



DR. ROBYN BENSON + SELF CARE REVOLUTION PRESENTS  
**HEALTHY TRAVELER'S GLOBAL SUMMIT**  
SPEAKER TRANSCRIPT

**Dr. Robyn Benson:** Hello everyone, welcome to the Healthy Traveler's Global Summit. We're so excited about this second category. We're going to learn about energy and sleep solutions. And my name is Robyn Benson, I'm a doctor of Oriental Medicine. And the past 23 years, I have helped people solve some of the most challenging health concerns and it has been quite an amazing journey. And I just can't tell you how excited I am that we've launched this summit, it's been amazing and we can't explain to you enough that this is the wave of the future. All this new information that you're learning is future medicine practiced now. So, I'm joined with my amazing co-host...

**Kevin Snow:** That would be Kevin Snow and I'm an Intuitive Counselor practicing out of Santa Fe Soul in Santa Fe and I'm the co-host of Self-Care Revolution and very excited for today because, this interview that we did with Dr. Christianson during this Self-Care Revolution is definitely one of my popular interviews, jam-packed with information, really looking forward to this talk today. Thank You.

**Dr. Robyn Benson:** So Kevin, do want to mention what the Self-Care Revolution is to an extent, this is a whole new audience.

**Kevin Snow:** Yes, right, exactly. This Self-Care Revolution is definitely a two-year process that we've ... it's a journey that we have been on and has led to this journey to really talk about travel. And, so this ... this is just a culmination of amazing experts like Dr. Christianson and this honing in on special certain areas of our lives and really being able to do the deep dive into how we can physically, mentally, emotionally and spiritually thrive and just really grateful for being a part of this process and being able to talk to some of these amazing experts.

**Dr. Robyn Benson:** Awesome. I have to say this issue around energy when I think about all the people they interviewed for my book, the Healthy Traveler's Guide, and all the patients that I have seen over the past 20 years. When it comes to people who travel on a regular basis, this is the biggest complaint, that it's just a comment. I just am exhausted. We just talked to a pilot last May and he just said, "I still can't figure it out after 16 years." So, I know that this speaker today will have some great content for you and certainly solutions to how to figure out this whole energy piece. So, Dr. Alan Christianson is an Arizona-based Naturopathic Physician who helps people overcome adrenal and thyroid disorders and achieve lasting fat loss. He authored the New York Times best-

selling Adrenal Reset Diet and The Complete Idiot's Guide to Thyroid Disease. Dr. Christianson is the founding physician behind Integrative Health. Thanks for being here, how are you today?

Dr. Alan Christianson: Yes, I'm doing great. Thanks for having me, Dr. Benson.

Dr. Robyn Benson: Yes and congratulations again on your New York Times best-selling book. It was so fun to be part of that campaign with you and that was just a couple of months ago and how your message has reached, well, beyond this country, that's for sure. So, many of your probably know who Dr. Alan Christianson is and that's why you're here joining us today. So, why don't you tell people who are new to you, your story is an amazing story and how you got into medicine and why you're doing the work that you're doing today.

Dr. Alan Christianson: I was a nerdy fat kid. I was pretty enamored by all things, space and science. And, I had had the fallout from epilepsy and cerebral palsy. I really couldn't do sports or physical activities very well, I was a geek and I was a bookworm. And somewhere around the age 12, it hit me that this wasn't working and that the weight that I was carrying was a bigger impediment than I thought it was. And at that point in time, it all shifted and I moved my focus towards how could I first improve my health and over the years, medicine became just a real calling and a lot of these seemed [Inaudible 00:05:12.15], I realized there was diseases, the worst conditions in which people had physical limitations, they had debilitating fatigue and weight struggles and I wanted to help make sense of those so no one would be stuck in those same situations.

Kevin Snow: We're hearing a lot about adrenals and so we're definitely going to be talking about that today, we're going in-depth with that idea. And I know that it's a gland, I know it's part of our endocrine system. Can you explain basically what it is, where it is and what it does and why it's so important?

