



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

Dr. Dr. Robyn Benson: Hello everyone, welcome to the Healthy Travelers' Summit where we are learning so much in these last two days. Oh my goodness, we have rocked the world to you and literally helped you stretch your mind and heart in terms of all the ways in which you can travel healthy in today's world. And we really appreciate the comments that we're already getting because we know that this is kind of an edge information that you all need to hear. So my name is Robyn Benson, I'm a Doctor of Oriental Medicine for 23 years, also the founder of Santa Fe Soul Center for Optimal Health and the co-founder of the Self-Care Revolution which is an online global program where we brought together, gosh, about a 150 plus speakers, and we've had two live events, and we're going to continue the self-care message throughout, a big message throughout this healthy traveler's summit and I'm joined with Kevin Snow.

Kevin Snow: Kevin Snow the [Echo 00:00:57.17] Kevin Snow and I'm happy to be in this incredible interview and this topic of [Echo 00:01:13.24] importance is critical for all of us and so like what we've talked about earlier, all about this clinic that we're on [Echo 00:01:19.00] really interested in [Echo 00:01:24.23] and finding it tired all the time.

Dr. Dr. Robyn Benson: Well, we're very excited to have Dr. Hyla Cass with us today. In fact, she's covering some of the most important topics when it comes to healthy travel, energy, as Kevin mentioned, also brain health. So many people feel like they've lose their brain literally when they travel especially international travel. And then also, Hyla is also great at speaking about weight issues and how we can avoid putting on those extra LBs and OCs. So Hyla Cass, welcome.

Dr. Hyla Cass: Hey, it's good to be here.

Dr. Dr. Robyn Benson: You're looking beautiful and blue today. I've got my red day and you've got your blue day.

Dr. Hyla Cass: And you're lovely in red.

Dr. Dr. Robyn Benson: Thank you. I'm almost 50 so I have to wear these glasses to read, I have to tell you, this is a new thing for me. So, let me share a little bit about Hyla. Prescription-free board certified psychiatrist in Woman's Health Specialist, Dr. Cass combines the best of leading edge, natural medicine with modern science and her clinical practice, books featured in our nationwide appearances including the Dr. Oz Show, The View, an ongoing columnist for the Huffington Post. She's the author of several

popular books including natural and how to break free, supplement your prescription, complementary and alternative medicine, treatments in psychiatry and Eight weeks to Vibrant Health. She's also developed a few supplements for enhancing mind, mood and energy as well as for addiction recovery. Wow, pretty amazing, we have your books here at our center, I'm just to let you know that. Right in our coffee table...

Dr. Hyla Cass: Thank you.

Dr. Dr. Robyn Benson: Because these are big issues. Yes. So, gosh, we have so many questions for you. Well, first of all, you've travel quite a bit, don't you?

Dr. Hyla Cass: Yes.

Dr. Dr. Robyn Benson: We kind of meet each other in the airports.

Dr. Hyla Cass: Just got back from New York.

Dr. Dr. Robyn Benson: That's right, I think you had a conference in New York, I was at a conference in Dallas. So, talk to us about your history as a psychiatrist and about all the research that you've done. And what I love so much about you, so many things Hyla that how people realize that we can live prescription-free.

Dr. Hyla Cass: Thanks for asking. Now psychiatry is basically prescribing medications, and I have learned in line of that Hermann Paul and I'm basically prescription-free, I don't like prescription in all those medications because they have to do that gradually and I say to everyone, even though I am not an advocate of medications, A, sometimes you really need them, B, don't go often quickly, you need to go often slowly under medical supervision and with the support of supplements and that's the difference. So, I helped people stay meds-free by not starting on medication in the first place or if they are on meds, getting them off but carefully, safely, effectively and doing the least harm possible. And I can't tell you what I see and people coming to me daily having tried and tried and tried to get off of their medications that aren't working for them, and at the same time they can't really get off them without terrible side effects like really bad insomnia anxiety. One gentleman called me, he said he hasn't been able to sleep, he hasn't been able to work, a professional, and he has been strung out on benzodiazepine, that's the valiant Klonopin, Xanax out of then of both drugs for a year. Can't get off them, can't get stay on them and it's a nightmare. So, when people ask me what do you think of just going on Xanax for better, squander out of Ativan and Valium, I say don't do it, just don't do it. So that's... I've just seen such damage and such pain that it's really turned me into a believer in none prescription and that we really can do naturally. The body is its own healer, nature is miraculous and we're really able to turn things around when we feed the body and the brain what it needs.

