... like when I get out of my car the first thing I do is put my keys here, before I get into the shuttle to go to the Albuquerque airport. And then if I want I'm a big proponent of Oxylent, it's my favorite multi-mineral, multi-vitamins supplement, this is Lisa Lent who... I've found this product first and then I eagerly found the inventor of it. And it's Lisa Lent who also is a big part of the Healthy Traveler's Global Summit, everyone who often you get to hear Kevin and I interview her on the Self-care revolution. But to hear her story because at least 28 maybe Kevin I think that's her whole she was a flight attendant. And she ended up with a pulmonary embolism, right? She had a blood clot, she had anyway is that correct?

Kevin Snow: It is.

Dr. Robyn Benson: Correct me if I'm wrong. Yes, so anyway love this stuff, I never travel without it, non-GMO I talked about superoxide dismutase which is in here, lots of great vitamins and minerals and this is the way you get water into your health into your cells, we drink water but if we don't have a little pinch of sea salt or some minerals, it's hard to get to achieve proper hydration. So, anyway I have more goodies and then you can imagine, I don't like this antiseptic wipes I think they're pretty bad unless you're healthy, so get them that are alcohol free. If I continue to show you, it will take me all day what I have in this pack. But again this is just my go to. And I always have food, you wouldn't believe it, I probably have a food for

two days anytime I travel. And I just want to say that big message in my book, the whole chapter was devoted to food. The second chapter, the first chapter is called, "Are you a frequency traveler?" Because the worlds of health, the world of really understanding our cells and our voltage is all about understanding frequencies because we are electrical beings before biology and our chemistry even works. So, the frequencies that we're around, impact our cells. So, you want to... you want to eat food that's from nature, you want to eat high-voltage food as much as possible. And that can be difficult with travel. So, rather than just so many people complain about airport food, you don't need to complain anymore just prepare. Again just create this healthy traveler's blue print for yourself a big message. Again, you're going to be taking notes for every single talk on the summit as Kevin and I did. That's what I was doing if you saw my head bobbing away or I'm reaching for my next sheet of paper, really great. But I just want to say what I have in my back pack for food. I was very fortunate to learn about Vital Choice and Randy Hartnell who's the CEO of this company he's a born fisherman and he started his company I guess... what? Fourteen years ago called 'Vital Choice' in Seattle, Washington. And he has all kinds of wild seafood and organics which is what I have here. So, his organic products include this organic super-antioxidant trail mix, excellent. And I just ordered boxes of food, so this is... if I just have this some of the things that I ordered from Randy, from Vital Choice. I love their... this wild pacific sockeye salmon, excellent. Actually I sent pictures to Randy once in a while say, "Hey Randy, this is what I have for breakfast, Randy this is what I have for lunch," and also the consciousness of this company, the mission, the care for their products. Just two days ago, maybe you saw it too. He had a like a five-minute video on their Portuguese sardines, the whole process of Sardines from sea to can. And I... people who traveled with me they are watching this has been lucky enough, when I went to Kenya I honestly took 17 cans of tuna, I mean of sardines and tuna actually it was a mixture. And I can't see that sardines are my favorite in the planet. But when it comes to convenient food and also think about what sardines have, they have a good source of calcium, iron, and lots of great minerals in sardines. So, it's something that a lot of my fellow travelers have said I become a sardine lover. But there are so many good things then, they're not... anyway there's a lot less toxicity in sardines than other sea food. This... the tuna that is awesome and it's high in Omega 3. So, we Kevin and I brought Randy to the summit because we wanted to hear his story of how he started his business Vital Choice. And just... he's so passionate about educating the world on the importance of Omega 3, fatty acids in our terms of our health. And also vitamin D. You definitely want to hear Randy's interview, and also I can't forget to mention dark chocolate it's

also cool that his company also is dark chocolate. Which anyone who knows... I don't think there's a day of my life I don't have dark chocolate. I think it's one of the best foods on the planet. Love it, and I have to say I'm not a dairy person. So, when I get my magnesium levels checked which most of the world was low on my magnesium levels are fine, because my consumption of dark chocolate. But make sure you read the ingredients, because some of dark chocolates it's not old dark chocolate is not made equal. Okay, Kevin so there's my Barney introduction I'm really glad I got to share... again I want to mention that anybody... any company that I've ever mentioned you know my book? These are people that I have gone to because I have found them through just through thrown air like any of you. I'm sure if you tap into our Facebook, we have a growing vast of Facebook group that's part of this summit. Share some of your travel ideas or something that maybe wasn't mentioned in this summit, maybe something that you've discovered that's really fantastic and you want to share with all of us. We really would appreciate that.