Dr. Alan Christianson: For sure. Each of your kidneys has a little chunk of tissue sitting on top of it. And it's about the mass of a nickel, just a few grams, but each gland controls our body's health in so many ways. The adrenals, they govern our food balance, they manage our electrolytes, they manage our blood sugar and control our other hormones and they also control information and there are so many factors that are very pressing in modern life that can throw down out of balance. They're really the gateway between just surviving or really thriving.

Dr. Robyn Benson: So, talk about, I'm hearing a little background noise there, is that, do you hear that? Are you hearing that too, Alan?

Dr. Alan Christianson: I hear it. I'm in a silent room right now.

Dr. Robyn Benson: Okay.

Dr. Alan Christianson: It's not at my end.

Dr. Robyn Benson: Okay. That's interesting. Okay. So, tell us why you think this is an epidemic right now, why so many people are experiencing severe adrenal fatigue?

Dr. Alan Christianson: It's a huge factor and it's a very real thing too and there's adrenal fatigue, adrenal dysfunction and then, adrenal diseases. And the conventional world has long recognized the diseases, times when the adrenal glands cannot make any hormone or they can't control how much hormone they make. The main two things that happen there are Addison's disease when there's far too little or Cushing's disease when there's far too much. But apart from the glands being really broken like this, they can have the wrong amounts of hormone being made and we call them in a state of dysfunction or fatigue. And yes, it's real, it's common, it's getting more common, we think about stress as being things that upset us or anger or frustrate us and that's true but there's a lot of things that are really invisible stressors. And those are all things that can trigger the adrenals to a state of dysfunction. That can include like pollutants or synthetic additives to our foods, artificial lights, being climate-controlled and then just having hectic schedules. So, these are all things that collectively push us to a state of adrenal dysfunction. Many of these factors are just huge for travelers. They are a big part of life on the road.

Kevin Snow: In the travel, we are definitely talking about travel, so, what are the stressors? What are the travel stressors that can really be hard on the adrenals and how do we know that that's that?

Dr. Alan Christianson: You know, among the other things the adrenals control, it also control our daily circadian cycle. You know, when do we wake up, when do we go to sleep, when do we eat and one of the big pitfalls of travel is those schedules can change. We can move through time zones, we can also just have our normal timing of food and sleep disrupted by the demands of it all. And then also we see changes in our diet, which foods we eat, when we're eating, how much processed food we're being exposed to. These are things that are harder on the road also. When you're on the go, there's less access to good produce and the amounts of foods and the timing of foods you might want. And then also we see just the nature of change and this sorting out of different environments, navigating your way through airports and dealing with schedules and pressures and deadlines or what not. These are all things that collectively raise the stress load and trigger us to adrenal dysfunction.

Dr. Robyn Benson: Yes. So, since we are talking about circadian rhythms, can you speak to jet lag a little bit and what you prescribe for your patients and what you do for yourself because I know you travel quite a bit too, don't you?

Dr. Alan Christianson: I travel a bit. I pick and choose but yes, I do a fair amount. Yes, jet lag's a big thing and we think that a lot of it is a combination of the changing

of times especially having your time schedule move backwards. So, rather than going to bed at say 10 o'clock like you're used to, trying to go to bed at eight o'clock, so when the schedule gets compressed, that's the hardest. The funny thing that, when humans are left in caves and they have no cues of daylight and darkness, most end up being on days that are about 26 to 30 hours. So, we can do a little bit better staying up later but it's hard for us to move at all earlier, so like travelling east is especially hard. And then the other part of it is, air travel, we think there's some of it from just free radical damage, from being that much higher in the atmosphere, having that much less protection from the earth's ozone layer. And we know that those who make a career out of air travel do have higher risks for some of the non-solid cancers, leukemia [Inaudible 00:10:40.17] and those things correlate with greater oxidative stress. So in terms of what to do, there's been a lot of research around our own sleep hormone, melatonin and a lot of popular products based on this. And there's a big gap between common practices and results from research and how it's looked at in research. Melatonin seems to be able to help jet lag and resetting rhythms but not in the ways that it's commonly used. So, most of the data that's been done has been done on very small dosages like a tenth to a third of a milligram, just a small fraction. And most of the data also has been on more sustained release types that are more gradually absorbed. And also many trials have shown that, you don't always want to take it at bed time. Sometimes it's more useful for the small doses to be taken anywhere from like two to six hours before bedtime to help you reset your rhythm. So I do use it on occasion, I do recommend it. But I don't recommend higher dosages or immediate release forms like sublingual or quickly dissolved tablets and I don't usually recommend it at bed time.