Kevin Snow:

Excellent. And I know that there's a lot of information, misinformation about these benzos and how easily they are to get on to something like this. And like you just said, then basically be in a system where probably would take a year to get off it effectively. And so, what do you recommend as far as how do we eat, what should we be eating, what shouldn't we be eating and what really are the natural ways to relieve anxiety?

Dr. Hyla Cass:

Sure, Well, we've got right into the medication and the withdrawal, we've got into the heavy stuff first whereas eating is where of course where we start. But I do want to add before I answer your question about what we should be eating to prevent all of these is that when I have someone who is coming off of any medication I will give specific supplements, like if someone is going off Xanax, Ativan, or Valium, I will give them products that enhance the neuro transmitter, the chemical messenger in the brain called GABA, G-A-B-A, gamma amino butyric acid, GABA and that will replace what is missing, that's going to give that poor hungry brain what its lacking, what its asking you for, asking you for in some uncomfortable ways called anxiety. But symptoms are messages, the messages just like babies cry just because they have a message, and you don't know what they mean and you learn how to interpret your baby's cry, we can learn to interpret symptoms and as a professional of course, that's my job but individuals can to. In fact I hand out a questionnaire when people first see me so that they can help figure out what's going on with them, where in their brain, what a brain chemistry needs support. So if somebody's coming off benzodiazepines and I give them the GABA kinds of products that is theanine, GABA, lysine, herbs like Valerian, tops Passionflower and all of these. In fact, I consider a product called com. Natural mind com that has some of these ingredients in it and actually helps to bring them down from that horrible anxiety of withdrawal. So that's the getting off meds piece of it. But you asked me about food and why is that important. And I'm going also to go back to the travel issue because first of all, when people are travelling, they have issues with sleeping and eating. What do you eat when you're going to a foreign place? You're also on the road, what are you going to grab at the airport? What are you going to eat on the airplane? What's going to sustain you the best? What happens when starving and all you have is airplane food that doesn't look very healthy, how can you pick and choose from that food in order to sustain yourself in a healthy way so that you won't rebound? What if you're gluten free and try to eat on an airplane, that's a challenge. My suggestion of course is to bring your own food and to eat foods that are in keeping with what you've usually eat because your body is just like a little kid, is used to certain foods. And if you really throw off your schedule a whole lot, you're going to upset the body just like a little kid gets upset with their routine is messed up. So, eat, eat regularly, keep your blood sugar up which is not just eating sugar, but wait, keeping your blood sugar up with adequate protein, adequate fat, the good fats, more of fatty fish, have some salmon. Or when you stop at the airport, when you're at the airport before you get on the plane, eat salmon, eat chicken, eat something that's going to sustain you and

so you won't be hungry and be tempted to eat some of the not-so-good stuff. So that's just for starting, that's just the actual travelling. And then there's long distance travel and a lot of people ask me for transcriptions for benzodiazepines, or can you just give me a little prescription for Ativan, just for the plane just so I can sleep. And my preference is not to do that because believe it or not, you could take some of my nightly com which is GABA, theanine glycine and added Valerian, and take that and maybe add some Kava to it, is why I would put on Kava, and it's a wonderful product. So take some of that when you get on the plane, when you're ready to go to sleep, and it can knock you out, it can really bring you into a very nice, peaceful, relaxed state where you can sleep. If you wake up, take another one or two, and go back to sleep and you'll feel better in the morning. The other thing to do is melatonin, if you're going to be in different time changes, this melatonin helps to set your [Echo 00:11:11.21] So, if you're going to have a time today, take some. Actually, at the time that when you're crust in yourself to the new time, so close to the time that you're going to be sleeping in your new time zone. And that does help to reset it and it makes your stay a lot more comfortable. For me I'm going to [Echo 00:11:37.19] because I have to [Inaudible 00:11:34.04] I don't know what I'll get where I am going, and then when I come home, I don't have, really don't have time. So, I need to hit the decks running, so I need to be functioning. So, the last thing I'm going to take is a drug, I mean, I don't take medications anyway. But I take the products that will with my own brain's chemistry and I'm left feeling nurtured and full and my brain is working properly along the way, I sleep when I need to and I get off the plane rested. I even take Red Eyes, I know I probably shouldn't recommend those because they can be stressful but the truth is if it's a good six-hour flight, I'm okay on the Red Eye, I can get up and just go and do my thing which I did recently when I flew to New York.

