



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 where in our second theme here of the Healthy Traveler's Global Summit. And I'm very excited about our guest today – Doctor Susanne Bennett. How are you?

Susanne Bennett: Hello Robyn. So excited that I'm here. It's awesome.

Dr. Robyn Benson: When the inspiration came for this exciting summit, I thought of Susanne right away because of her incredible book. And who does want to know about allergies, of course she's a fabulous chiropractor and she'll have a lot of information to bring with you, plus I've heard. I've seen her at lots of conferences but I haven't actually traveled with her, but I here she's got one of the best suitcases going. I'm not sure it might even rival mine. I think that's a fairly possible.

Susanne Bennett: Fair.

Dr. Robyn Benson: So, if you are joining us for the very first time, my name is Robyn Benson. I'm a doctor of Oriental Medicine for 23 years which is really hard to believe. And in that time, I have traveled to over 70 countries which is also amazing. And, I'm very excited in this summit to bring some of the most amazing voices. People bringing to you the best possible information and how to travel well, how to travel healthy. And how to prevent any known illness because who wants to go on a trip that get sick anytime. So, that's what you've heard from many of these speakers that this is not have to be you. And I'm sure Susanne is going to have a ton of great information for you. So, Dr. Susanne Bennett is a holistic chiropractor physician specializing in allergies, clinical nutrition, and longevity and lifestyle medicine. As a mentor and lecturer, Dr. Susanne frequently speaks to professional consumer audiences internationally. She's the best-selling author of "The 7-Day Allergy Makeover" and host of "Wellness for Life" radio show and "RadioMD" and "iHeartRadio".

Susanne Bennett: You're going to be on that soon girl.

Dr. Robyn Benson: I can't wait. I'm just so happy that this summit is reaching people from around the globe. And, it's just great to bring you here and so everybody can meet you. And I can't wait to show your travel bag. I mean, it's pretty

cute too, I have to say. We can get up to sell those online too. So, where do we start? So, you travel quite a bit. Just talk a bit about your past, Susanne. And just let people know that how you got into medicine. And why you're doing what you love to do in your work.

Susanne Bennett: Yes. I wasn't always a natural allergy expert. I was actually supposed to be specialist, when I started my chiropractor practice. And, but then 7 years after I was very busy, busy sports medicine clinic, and I got pregnant with Cody. And this is a long time ago. And he's just about 20 years old now. What am I missing? He is 20 years old. And so, this is a wild back in. When Cody was born, he was just warm beautiful with no issues, but 3-4 months into his life, he had all these allergies, it start to coming up. Runny nose, itchy eyes, a lot of skin rashes, quite a bit of eczema all over. And then, it's started to grow deeper into his lungs. And the doctor said that at about 6 months he had asthma and, respiratory distress issues. And every time he got sick with a cold, he ended up having terrible asthmatic reaction. And once he got started getting deeper, and his skin really started getting allergic that's when he started having anaphylactic reactions, Robyn. And, this is what's probably the most horrific time of my life as a mother.

I was so scared for his life but at that same time, as a doctor I was a sports doctor I knew nothing about allergies. And that really bugged me that really bugged me that I couldn't even help my son. And I was relying with all these doctors which they were doing their best. Giving us all the drugs and Albuterol and breathing treatments. And, all the skin rashy, the creams but nothing helped, nothing. They were not giving me the information to get to the root cause of the issue. And so, after about a year and a half years old, when he was a year and a half he had an MMR, excuse me MMR and a chicken pox vaccine and that just took it over to another notch. And yet, a condition called "Cerebral Meningitis" where he had such a high fever, he stopped walking and that was so severe that just took me to light place where I've got to help my son. So, otherwise he's not going to have a really good life in the future. And that's when I decide to do all the studying, did all my research on allergies, went to ...I was the only chiropractor and the American Academy of Environmental Medicine at that time that was 1996 many, many years ago. I was the only chiropractor there and with all these medical doctors learning on how to treat allergies properly. And doing it at the most natural way and found out so many things. In particular, I learned that... everything had to do with your environment. And how you're exposing your body to the food that you're eating. And I actually thought that, when I was giving Cody was really great because, I was gluten and dairy free

before I even had my child. And but, that wasn't enough, I was finding all sorts of things, in our food. The chemicals and toxins. And some of the allergies that were... first I'm thinking what mold? Mold and food, I'm... I know you wouldn't... you wouldn't think that but, I found so much information. Mold was one of the worst allergies. So, once I started doing this, I incorporated every single day, we changed Cody's lifestyle. What we're eating what we're drinking. Our water in Los Angeles is so dirty. You can't drink out in the tap... the environment, what you can do to the body. Even cleansing the body is really important. And then, the stresses in our lives that, which was interesting that was a big trigger for Cody as well. And once we clear that up, by the time he was about a 4 years old, 3 and a half 4 years old. After about a year, year and a half inches all the therapies and treatments and of course changing our lifestyle. We ended up completely getting rid of his allergies, getting rid of all of his eczema, anaphylactic reactions.