Dr. Robyn Benson: Also glad you're sharing this because this is the first ... a lot of our speakers talk about melatonin and such a small dosage and some people are saying go up to ten milligrams. Sometimes you need that, they're saying you really need that much. I agree with you though, Alan, I like the idea of taking it before bedtime in a couple of hours. I think that's extremely helpful.

Dr. Alan Christianson: The idea with a lot of interventions that we have is that, we're not trying to wham the body to do something harder. We're not trying to bang that nail stronger. We're trying to coax the body back to do what it's trying to do. So when we're taking melatonin, it's not that we're really adding to the total amount of melatonin in circulation because what we make is much greater. What we're trying to do is help the body heighten its own production at the right times so by smaller amounts, they are more gradually absorbed. You can do that. And we see that the effectiveness of melatonin has what we call the J-shaped curve or U-shaped curve meaning that low amounts can give greater depths of sleep but the modern amounts tend to be not as effective. The higher amounts can be effective as well, but they can then have some side effects like sedation or grogginess or important not to focus the following day or

very vivid disturbed dreams. So you have small amounts, it can work quite well with people without real drawback.

Dr. Robyn Benson: Before we lay this topic about melatonin, because it's a little segue from our adrenals, if someone is going to Paris, right? So it's like hour-hour difference. Can you just give them like a script of how you would dose it? We get a lot of different opinions here but I'd like to hear since this is an area of expertise for you, what you would prescribe.

Dr. Alan Christianson: Average-sized adult, two-tenths of a milligram then ideally four hours before their targeted bed time so they're good at their new location. And that's good to do for three nights in a row to get that sequence back again.

Kevin Snow: There are foods that basically are precursors or that help us from this [Inaudible 00:14:10.28] melatonin. Can you speak a little to that? Like what foods are really...

Dr. Alan Christianson: Sure, sure. So some foods happen to contain pretty small amounts of melatonin directly. They may not have a large effect upon our overall circulating levels. Other foods can have a big pronounced effect upon serotonin-melatonin conversion. So funny thing there, tryptophan is the main relevant amino acid. The foods that are high in tryptophan however, don't really make that conversion happen. We also hear about tryptophan in turkey and being part of Thanksgiving and that's all kind of an urban legend. So, tryptophan is found in turkey. That's actually not one of the higher food sources. There's more of it in pork or beef and just as much in chicken. You get tired of Thanksgiving from overeating although I'll put that part out quickly. But tryptophan, when there's a lot of it by itself in your bloodstream, it will cross the blood brain barrier, help you form melatonin more effectively and also serotonin. So, when you have foods not that contain tryptophan but pull out everything besides tryptophan, that's the trick. So, some foods have a more pronounced effect, draining other amino acids out of your blood stream into your cells and they leave tryptophan behind. And that then drives that reaction to [Inaudible 00:15:32.33]. By and large, those are good carbs. Those are some of the benefits we get from having healthy carbohydrates, especially later in the day.

Dr. Robyn Benson: I really love reading your book, by the way. Can you talk about that a little bit more about ... because that's new information for a lot of people by just the timing, approach in carbohydrates and fats throughout the day and how that will help optimize energy and get the adrenals working better.

Dr. Alan Christianson: So we can look at the side of melatonin and serotonin and we can also look at the side of cortisol, so they live on a seesaw, when one goes up, the other goes down. So, you want to have your cortisol get shut off at night time. That's part of allowing your body to make melatonin, to get

that deep, restorative sleep. And if you're not consuming healthy carbs, if your diet is low in carbs in the evening, you may have to produce more cortisol to raise your blood sugar. If your blood sugar is too low, it's not safe and your brain can't function well. You don't feel relaxed or secure. So your body makes a stress hormone like cortisol to raise your blood sugar back up again. And in the evening, that's going to get in the way of your quality sleep. So good carbs, things like brown rice, black beans, sweet potatoes, those are all great foods that can help you to lower cortisol and therefore raise your melatonin which is a critical thing in the evening. It's not what you want first thing in the morning necessarily but it's pretty critical for a good night's sleep.