Dr. Dr. Robyn Benson: I think it's great that you're not just automatically just giving people Ativan and some of these other benzodiazepine just to sleep because I can't tell you how difficult it is to get off those, even people who do it, play with it just sleep with travel, it can set up some patterns that are very challenging. So, that's as awesome. You're mentioning melatonin is great and then your product. This is fantastic to know about that [uplink 00:12:55.11] to have that up at my center because again, I treat so many people who travel on a regular basis and that's a really key point that you're making. So can you talk a little bit more because we did a major, we did a questionnaire to the people from the travel industry. Energy is number one. I mean, it's the one thing that people complain about that work in the industry, people who travel on a regular basis. Can you speak more to that in terms of what people can do?

Hyla Cass: Oh yes,

Dr. Dr. Robyn Benson: Oh you have a book right at that too don't you, Hyla?

Dr. Hyla Cass: Drinking caffeine can have you, see, would get you up, your alcohol taken down, that's a bad idea. I didn't bring up the drinking on a plane, such a bad idea. It can, I don't drink, so for me, I guess it's not like it's a big sacrifice. So, for people for whom alcohol is very important, that's another issue because if you have issues with alcohol, often a blood sugar problem and possibly a GABA issue. So to look at an overriding desire for alcohol as being a symptom, another message from your body that something's going on that you need to attend to. So it's not a moral issue, it's not like you're bad or weak or something that for wanting a drink or two or three, but just that in that level of needing it is a message. And I have to tell you that when I've had people in my practice to whom I've given enough say five HGP, 20s for serotonin, had enough of my calm mixture to raise their GABA, they actually don't think very much about drinking after that. Although there's glutamine entered as well, and glutamine is just wonderful for stopping any kind of cravings for alcohol and for sugar, so that's another little trick. Travel with glutamine, have glutamine capsules that you can just to open up under your tummy and the craving will go away. Back to the airplane, on the airplane, [Echo 00:15:06.01] one drink maybe, don't overdo. I've never seen people overdo honestly, that is not cool. Then you wake up hung over, feeling terrible, it's not worth it.

Kevin Snow: Absolutely, I think let's see, we've got little of that feedback happening. Okay. So again, the tiredness issue ends specifically in relationship to women for all of us, and...

Dr. Hyla Cass: All right.

Dr. Hyla Cass: That's right, I got off in a whole riff on alcohol and the other half in that was caffeine because you're doing the ups and the downs, you'd take your caffeine, you take your alcohol, you take your caffeine, you take your alcohol. And I'm saying we can do without it if we keep our energy at the right way we wanted to use, [Inaudible 00:16:05.04] with food, eating at the right time, do not get yourself get really, really hungry and low blood sugar, because then you're going to grab anything on sight, you're going to feel tired, you'll feel draggy and you may grab some caffeine, some sugar to get some energy. And what you really need is to be eating regularly to maintain your energy, eating protein, fats and good carbs, vegetables for example, and then taking adaptogens. Adaptogens are nature's gift to us, it's interesting because in western medicine, we don't have adaptogens. Every other culture, Ayurvedic medicine, Korean medicine, there is Korean ginseng, there is Russian, traditional Russian medicine. We've researched ginseng Rhodiola and Syberia, ash Uganda and ayurvedic medicine, Native American medicine has adaptogens. These are the herbs like raw, they come from nature and they learn by being in nature in the cold and the winds. Try living in Syberia as a piece of ginseng, as a ginseng flower, you will get very, very hearty. But that heartiness lives in the plant when it's harvested and extracted and we ingest it, we get those same phytonutrients, those nutrients that make those plants, that make that flower and leaf that made it resistant to the sun and the wind and all the

elements makes us resistant to the elements. It makes us healthy, it gives us energy, it makes us strong. It enhances our immune system. So the adaptogens are quite wonderful. Rhodiola, Ash Uganda, ginseng, Reishi mushroom, I can go on and on but there are many formulas on the market, I put together an energy boost formula that I like. And my patient, what I give to give to my patients and my readers and followers is the instructions of take your energy boost first thing in the morning, and part way through the afternoon when you might be tempted to start hitting the caffeine and sugar. So then, you're giving your body what it really is asking for. Then if you want to have caffeine and sugar, it's coming from choice not from got to have a desperation which is never a good thing.

Kevin Snow: All right.

Dr. Hyla Cass: You know what I'm saying.