He hasn't any problems ever since. And now, he's 20 years old, he's been doing so well in his whole life. He's in college, loving life, completely free of allergies. And what I ended up doing was I condensed everything that I learned, into "The 7-Day Allergy Makeover" that's the book that I wrote. The best-selling book and it's just really been awesome. I am so fortunate... I really wanted... I wrote the book originally throughout my patients because my patients were all going you got so much information. And I want to know it... few minutes that we do share, I share it with them each week. It's just wasn't enough for them. So, I wrote this book really for the basic person who had allergies. But even not just allergies. People who have this hidden allergy symptoms. The once you know, that a lot of us go out to get over the counter not prescription drugs. Like the headache pills, the joint aching pills, the pain pills, the gas pills... all of those pills not sleeping well, trying to wake up pills... all of those pills. Those are helping this hidden allergy symptoms which I find has to do with your exposed to certain kinds of food, the environment, the chemicals you're exposed to. And the toxicity in your body. And so, in "The 7-Day Allergy Makeover", every day I address different aspects of your lifestyle. And the first one is all about food... by creating a cleaner and reducing all the toxins and wrong types of foods that you are eating day to day. The Standard American Diet is loaded with allergens and sensitivities. People are very sensitive to those types of chemicals. Address all that and once you do that, all of your symptoms, all the symptoms the headache pills and all that you don't need them anymore. You start to feel more energy, more alive. Your skin starts to clear up, you get growing vibrant skin, you stop having that gas and bloating... Gas and

bloating while traveling the worst you don't want it. And, I'm going to teach you all that here today.

Dr. Robyn Benson: That's great. So, there are 7 path ways here right?

Susanne Bennett: Yes.

Dr. Robyn Benson: There's 7... Your 7 day. So, why don't you go at some food is number 1. Which I agree. I mean most people that have allergies when they travel they tend to have more problems because there eating food that there not familiar with. And they end up feeling free lousy. So, how do we follow this... sounds like some of the people would follow this before they go? They travel and they identify some of the food allergies too. And other allergens.

Susanne Bennett: Absolutely. But, I tell you... what I found over the clinical practice... I've been doing this for 26 years now. There are 7 foods, there are others that are better problematic but, 7 foods out there that you really want to minimize or completely get rid of. And I say, if you're really sensitive definitely get rid of it and number 1. Is actually dairy products. This is one of the worst when it comes to traveling because, it will cause post nasal drip, runny nose, acid reflex gas and bloating. And when you're up flying in the air, and you get gas is the worst. Because when you're up in the air, you even had more gas. I mean, everyone knows high altitude, will give you more gas and bloating it's just because of the way. The lack of pressure affects our gas in our body. So, you want to make sure that you get off of the dairy. The gluten is next, sugar for sure. Because if you do too much sugar, you end up getting very, very dehydrated... In our cells, when you eat sugar the water, the water inside our cells actually follows the sugar. So, if you eat a lot of sugar, there's going to be a lot of water. So, you get more water attentive, you'll feel bloating. How you can feel that jiggle around the belly and lot of water on you. Well, that is from too much sugar. And it's not candy and cookies really, I mean, sure it comes from them. But most of us we have hidden sugars in our carbohydrates. Everyone now, knows a lot about gluten free products. But guess what? Those are sugary too, they do turn into simple sugars carbohydrates.