Kevin Snow: That's excellent and in that case, a good segue to what can we take with us and how can we travel and afford to eat healthfully, we have lot of people offer suggestions. What is your opinion on how we can pack some stuff with us or find some things at restaurants or at the airport?

Dr. Alan Christianson: Yes, good question. That can be a real balancing act too because we think about, at some point trying to manage every single detail, we have to realize that, that itself can be stressful. That it's not benign, it's not harmless trying to manage and predict every possible variable and pack a ton of things with you. That itself is going to raise your stress load if it's taken into too much of an extreme. So, it's a real balancing act and it does take some thought about what you will have access to and what would be available. It's usually not too hard to get beans or legumes, there's oftentimes bean soups or split pea soups or maybe bean or black bean or worst case scenario, some bean in side dishes, bean salads, refried beans. So, one can usually get those on the go and those are some of the better foods in the evening for those good carbs. The other nice option would be rice, that's also an easier one to come across. At home, brown rice is go-to staple. On the road, white rice is not an unreasonable option for having a healthy carb to keep the cortisol low on the evening.

Dr. Robyn Benson: So can you talk a little bit about adrenal fatigue? I mean, we could talk about ... so many people in the world are suffering from this and a lot of people don't ever seem to feel that they can resolve it. So I want to hear your methodology of how you work with your patients to help people feel like they're on the other side of it.

Dr. Alan Christianson: There're a big distinction between the fatigue and the disease. And first, I was just going to make sure that someone does not have adrenal disease. They are rather rare but they do happen and I have seen some people to where they've been treated as if they've had an adrenal fatigue and they actually had Addison's disease.

Dr. Robyn Benson: Right.

Dr. Alan Christianson: So it's good to be clear on what it is you're dealing with and what's happening. A combination of blood markers, urine tests and salivary tests can give someone a brief full picture of that. And there are autoimmune markers that show if your body is hostile towards your adrenal glands. And those are important ways to differentiate adrenal fatigue from the disease. So that's a good first step if someone clearly does not have disease then the fatigue, I would argue, can change and can radically improve. And it definitely does take changing the factors going into it and identifying and lowering the load of stressors on your body but it's something that can be fixed. It's something that you're really not stuck with. When the adrenals are not working right, in the case of adrenal fatigue, it's not because they can't work, it's not because they're broken, they're not damaged at all. They're actually trying to adapt to a difficult set of circumstances. You know the demands you're placing on yourself one way or another are not fitting your body's capacity. So if you do change those demands and you do change your body's rhythms and allow some helpful building blocks for adrenal repair, they can do better. And I rarely see it take more than a few weeks to see changes in symptoms and rarely more than a few months to see a measurable change in adrenal function.

Dr. Robyn Benson: So is a saliva test, is the one that you intend to do?

Dr. Alan Christianson: I don't do one but I do saliva tests. I do also do blood tests and in some cases, I also do urine tests and I've done quite a few air cortisol studies also which is pretty fascinating. So, the stress hormones are made by the adrenal glands but they're also made outside of the adrenal glands so the hair studies are nice because you can get a sense on what the whole body's output is. That's especially important for those with weight loss struggles but at the minimum, I'll do a combination of blood studies and salivary studies. The salivary tests are awesome because you can see how much cortisol you're making at times a day that wouldn't be convenient or practical to get a blood draw done. The blood tests are nice because you get a sense on how much cortisol is present in active states as well as how much is bound up by carrier proteins. And you can also get a nice cross check on the salivary levels. There are some people to where they have bleeding gums, even like microscopic amounts of blood or for other reasons, the salivary levels may not quite fit. So I'd love to have a reading for a person at the same time of both blood and saliva and then I'll also have salivary levels at other times a day.

Dr. Robyn Benson: Then there's always the heavy metal issue too and I know you do have a metal testing. Do you want to explain to all of our listeners a little bit about how that can play a role in our raw health? Especially even with energy, especially with high levels of mercury and lead and how that may impair someone's energetic nature.