Dr. Dr. Robyn Benson: So I bet your suitcase is pretty colorful, with all the foods you bring and all the supplements, can you show how you pack and what are some other travel secrets that you personally have that allow you to do a red eye...I think that's quite amazing that you happen to do that sometimes.

Dr. Hyla Cass: [Cross-Talk 00:18:53.13] So, I am just thinking what I do, first of all I pack one formulas. I mean, every day, I take a handful every morning and a handful in the evening and I always have them, I do two weeks in advance and how I do this I do it in a muffin tin. So I put in on each little section, each little muffin tin section, I put a vitamin C and I put an energy boost and I'll put a CoQ10. Whatever I think I need in the morning and evening, in the evening I also add some 5HTP, and in the morning I'll add some thyroxin. And actually when I'm travelling, I may take this in packets or I may just take my AM and PM formula. I love my AM and PM formula which I designed, developed myself. I developed it for people who are coming off of medication or coming off of addictive substances. And I put all the stuff that I'd like to take and all that I'd like to give to my patients, so, I love it. It's a multivitamin, it also has thyroxin in the morning, it has also like cork acid which is a very, very good antioxidant because we certainly need that particularly when we travel then exposed to all of the toxins that we're exposed to on the plane all my heavens, and at the airport, not to mention in all the big cities that we're going in to. And on the evening, I have 5HTP and theanine for bringing you down, for calming you and chilling you out. And many other ingredients, vitamin C of course for your immune system, glutamine, remember I mentioned glutamine that's great for stopping cravings. You take some glutamine and that's going to sustain you, it's going to cut your sugar craving, cut your alcohol craving and has a side benefit. Instead of a side effect, a side benefit have been very friendly [Inaudible 00:20:43.29]

Dr. Dr. Robyn Benson: You know because I know where to get this question, some people email us if we don't ask it. What is the dosage of 5HTP that you

recommend because some people, there is different choices, 200, 450, what is your recommendation? And also for glutamine, for those two in particular if you can give us those dosage.

Dr. Hyla Cass: Yes, with 5HTP, you can start off with 50 milligrams but the truth is my 5HTP [Inaudible 00:21:10.05] because that's the most people need to start. And sometimes it's at 100 milligrams at bedtime, sometimes it's 100 milligrams in the morning and 100 milligrams in the evening. And I've had some people at 300 in the evening and maybe 100 in the morning. You can really build up, but I'd say start slowly and buildup. If you're on an SSRI, Serotonin Reuptake Inhibitors, just selective surge on reuptake inhibitors like Prozac sole off and so on, and it says you're not supposed to combine them with 5HTP. What I tell my patients is you can combine them but just don't take them at the exact same time, allow for at least a couple of hours in between to avoid something called serotonin syndrome. Because if you're on an SSRI, you're actually depleting serotonin, and the 5 hydroxytryptophan or 5HTP will give you that serotonin.

Kevin Snow: Excellent, now I think that's really important. Maybe talk a little bit, even expand a little bit on serotonin. What, why do we need it? What is it really doing? And what is its connection to having these cravings and?

Dr. Hyla Cass: Serotonin is one of the happy molecules. It's one of the messengers in our brain, it's a chemical messenger that goes from one brain cell to another carrying a message of calm, happiness, contentment. It's what you need to have sufficient amount of so that you can relax and go to sleep properly. If you're having trouble sleeping or waking up during the night, it's very often that you're low on serotonin, and serotonin also makes melatonin. Also, it helps to curb up your appetite. If you're chronically craving sweets, you couldn't be low on serotonin because now, listen up, one of the ways that serotonin works is for the tryptophane, which is the amino acid to cross into the blood brain barrier to go into your head that needs some carb. So you want to take this tryptophane which is... tryptophane turns into 5HTP, 5HTP turns into serotonin in your brain. So, you wanted to cross into the brain, it needs, think of it as a boat, think of carbohydrate as a boat that helps to take this tryptophane into the brain where it's turned into a serotonin. So you're sitting there in the evening and you're having the munchies, what's going on? You're really craving serotonin and the way your brain knows, you don't know this, but your brain knows, your unconscious knows, your body knows, on some level, the way to do this is to eat some carb. eat some sugar, eat something sweet and whoop, the serotonin is going to go into your brain and you can feel calm and content and relaxed. Better way to do this is take the 5HTP first and you won't be tempted.

Kevin Snow: Okay.