So, you got to be careful on what you have, especially the flour products, the flour, gluten free flour products like brown rice products. You see all that right? And they all have an effect on the way our blood sugar is... And we don't want our blood sugar, but go on and on about that. But it's not really... what I'm going to share you because, of course we're talking about what you can do with food allergies and taking care of your

traveling. But again, that sugar that's a 3rd food, in the have food 4th food is actually Fungus. People don't understand about Fungus and Mold. But that can really, really [Inaudible [00:11:00.19] in our body. So, when you're traveling what I usually tell everyone, is don't eat anything raw. Raw, what I mean is raw salad... raw fruits that you cannot wash cleanly. Raw when it comes to dried fruits, in package items. Those are the foods where will harbor more Mold. And when she got Mold in your body, you have a telltale sign that tells you, you've been exposed to it. And it's a little tickle in the throat, little tickle in the throat. And that tickling needs... you might have been exposed to Mold. Even before, you have a cold or reaction to the flu. You will first see this one little tickleness. So, what I say is people always carry vitamin C crystals or vitamin C tablets that you can chew. Because it will not out that tickle for sure. I also use a Silver Salt, my Silver Salt powder. It's a Silver Salt technology that is really great at killing bugs. All different kinds of bugs without affecting your probiotics and the good micro biome. So, I use that as well. And so, we've got... we went over the dairy, the gluten, the sugar.

Dr. Robyn Benson: Fungus, what's number 5?

Susanne Bennett: Fungus, number 5. Is really hard to explain, but it's really alcohol. You got to be careful about the alcohol in your diet. People don't realize how alcohol can cause of lot of issues. So, when you travel, if you drink a lot you can also have other kinds of problems, regarding the itchy skin, the histamine released from allergies, post nasal drip. And a lot of the reflex is caused by that. And then, we go into the 2 most common issues that you will see, food allergies is to egg and then to a peanuts. And those are the ones... a lot of people are severely allergic, or you can have mild allergies have it. So, I just have issues, itchy skins and something's like that. But these are the main allergens. And guess what? It's not just... when I say alcohol, I want you to know that children can have alcohol allergy too. They don't drink but why is it they have a lot of symptoms of the same symptoms like... foggy brain in the morning. They can't wake up and they got upset stomach. And that's the reason is because, if they eat a lot of yeasty products like bread right? Yeasty products and have a lot of fruit or sugar. What does yeast and fruit together make? You get alcohol fermentation. Alcohol fermentation in the gut and I call this... you're having an auto bury going on in the gut. So, even if someone who is completely sober, don't drink or you have children, you got to still look at that factor. And I talk a little about... a lot about this in my book.

Dr. Robyn Benson: Okay so, "The 7-Day Allergy Makeover". And I think you can stir it with some of our clients [Crosstalk [00:13:55.06]

Susanne Bennett: Yes.

Dr. Robyn Benson: Allergies and...

Susanne Bennett: So, let's talk about water. I'm drinking water right now because when you talk you end up getting, dryness on the throat. As you can see, do you like this it's a glass straw, is it wonderful?

Dr. Robyn Benson: I love that.

Susanne Bennett: Yes. I carry...

Dr. Robyn Benson: There in my glass too.

Susanne Bennett: I carry my glass driver. And I love using glass straws because, when you're on Camera and stuff, then your lipstick doesn't go all over the place. But anyway, but the glass itself I'm all about making sure I used products that I recycle, that I can use over and over and I don't contribute to the terrible plastics that are out there. That's one of the other reasons why I do the glass straw. But, speaking of water, water is the most important. I say when you're up on the air, in the airplane. Water I would before I would get food because you can go without food, but you can't go without water. And to me, water is essential for biological functions energy. Keeping you hydrated and I find out that the problem about water here in America is that, and even in other places. But particularly here, majority of the tap water in the entire country is... it's just loaded with toxins. So, tap water is not healthy water, I literally even wrote an article for having them post about how clean our water is in the United States. And particularly with the chlorines, chloramines. We have a little bit of arsenic in L.A. water. We have a little arsenic and even uranium. You want to be careful about fluoride, more often than that than not fluoride can cause a great deal of upset stomach.

On top of skeletal fluorosis, you can get sleeping issues, thyroid issues. When you have too much fluoride. So, tap water is not clean water everyone, I highly recommend you get purified water, purified water at the... at the airport passing, of course you got to pass the gate, don't buy it before because they'll take it. But you want to buy it past it. And what I usually do if I'm traveling and on before I get on the airplane I usually buy smart water. That to me taste the best and it is purified meaning it's been reverse osmosis. It goes comes through osmosis unit as well as zonation. And, the charcoal filtration that's a triple filtration and that's what you're

looking for. Most waters such as purified on the bottle, will go through the triple purification, including Dasani, Cocofina, Spark. And so you know yes all these waters go through. And they're purified the municipal water. But, the truth of the matter is... municipal water purified is better, than water that's from tap. That's it's even better in some of the natural spring's water. Now, I want you to know, you're going to think natural springs are, natural bubbly water, mineral water is supposed to be the best. But I'll tell you, I've done studies on them, I got reports on them, I called them up asking me them, giving me your full report on your mineral content. And so, many of them have actually a lot of fluoride in it and Bromite in it. A lot of other minerals that you don't want.