Dr. Alan Christianson: Yes, super important. So, what happens too is I mentioned how the stress hormones are made outside of the adrenal glands as well. So the adrenals make a weak hormone called cortisone and a stronger hormone called cortisol and there's enzymes in the belly fat that can shift these hormones back and forth. Things like lead and mercury to mention, those can alter the activity of that conversion. So you can produce more stress hormones because your body is carrying a burden of toxins. So even apart from deadlines in travel or financial pressures or relationship stressors, apart from those obvious stressors, the invisible chemicals like the heavy metals can heighten your body's total stress load. And there's no shortage of opportunities for exposure and some people have differences of genes that make more of those wastes stick inside of their body than others. So we're all exposed but even among a population with similar levels of exposure, some will have more toxins get stuck inside of their body than someone else would and yes, that's also measureable and treatable.

Kevin Snow: So, what was your top three things that people also doing incorrectly that are leading to this imbalance in hormones?

Dr. Alan Christianson: In terms of adrenal function, one of the big ones would be just variable times for sleeping and waking. As much as possible, the more consistent those times are, the easier that is. And for travelers, if one is going to be in different area for some length of time, the trick there is to quickly adapt to the new time zone and stay regular with it. If someone is changing time zones very frequently, as much as possible, it works better to maintain their own home time zone even though that may not be what is happening where they are temporarily.

Dr. Robyn Benson: So, all these years of treating people Alan and just you know, just being your specialty, adrenals and thyroid, what would you just say is like the most important thing that a traveler needs to do on a regular basis to stay healthy? Especially and again a lot of people are listening, a lot of pilots and flight attendants, like ... What is that you just see again and again, if somebody would just make this one change, what would it be?

Dr. Alan Christianson: The timing of the sleep is a big one but then along with that, the next big thing would be just the timing of food. So, clinical trial is showing that by being strategic about when you're having your protein, when you're having your carbs, despite whatever else happens, despite however many other stressors you're dealing with, you can improve that rhythm. And what's in your strategy, and it's not a matter of people having eating wrong and then causing adrenal fatigue because they ate wrong but more so that, as a strategy, timing your food intentionally can reset it and correct it and that's added giving good quality proteins for your first meal and then good quality carbs is the basis for your last meal. That simple step alone can reset it more than other variable that I have seen.



Dr. Robyn Benson: That's really cool information because I just don't think that's a standard of what you're reading out there, right? So I think that's very interesting information for everyone's who's listening to really think about that and how important that is that you ensure better quality sleep by timing when you're having your protein, when you're doing carbs. Because what do most people do they wake up ... especially if they travel, right? You get up and you have your pancakes and you have all your carbs in the morning. So this is a new way, this is what we're seeing from a lot of our speakers in the Healthy Traveler's Summit. People that really stretching what had been our common beliefs about what we're eating when we're eating so thanks for sharing, this is obviously based on all your research for your adrenal reset book.

Dr. Alan Christianson: Yes, you know there's the idea that some people who are more carpologist and call them say... If you are going to eat some carbs, have them in the morning so you can burn them. And it seems logical enough that there's common examples of the body's complex counter regulations making what seem logical just not how it works. So our best fuel, is the thing called glycogen. And that's a stored version of carbohydrates that's in our liver. And it takes us at least eight hours or more to form glycogen. So the breakfast like you said, the breakfast with pancakes served with juice and all that, we don't really have a chance to burn that during that day. That's just making us tired and making our blood sugar drop. As an extreme example when we think about like, Edward I know you're an avid runner marathoners will do an EO of high carb meal the night before and not the morning before, it's not really good to run. And that's how your body works, your body takes some time to take the food and build good quality energy amount. It will at least take over night.

Kevin Snow: You mentioned the sort of proteins, you shared some carbs that are good but what are the good proteins?