Dr. Dr. Robyn Benson: This is super helpful. I mean, one of the most important message is for the Healthy Travelers' Summit is having a blueprint, having a healthy

blueprint so we don't want to, so many of us, we get on airplanes and trains and buses, we're so stressed out, we're just taking our stress out our lives and putting ourselves in these situations that are not necessarily healthy. And so, what your sharing highlights that we really need to practice this self-care lifestyle everyday so you feel better when you travel but also how important it is to get these hormones in order. I mean, because so many people do have low serotonin. So, it's really important that people work with someone like you. So, if you're listening to this, interview right now with Dr. Cass and think about if this relates to you if you suffer from depression, if you're having trouble sleeping, if you're craving sugar, you want to get these hormones in order, get them balanced. Read one of Dr. Hyla's many awesome books because again, we have them here and there is solutions.

Dr. Hyla Cass: This is my office, and this is my Eight Weeks to Vibrant Health.

Dr. Dr. Robyn Benson: We have that one. And we get a bit to how to plan, the Natural High, I like that. [Cross-Talk 00:25:25.20]

Dr. Hyla Cass: I have the addictive brain and how to break free. So, a big demand and it disappears off the shelf.

Dr. Dr. Robyn Benson: Right. So, share a little bit about how to, for people who are listening to this message, Hyla, how do, for prayer, what do they do now so if they're planning a trip three months from now, how they can restore the cycle of rest and also moods, talk a little about moods?

Dr. Hyla Cass: Well, good thing is to be eating regularly all the time. I mean, I'm not saying anything new, but it's so amazing is that people come in to see me with all kinds of symptoms with [Inaudible 00:26:14.04] just craving the wrong foods, they have [Echo 00:26:22.05] And believe it or not, in some various people do adjustments to their diet and things just change. And I don't go saying cut the sugar, cut the coffee, cut the alcohol, cut this cut that, because people are going to feel deprived and unhappy, you know that. It's and then they feel guilty, and you're setting up a whole cycle. And the truth is that if you give your body what it really needs, just like when you give a child what it really needs, it's going to stop pulling on your leg and being cranky, you are. It's the same thing with your body, when you give your body the good nutrition it needs, all the veggies, the whole foods, the good fresh salmon, not farm raised, really good healthy mercury free salmon that's full of wonderful fact, essential fatty acids, and again fowl meat if you're not vegetarian or if you are vegetarian or vegan, make sure that you're eating other foods that are going to sustain you. So, eating the right foods and taking a multivitamin, taking other nutritional supplements is going to take you a long, long way to feeling really good and then exercising. I mean, exercise is probably the best anti-depressant. So, keep your body in shape, keep things moving and your brain will be happy and your waistline will be happy, too. And take, the multi that I take is actually, especially when I'm travelling is I just pull them off the



shelf when I got the books as my brain recovery, AM and PM because I formulated them to have a multi and the amino acids and the antioxidants that you need for traveling because of all the exposure and you asked what extra things do I take? Take vitamin C, it's actually on the AM and PM. But take extra vitamin C, have it with you so that you are, or everybody else is getting sick, you can take extra vitamin C. I take various immune products. I have one called immuno phase that I happen to like a lot and everybody around. And people always laugh at me because that they call me mom because I always have our doctor mom, I always have whatever they need. If somebody's coming down with something, you know I am, I know Robyn, you're the same way, you always travel with a whole lot of stuff because I've been in the conferences with you where you supplied everyone with the most, [Cross-Talk 00:28:54.18]

Dr. Dr. Robyn Benson: Oregano was my number one.

Dr. Hyla Cass: Yes, absolutely.

Dr. Dr. Robyn Benson: But this is, oh my goodness, you've got just about everything a healthy traveler needs, I am impressed. And plus, some great reading material. Eco tourism is growing rapidly and also medical tourism it's fascinating, just the statistics. It's, I am researching for my book for the Healthy Traveler's Guide, I think that you could just be in just about every spa and have something great to offer everyone. You're sure...

Dr. Hyla Cass: That's a thought.

Dr. Dr. Robyn Benson: No, I'm serious, I mean, I think we need to go on the road, Hyla. I think we needed some more of a more travel.

Dr. Hyla Cass: Let's do it.