Kevin Snow: That's excellent. One of the questions that we have asked every single speaker is, if there is something you could change and certainly we have identified a lot of different things in this summit. So, in your areas of expertise or just what you've seen in your travels, what is your recommendation to the travel industry? As far as how they can help their employees and help their customers to travel more healthfully instead?

Dr. Robyn Benson: It's a great question; I know we have asked that many times. Kevin, and honestly I think to really understand the eight pathways, I think if every traveler could know that simple formula to travel healthy. That would be first of all, what you would change...? I'm segueing a little bit and I will get back to my eight pathways. But I think the first thing... I would love to see the travel industry really take a stand on the toxicity whether it's jet-fuels or it's the poisonous foods that we're putting in our bodies or gut forbid the water that we're drinking that they make the coffee with on airplanes. Now, the Wi-Fi in airplanes that it would be a probably a... when you think about the cost in creating an airplane or even a car for that matter... a lot of cars are 40,000 to 50,000 there are ways that you can put panels, that will help to protect your physical body from all of this harmful frequencies, to keep your body on those lower earth frequencies. So, I like to see that... I would like to see the food on airplanes. Why did we have to have this salty, crappy, hydrogenated peanuts or high salts pretzels? Or even if you're in first class... there's not a lot of good choices there either I have to tell you. I do see some shifts that are happening in airplane food but not revolutionary, which is Kevin a lot of us would like to see that it's going to come out of this whole Healthy Travelers Global Summit. That we know that thousands of people around the globe are going to be

listening. So, take this opportunity to speak to, the powers that be. To write a letter to airlines, to educate you're... whatever car you might be driving I have to drive a Toyota for many, many years. And I learned to plug in things that help with... putting some negative ions on air. So, the air is better to breath and other ways to protect myself from electromagnetic pollution. So, I think that we just... it's helping a smart traveler. We really all need to step-up, take care of ourselves and not just complain. But we need to be pro-active in helping making the change that's necessary in the travel industry and that's starts with each and every one of us.

Kevin Snow: Beautiful, and I totally agree... and we've had such amazing information. That used to be turning to those eight pathways? That pathways of food, movement, water, sleep, having more energy my focus this immunity that we're talking about, increase immunity and mood stress and relieving pain ends this idea that... that we could make even travel for free?

Dr. Robyn Benson: We can travel for free, yes. It was a bit of an effort but I found Frederick, yes all the way in Canada or after he just got back from the Polynesian islands this guy has learned how to travel for free. And already in my last trip after I had a preliminary interview with him, I figure out some ways. So, you guys again all of you who are listening you want to listen to that interview. And he is one of the final interviews of the whole series, so, do check him out, I just want to I was very fortunate to go to the travel good show. So, again I'm always learning... It's striving to find out like, what's the greatest like revolutionary idea in travel that I haven't heard of yet? So, do we have a few more minutes that I can share?

Kevin Snow: Yes.

Dr. Robyn Benson: Okay, let me share a few that I think that I discover. First of all, you know this is a Lolly zip bag, this is... I don't know how often you had shampoos spill out of your container all over your luggage; all over your clothes I certainly had have that happened. But this product she said basically, and I'm using this now... you can do anything but eat the cap that's how healthy it is. Because a lot of the plastics in the travel industry are very toxic. I also learned about this really cool neck pillow. This is the greatest thing ever for when you're traveling in a plane. And this is called, "Go Sleep" and I love these guys in the fact I hope you saw my video that I took when I first met them. So, what this is... it has a mask that you put on. Again, you could also be in a passenger in a car and that will work sufficiently too. But so, let's say you're in a passenger... or in a car; a bus; a train or you're in a plane. And you put this behind your neck its super comfortable. And then, Tom this is Tom, it says thank you too for coming up with this innovation. Then, you put this around your eyes and then you