Dr. Alan Christianson: The best proteins are really not in the genre of common breakfast foods. The closest things to good proteins that are in the common list of breakfast foods would be things like eggs or meats and are often very processed meats which there's a lot of strong data saying they are not our best for day to day staples. You know, sausages and bacon, eggs, dairy foods, many can be sensitive to them and they can be issues by raising the immune response for a good number of people. So, the more common list of protein that one would have for dinner - fish, poultry or less processed meats, those are great options. The other good way to go is shakes and there's more and nice, high quality shakes that have clean protein sources that are non-allergenic that are low in sugar and quick to mix up. I think about the two main ways to go would be to have leftovers from dinner, which could be more of a dinner protein or make a real good shake for breakfast.

Dr. Robyn Benson: I find with my own clientele here, Dr. Alan that people really don't understand the kind of a difference between...no...thyroid related issues like hypothyroid fatigue and then also adrenal fatigue. Can you talk a little bit about the relationship because obviously, we need both of them functioning really well. In western medicine, I think most people are just treated with thyroid medicine but very often the adrenals are overlooked. So, can you talk about that a little bit and to help bring some clarity among people who are listening who would like to understand what's going on and to understand the thyroid and adrenals. It's just confusing, I find that most people find it very confusing and I bet you can just hone in on the differentiation and the connection.

Dr. Alan Christianson: For sure. So thyroid disease is disease. It's a real error. The body is attack with thyroid. The thyroid cannot make adequate hormones and immuno-attack prevent us from responding properly to those hormones. So adrenal dysfunction is not a disease. It's not a permanent state. It's more of a response or an adaptation. Now, those conditions, if someone does have thyroid disease, it's very common that they also have adrenal dysfunction. The reason for that is this...the adrenal hormones control how your cells respond to your thyroid hormones. So if your thyroid hormones have been lacking or erratic, your adrenals have often had to work harder to help compensate for that. So it's very common when someone does have thyroid disease, their adrenals have had a certain amount of stress. So not everyone who has adrenal stress has thyroid disease but most that have thyroid disease have had issues with their adrenal glands. And some authors have made a big issue about treating one gland before treating the other. They're really different. One is more dysfunction, one is more disease. So if they're both not right, they both should be treated. But there's really not a sequence. It really should both be corrected as properly as possible.

Kevin Snow: We need to ask our speakers about this relaxation response and the benefit of that. What type of meditation would be easy for people to deal on when they travel?

Dr. Alan Christianson: You know that is one of my favorites that's why I'm recommending quite a bit. One thing I also encourage is very simple is using visual focus. One can have a static image that they like or just single point or a corner for just periods of time of deep diaphragmatic breathing with main hitting visual focus on a set point can also be a very powerful technique. The relaxation response actually had a few different versions of it in its earlier studies. And some used a word or a repetition, some would use visual focus or a combination. People have different responses to different types of practices but the general idea is to everybody comfortable and really avoid as many distractions as you can, but have some way, to maintain repeated focus and that can be visual it can also be kinesthetic, you know you can do very good with walking meditations while you're moving to sync up your breath, your counting your breath with steps. And that can also be a word or a

mantra. One thing that I've loved during travel times, during driving at times quite a bit, you can simply count your breaths and make it a game to maintain an unbroken count over the length of the journey. And with some timely some practice you can often do a few hours of time of pretty unbroken focus and that's very powerful. You know all throughout and during travel time, people really fill their heads with things that they wouldn't otherwise. Things that are all time-wasters like random movies or trashy things to read. It can be such a powerful time for important tasks or for refining the nature of your consciousness. So I think it was great opportunities to maintain some visual focus, some focus on counting breath or repeating a peaceful sounding word. But all it really takes is that, is retraining your mind your awareness back to a focus for a prescribed length of time.

Dr. Robyn Benson: Are there any particular apps that you recommend?

Dr. Alan Christianson: There are many good ones. One I do like is one that tracks heart rate variability. There's also a device that goes with that. So you get a sense of how your heart rhythm is relative to being in a good state of entrainment or outside of that. But there are many that are nice reminders to meditate or ones that give you guided visualizations but it is quite simple. It really can be as simple as just counting your breath for a period of time. It doesn't take a great deal of complexity.