Robyn Benson I love that idea, yes. Unfortunately, people don't have to leave home, they don't have to leave, you're in the L.A. area, Santa Fe, we both live in areas where people have access to a lot of amazing doctors, complementary physicians that really are getting into the root of the issue is what I love about you. You're just, as a psychiatrist, helping people realize there are lots of other choices and getting the basics, like, getting into, choosing healthy foods on a regular basis, the exercise message, really fantastic but when I was just recently travelling, I always talk to the TSA agents, and in fact, I know it's my messages being nice to them because they work so hard and it's an interesting profession by learning, I can say I learn a lot. But they talk about the stress of the traveler's, like, crazy stress and when we say it's like most people just leave their head in their home, they get so distracted, they get so stressed out, they leave stuff, can you, I mean, you've got a lot of supplements, but any other, like, techniques that you would like to recommend for people?

Dr. Hyla Cass: That's a great point. One of the things and I noticed the next few question when people who are not used to traveling, I think one is allow yourself a lot of time. Because when airports are getting more and more crowded, a lot of flights have been reduced to save money for the airlines, and so, they're really very full, and you can end up in some very long lines at security or even check-in. So, allow, give yourself the luxury of time. And if worst comes to worst, so, you'll sit an hour at the gate, not so bad because now, if you have to, you can get online. If you have a smart phone or most airports now will give you free Wi-Fi, so think of it, this is how I am anyway, I'm not going to sit there and sleep, I'm actually going to do email or something. But getting there early, it takes such a load off, you don't have to worry that you're not going to get through the security line in time to make your flight because that is such a bummer missing your flight. Have you ever missed your flight? Very bad feel. You just have to do it once. Well, give yourself time to, give yourself some, allow yourself some [Echo 00:32:10.10], it's just like a trip, it's not the end of the world, and enjoying, make errands outside of your regular, you can interact with people [Inaudible 00:32:25.00] anyway. Talking to people around you and you can meet some very interesting people from other places, make it into an adventure. You can be whoever you want, you're out of the office, you're out of the long-hauled place, have fun. Have fun, make it really a trip, make it really a journey.

Kevin Snow: Excellent. You mentioned the earlier amino acids, and then it's definitely something that is a specialty of yours and can we talk a little more about the specific ones? You mentioned tryptophane?

Dr. Hyla Cass: Yes. The one that is for calming and for appetite, relaxing, and mood control is serotonin which the amino acid is 5HTP or tryptophane.

Kevin Snow: Okay.

Dr. Hyla Cass: Another very good amino acid is the theanine which helps you calm down and brings your brain into an alpha state, that's the meditating state. There's also GABA, which is not only the neuro-transmitter GABA but it's also an amino acid that you can take and I put in my calm formula. So, the GABA and calm is going to calm you down, it's going to produce GABA in your brain and you're going to feel chill, you're going to feel much better, it takes the edge off, it's a good one for travel. Because for people that are really nervous sometimes we will just really, it's about flying. Take some calm, it will chill you out, it will feel much better. In fact, take nightly calm, [Inaudible 00:34:03.02] natural calming effect. You may not take Valerian when you're at work during the day but it's a good one to take when you're on a plane because what else are you going to do? You might as well be really relaxed. And then, if you want to be up when you get off the plane, and let's say it's morning and you have to be up and you want to be awake or you're in a new country, a new city, a new something and you want to be awake, take

phenylalanine and thyroxin. And I have a product called Focus, I have a product for everything because I'm the brain doctor.

Kevin Snow                    That's awesome.

Dr. Hyla Cass:                And when I develop this [Inaudible 00:34:37.03].

Dr. Dr. Robyn Benson: Also, for Xanax, you're going to have it, we're going to have to talk about that. A lot of people, when they travel, that's their time to get into a mess, we're going to talk about that, too. Okay?

Dr. Hyla Cass:                Okay, Well, first we're going to talk about focusing in common and we'll talk about sex. So...

Dr. Dr. Robyn Benson: We're talking about sex [Cross-Talk 00:34:54.27]

Dr. Hyla Cass:                So, thyroxin [Inaudible 00:34:51.07] feel focused and then it's for you, you want to have some sex, right?

Dr. Dr. Robyn Benson: Yes.

Dr. Hyla Cass:                That is the absolutely right. And be prepared. I mean, this is where you do want to be prepared. Take whatever you're going to need and say you're not going to. whatever, your own sexual enjoyment. Remember contraception, remember the birth control calls or your [Inaudible 00:35:26.16]. Your clothes, lingerie, whatever...

Dr. Dr. Robyn Benson: Good lubricant too, it seems that that's the time as people are more sexually active when they travel than any other time, and lots of problems are going to happen when people are not practicing self-care on a regular basis in getting the hormone in order, so I'm glad you bring that. Of course, when your serotonin level isn't healthy, your testosterone, your DHA that really matters, We just talked to Dr. Norm Shealy talked a lot about the importance of DHEA also.