put this on the back of the chair. So, you're not putting it on top of the tray table or the passenger behind you. What's really cool because it's got elastic band and so, when you have this over chair, your head doesn't bob from left to right. You know quite frankly? I never like those little pillar pillows... they're better than nothing... but I'm not that impressed. So, this is cool, this is the total bomb before any type of travel like that when you're a passenger. So, that's fantastic and there are so many other things I just want to show you many people that don't sleep... well I think hotels are notorious for major electromagnetic smog and pollution again what, told Jabari in his film the full signal call the biggest biological experiment ever, it's hard to sleep in hotels there's so much... things are plug-in all around your head and you've got your neighbors right next to you both way you're connected to their HD T.V. Having an unplugging everything, number 1. So, that's electro hydro fining, electro sanitization called electro hygiene. But anyway, there's really... it's really where you get a good night's rest. So, make sure you do that, wear a really good mask, I love this because everything's dark in your room. So, you're body still producing adequate level of melatonin. This is my favorite one. I'm a big... anyone who happens to get to be a roommate of mine, knows that this is just like necessity is part of my travel blueprint and I don't want to have ear plugs and it also a sound machine this a sound machine ready? It's a sound of a choo-choo train, I know it's kind of random but it just puts me into that la, la land place. And quite frankly I do... you're looking at this mat you really see it, but it's about five feet long. I actually travel with it because it's only 22 pounds and its check on luggage but it's also where I put my running shoes, it's where I put extra coats. It's been to 17 countries with me as far and counting. So, it's just part of my movement I want to sleep well and also helps your jet-lag, because it helps to connect you to the actual time zone that you're in. What else can I tell you Kevin? Our list is long, if I could show you what I have in front of me, but I will say that for part 2 I just want to let you all know part 2 of this series, were going to bring on Kevin and he's going to talk a lot about meditation and you're one of his many, meditation and mind full technique that he shares to the world in his work. But also I'm going to bring into my pharmacy and my work, I have this amazing pharmacy and I just want you to go insider's view, of what I prescribed for healthy traveler and my patients. I will actually show you what a Myer's cocktail looks like and perhaps you demonstrate on Kevin. Kevin you'd never had one, have you?

Kevin Snow: No.

Dr. Robyn Benson: The only practitioners and anybody step in to Santa Fe Soul not to have one.

Kevin Snow: It's time.

Dr. Robyn Benson: But I wanted to just let you know, that if you're on medication for sleep, if you're on medication for pain, if you're on medication for headaches, if you're on medication for... done your everything, my pharmacy has a solution to just about anything, and I just want to say I am a big believer in emergency medicine and I do believe certain people need their medications. But it helped a lot of people travelers particular who have been on... this idea that oh I only take sleeping pills when I travel, do you think that? This whole summit is about re-thinking, re-training the way you think about travel, the way you think about nourishing your body.

Kevin Snow: Well, so finish out this segment. What do you want to lead people with today as far as certainly we've had many powerful messages and re-visiting the eight pathways? What is it that you really want all our resident's to hear from Dr. Robyn Benson?

Dr. Robyn Benson: Just a pause here and just say, the most important thing is really... to really love yourself and honor this amazing body, vessel that you are. No one can do it for you, not even I can do for you what you do for yourself. That is the number 1. And I share this with you Kevin before we get started today. I want to share this to everybody it's in my wonderful summary in here. And this is, "Happiness is a way of travel, not a destination". So, my message to you is, "May your travel in everyday life be full of rich blessings, may be full of vitality because it's a birth right. So, you haven't felt that vitality that we're talking about many of our speakers are sharing with you? It's your time, it's time to shine, and it's your time to awaken to the potent message of what was shared in this series. What has been shared with you, through the two years of the Self-Care Revolution and just to know that this journey continues? Kevin and I are not going anywhere. We will continue to share the best information that we could possibly can and we want to say we invite you to two other sponsors of this event are Santa Fe Soul Center for Optimal Health again we built this hospital, I built this center 10 years ago. And also the Self-Care Revolution pro-sponsors, because we care to take this message out in a big way. And for every single person if you have found loveliness, please share it to your global friends. We love you and thank you again for being part of this incredible series. And many blessings.

Kevin Snow: Absolutely, thank you so much Dr. Benson and for doing all of the audio spark because in bringing this together... And I'm going to thank you on behalf of all the people who listened to this because, I am certainly very fulfilling information, I have gained and I just want to encourage you to share this with others. And to really again go on this amazing journey with us. So, thank you again.

Dr. Robyn Benson: Thank you so much Kevin.