Dr. Robyn Benson: I recently have been in the air a lot lately and I did some heart math app and that was awesome just getting into that green zone. We talked about that a lot you know where you mentioned that we're resonant incoherence. It's a great place for many of us to be and I'm visualizing myself on that plane and I'm thinking about all the radiation exposure that we read about when we travel and we maybe talk about that. I would love to hear what you would recommend to again all the pilots and frequent flyers and in terms of how they can protect these really important glands in our body and what you recommend taking too. What are the main supplements that you recommend?

Dr. Alan Christianson: In terms of free radical damage and radiation exposure, the old idea was that we thought isolated anti-oxidants would really mop all these stuff up but over the years the data has shown that it's not panned out the way that we thought. It turns out that our bodies make much more powerful anti-oxidants than isolated ones like vitamin C, or vitamin E or vitamin A. So the game now that we think about is more so how do we encourage our endogenous internal antioxidants. Things that will protect us such as glutathione or Enercept 2. And many of them just do not work practically on a regular basis to ingest them is more helping us produce them better. And foods are so powerful for that. You know a lot of very good foods. When you're travelling, one of the simplest things is tea. We hear about the myriad benefits of green tea and they're true but 95 percent of those benefits apply to black tea and many studies have been done on just the common varieties you find anywhere. So even

having a simple cup of tea as you're travelling can greatly reduce your free radical burden. When you plan ahead in pack, some of the culinary spices are wonderful aged that as well. Cumin or simple black pepper or turmeric, those work very well to raise our endogenous output of anti-oxidants. And then the category of foods to think about are the foods that will stain your clothes when you're travelling. Those are used to the healthiest ones. So things like pomegranate juice which can be very soluble and not too hard to come across. Berries, always being wonderful things. Rosemary also being a good one and tomato sauce, not hard to access on the go but very rich and powerful polyphenols and other anti-oxidants that raise our body's own production of protective compounds.

Dr. Robyn Benson: I love this message that you're sharing, just giving a lot of what we need from the foods that we eat and not having to take so many different things but can you just share with us, what does it look like when Dr. Alan Christianson travels. From your suitcase to what you're taking on the plane to eat, just to avoid ... many of our speakers said ... they say, don't eat at airports, period. What do you take along with you that you recommend?

Dr. Alan Christianson: My favorite plan, I make up some mixtures of super foods and I do this in advance and I've ... again I'm kind of a nerd, kind of a geek so I map out macro nutrients and micro nutrients and I made some blends of proteins ... you know, rice and beef proteins, resistant fibers, nutrient-rich super foods and I made the powder that really has the macro and the micro nutrients I want to hit for the day. And I'm travelling and I know that I will not have access to reasonable foods, I'll just make enough of that for the travels and just add that to cold waters need be and make meals out of it. But many times I will base things upon food that is there. Again, something I realized was that you can quantify how much stress affects your health and how much it raises the risk of heart disease and how it raises the risk of our immune system being ignorant to cancers that are developing or raising information and it's a pretty high barrier. And when you look quantitatively at the risk from undesirable food ingredients or other things that you really would want to avoid, there's many situations to where the risks from that stress is perhaps hundreds of fold, no exaggeration above the risk of exposure to something. So, I look at the cost-benefit ratio and if there's times where, making myself too stressed or concerned about the complexities and avoiding everything that could possibly be harmful, I won't worry about it. I'll have do the best I can and have reasonable food, and be thankful for it and know that that's probably the best choice for me in that circumstance.

Dr. Robyn Benson: Great answer. I agree with you. As much as I travel, I do my best that, every once in a while you just have to go with what ... sure they make your best choice with what's available. I think that actually airports, I have to say for sure that there are better choices now than there had

been in the last five years. Currently, you can get an organic salad now. When I was in Salt Lake City Airport recently, I was like wow there was some tabouli and some great wraps that were healthy and non-GMO. So it's happening, don't you think?

Dr. Alan Christianson: Yes, I've seen many airports that have kind of like a salad bar, but not the traditional salad bar, they also have some poultry, some beans, lots of vegetables and yes, you can put together a custom meal and pay for that by the weight and do pretty well from it. So there are more options. And I think that ... there's honestly ... there's no end of reasons we should be afraid of food but I think it's a tough spot to be in to be afraid of food. And you can find some random, chemical or possible thing for honestly, for any food you can name. Without a single food you can name that there's not some fear or some possible bad side about it. But we have to eat, we need to take in nourishment. And as tough as it is to be, in a state of fear or stress, what a horrible thing to have to be in that state of stress over what we need to survive. That's something I think a lot about.