Dr. Hyla Cass:                Make sure your hormones are in order because it's nothing worse than feeling anxious and uptight because your efficacy of testosterone aren't a lot to be. All of that events, and by the way, speaking of [Inaudible 0:36:14.7] take a long with coconut oil, half then in the morning in your smoothie, you put a spoonful of it, it's a great [Inaudible 00:36:25.27] oil and then use it as a sexual lubricant. So you have all in one.

Dr. Dr. Robyn Benson: It's also the best lotion, right? I don't put anything on my skin after a shower other than coconut oil. And so, your body absorbs it, anything you put on your skin, lotions and potions and that you buy at the store full of chemicals, so, I think I'm so glad you're bringing out a coconut oil highlight, really, really important. I've dedicated a chapter in my book to help the traveler's guide to the highly sensitive people and there's also

another multiple chemical sensitive people and also, did I say electro hypersensitive?

Dr. Hyla Cass: Electro sensitive

Dr. Dr. Robyn Benson: Can you speak to that? Because it's, I treat a lot of people that have that are HSPs Highly Sensitive People, and people, they are generally people who are very sensitive to electromagnetic solution. So I thought you might have some great insight for people like that are I can't travel, it's too stressful, it's too noisy, I can't, I don't like the fabrics in the hotels, what can you say to this growing population?

Dr. Hyla Cass: Well that's really important. One thing to maintain your levels of antioxidants, your vitamin c and so on, that will help your immune system to deal with, some of the sensitivity. Magnesium is very useful. The other thing is if you're going to be in a room in a hotel room and you're sensitive, tell them to please not use those awful sprays, and to clean your room with nontoxic materials and they will. And they also will provide air filters. So, the air filters is not just for smoking to clean out a smoking room which of course you don't want to ever be in, make sure you request a nonsmoking room of course, but these filters are very, very good of taking at taking out residues of chemicals with anybody that had before you or any residue of cleaning materials before you. And again, requesting a room that has been treated accordingly, very low chemical products. And even low chemical washing products, detergents and the sheets. So, the things you can do, some people take their own sheets with them because they know what they've been washed in and it really depends on your level of sensitivity. And there's also the electromagnetic sensitivity and the many things people do, there's devices, and those are all open to question and research, but I have people swearing by certain stickers that you put on your phone or cases that you put your phone into. I am not going to really guarantee any of them because the jury is still out, I want to look at all the research. But as I said, some people swear by them and actually feel much better when they have the product on their phone, on their iPad or their computer.

Kevin Snow: Excellent. I think that is really important as well, all of these peripheral things that we can bring with us, that we can. And it really is about preparation. Robyn mentioned about packing and seeing definitely as we are talking about all the things that you are bringing with you, do you have any what we would call a hack on packing?

Dr. Hyla Cass: Well, more than I've just said?

Kevin Snow: Oh yes, this is good.

Dr. Dr. Robyn Benson: I'm sure you want something [Cross-Talk 00:40:02.20]

Dr. Hyla Cass: I think one of each of my own products as I entered by the time I leave [Inaudible 00:40:09.20] given it all the way. I mean, I had spoken to someone in the last [Inaudible 00:40:16.22], I gave them a bottle of [Felton 00:40:17.09] that somebody else was feeling really kind of nervous as I'm giving them talk, I gave them some of my calm and it cured her right out, she did great. And I take my AM and PM pills. And the other one I take, well, I really need to balance my brain cells support because that helps your brain as I [Echo 00:40:41.03] to remember what I want to put there, it keeps me firm, it keeps me going then my brain cells [Inaudible 00:40:48.24]

Kevin Snow: Oh, it looks like Robyn you're on mute.

Dr. Dr. Robyn Benson: Oh, what was this last thing you just suggested?

Dr. Hyla Cass: Some brain cells support plus.

Dr. Dr. Robyn Benson: Okay.

Dr. Hyla Cass: Okay, okay.

Dr. Hyla Cass: Because our brain cells needs [water Felton 00:41:09.28] I sleep in order, me included, my development brain stem support, I make sure I could [Inaudible 00:41:20.10] huperzine [wholsatine 00:41:20.08], carnitine and so on. And then I take fish oil, too. So, I want to maximize my brain power as long as I can.

Kevin Snow: If there was something you could change about the industry as a whole travel, the perfect world, what would you have something that you could suggest?

Dr. Hyla Cass: Oh my. I'd have much better filters in the airplanes because I know the air is not clean, it's supposed to be filtered, but they're not bringing in outside air, they're re circulating the air and the filters are not that good. So either get better filters or continue to bring in outside air, but that uses a lot of power. So, what can I say? You waited to do that to have healthier air, have more room in your [Inaudible 00:42:16.24] because we're squashed together. Put a size in there and have normally there's healthy snacks, I would be so happy to have that really healthy salad with healthy dressing with, say, olive oil and vinegar and not those bad vegetable oils from mayonnaise and the evil food that they have on plates, so, you really have to pick and choose. A lot of people are gluten-free and I have to say that being gluten free, you don't have to be silly out gluten free by the benefits of being gluten free because it cuts down on inflammation. And Lord knows we have so many things that are inflaming us from everything in the environment, in our food and our water that wherever we can have a little control over it, it's a good thing. And I can't tell you how many people tell me afterwards how many it's how their [Inaudible 00:43:05.07] diabetes, stomach problems. And of

course, because I am a psychiatrist, brain problems, depression, anxiety, even bipolar illness and osmosis have some clear up when people who are sensitive to gluten go off it. And sometimes you don't know it until you actually [Inaudible 00:43:29.04] and see the difference and then we introduce and you go, wow, how really sensitive [Inaudible 00:43:36.20]. That actually happened to me, my fore shoulders were weighing back when I reintroduced the [Inaudible 00:43:47.10] and dairy processed ones are at least were very often if you have gluten free dinner too. So. Not to find, I mean, it sounds like there's a lot of really good foods that you can have and you need also to carry things with you on your trip so you're not going to have [Inaudible 00:44:08.10] from vital choice, with things of salmon and tuna that are as mercury-free as possible and or sardines have some food with you so you're not going to be tempted. And of course I would like to [inaudible 0:44:21.8] the airlines provide a much healthier food. And yet, that's just so to happen, that sounds cool.

Dr. Dr. Robyn Benson: I'm so glad you're bringing them. And for all of you listening to know that Dr. Tommy Bryan, our friend, is going to be, he's showing a whole hour talking about he's root expertise and how we can travel and avoid this inflammatory food and to keep us in having better moods as well. And you also mentioned by Vital Choice Randy Hartnell's also one of our speaker. So, we have an incredible line up for you with this Healthy Traveler's Summit. We spent months finding the best voices and Hyla, you have just shared so much invaluable information, I mean from, you're really helping these people that are highly sensitive and have issues of depression to know that you can still travel. If you can get your hormones in order and you can start using amino acids and you start eating well, you can do, so many people love to travel but they don't because of these issues and I think they're just giving people hope that there is a way, so thank you for these invaluable information.

Dr. Hyla Cass: Thank you and thank you Robyn for [Inaudible 00:45:38.17] it's a pleasure being, such a good topic, so important for this quality of life and I really, bless you for doing this and for all the really wonderful work that you do.

Dr. Dr. Robyn Benson: Thank you. It's such a pleasure. And so, for all of you we will have a gift from Hyla that she's offering everyone and then also, I think you have a bonus that you'd like to share with people that will have something that's available for our listeners that opt in for the whole package?

Dr. Hyla Cass: Yes, they will get a copy of my e-book, you'll be playing your brain which when go into the detail about a free chemistry and what you can do to maximize your brain chemistry. So, that's free and that you'll learn a lot. This was just the tip of the iceberg, you'll get a lot more from it and they'll be more on the website too.

Kevin Snow: Thank you so much, it's a pleasure to come here.

Dr. Dr. Robyn Benson: Thank you so much Hyla. It's always nice to hear your voice again and your message so we brought you wonderful self-care revolution two times and I just knew I mean, knew right away when this whole idea was construed, I knew you're one of the people who had to come here and speak to the world because literally our reach is global with this Healthy Travelers' Summit because it's one of the largest industries, it's one of the most toxic, it's something that is so fun and we want to make it even healthier for you. So, definitely check out Dr. Hyla Cass, all her fabulous books and her products and again, thank you for being with us today.

Hyla Cass: Total pleasure and my website is [cassmd.com](http://cassmd.com). [C-A-S-S-M-D.com](http://C-A-S-S-M-D.com).

Dr. Dr. Robyn Benson: Thank you.

Dr. Hyla Cass: Thank you.