Dr. Robyn Benson: Yes. But also the idea of being more of a conscious traveler on how we can prepare in ways just to avoid those situations too. So it's just nice to...well not... we actually interviewed somebody who is kind of a parasite specialist and so we've learned a lot about parasites in you know, salad bars. How you have to be careful. So we're getting all kinds of different information which is...it's just helpful for all of us to, at any given point. I think what you're saying here is, we're doing the best of what we ... you know there are circumstances, and then, we had another speaker who has travelled the world too and it part of his experience is trying the native food and not worrying about it. And if you get sick, you get sick. Right? So it's...someone has to and figure out what's great for them, right?

Kevin Snow: So we asked everyone, what would you change about the travel industry or what travel in jungle, that people are experiencing now. What would be your advice to the industry?

Dr. Alan Christianson: The advice to the industry, well that's a tough one. Yes, they're thinking about how to move as many people for as much efficiency as possible. Putting help preps and more thoughts into just the little elements of creature comforts. Some of the things that affect us the most are not the ones that are most complex. It's often about the little gestures of reassurance or the little context we reach along the way so I will argue that probably the biggest thing would be just communication and customer service that wouldn't have to be things that require huge remodification of the infrastructure or changing the way they add airplanes by just simple methods of helping the staff keep travelers feeling secure and comfortable and feeling connected. And those are things that do not take much time. They can take answering someone and maintaining contact or extra pause or two longer. It can be that simple but those things can have huge effects upon your level of stress

versus security. And that state amplifies, if you're feeling well and you're feeling comforted and taken care of, then other things that may not be ideal you'll cross over and they will not affect you but if you're already ruffled or frazzled in some way, it becomes a big snowball of the opposite direction. So I think the lowest hanging fruit would just be helping with communication and maintaining good comfort and more so in a personal comfort.

Dr. Robyn Benson: Thank you. So one more question as we wrap up here, what's like a final message you'd like to leave with all of our listeners about this big message that we talked about a lot of different things but the adrenals, the thyroid and people who are just exhausted on a regular basis. What's your final closing statement?

Dr. Alan Christianson: The final closing statement is that your health, your psychology, your mental state, they're all a function of things that are changing. There's new things that come in to you and there's old things that go out of you. Both physically and on a more mental, emotional, spiritual level, always in the state of transit ... in transition. And the positive side of that is, even the most hard physical, chemical aspects of your being are now with you forever. So your body really regenerates itself pretty much a hundred percent, on an annual basis if not sooner and we know that even on an atomic level, that the hardest science tells us that. Whenever there are facets of your health, your mood states, your life or allergy, if there's things you are not happy with, make them a focus and target them but most importantly know that they will change, either you'll have the same things coming in a state as they'd been or you can change what comes in and what leaves you and you can completely alter them. So change is not mysterious, it's normal. Your body and your mind, they do always reset and you can have conscious control over what that new state looks like.

Dr. Robyn Benson: Love that. Cheers to resetting and again for all of you, if you can get a hold of Dr. Christianson's book, it's excellent. He's... we're just getting us a snapshot into this amazing life and all the ways in which he provides for his patients so get his book. It's really a good one and also a book in Hashimoto's. And he talked a lot about how we can solve the whole obesity issue so, thanks for the great work you're doing in the world Dr. Alan Christianson, thanks for being here, being a great voice in the Healthy Travelers Global Summit.

Dr. Alan Christianson: Thanks again for having me.

Kevin Snow: Yes, thank you so much.

Dr. Robyn Benson: All right, dear one, thank you. Sorry we got that time changed but ... mixed up and otherwise, we did it.

Dr. Alan Christianson: We got it no worries.

Dr. Robyn Benson: All right, take care.

Dr. Alan Christianson: All right you guys too. See you.

Dr. Robyn Benson: Bye.