Dr. Robyn Benson: You told about the natural springs? Is it?

Susanne Bennett: Yes. Yes.

Dr. Robyn Benson: Really? You know what? I do have a source when I was still all the research for my books, I have a whole chapter devoted to water. It's such an important topic here. But, it's called findaspring.com. That's a great source because I'm a big, a believer in spring water. But, I just really trust the guy behind that. So, findaspring.com. So, do you ever travel with a... have you ever tried taken a water filter bottle? Go ahead.

Susanne Bennett: And so, I know... I have one of those in fact. I have one of those. I even have one literally you can take when you're.

Dr. Robyn Benson: Right.

Susanne Bennett: Working and you use this... kind of like a syringe. And, I do have one of those. But I find that for me, I drink a lot of water on the plane. I drink one cup, 8 ounces per hour. That I fly. And sometime even more. When I travel, I travel quite a bit internationally. Globally, to Europe a lot and that's what I end up doing. I end up taking a lot of water. So, what I recommend is that you got to buy those bottled water on the plane. And I always take a little... those re-usable bags that I roll up in my purse because water is heavy. So, I put it in that and I carry on and most... And I never actually not... nobody's ever stopped me and say I can't take an extra little baggy filled with water. You know what I mean?

Dr. Robyn Benson: That's great! I love your enthusiasm in water in general. But, it's just great to know [Crosstalk [00:18:59.17].

Susanne Bennett: You'll find.

Dr. Robyn Benson: You're awesome [Crosstalk [00:19:02.22].

Susanne Bennett: Great deal of information like my day2. In "The 7-Day Allergy Makeover" all about water. So, go in there and you can learn about... see I have a special water purifier in my home. The best called the "Purist". I love it! And this water purifier is like tank less. So, when had at home that's all I drink is a tank less water purifier. So, there's nothing. It's called the "Purist" P-U-R-I-S-T.

Dr. Robyn Benson: I like that name. What's day 3 look like?

Susanne Bennett: So, day 3 is all about cleaning your environment. If you're environment is not clean, obviously you're not going to be able to live in a great environment. But, when you're traveling think about, the environment regarding you're hotel room, think about your seat and where you're laying down. I usually carry very, very thin scarf that I can put down, if I find that the... the for instance, I don't... I personally don't like. I would rather have leather seat in my airplane, rather than the upholstery because in the upholstery there's a lot of dust, mites and dust right? That collects. So, if there is an upholstered seat and I would use an actual scarf and just lay it down. So, I just can sit, I don't have to sit on all the dust and junk from everyone else right? They don't clean it, they don't clean it when you're going from one flight to another forget it. So, then... but then, when I before I go to the air... before I go fly and go to my destination.

I always call, this is really important to everyone, I call the hotel where I'm staying and I talk to the manager. And I talk to them because I want a chemical free room, a chemical free room. And what does that mean, it doesn't mean if you're good with that there is like, I'm good with feathers. I don't mean the feather allergy, a chemical free room means that, in housekeeping will not use any chemicals and air fresheners and carpet cleaners. With all that toxins on in the room. They will use only water. And clean all around the bed, they will make sure that, there's no smells or... anything like that, that's a very important aspect for me when I travel. I do not want any smells, perfumes or aromatherapy none of that, because all that stuff is going to make your brain totally foggy brained. These are chemicals that go right up to the ethmoid, through the bone, up to your olfactory nerves. And it's so fast, and it will totally whack out the way your brain functions. And I'm going to tell you a story, you're not going to believe this. I... that I'm a big, big... I'm Brendon Burchard one of my

mentors. And I would go to the Marriot up in Santa Clara. Like every month for the last.

Dr. Robyn Benson: [Crosstalk [00:21:55.27].

Susanne Bennett: Right? You and I saw it.

Dr. Robyn Benson: Yes.

Susanne Bennett: I'm going to tell you Robyn, for the first 2 times I was there like, what is this smell? What is this smell and it was terrible. So, I started doing my research, I started calling everyone in the housekeeping. And finally, they come up stairs, they pull the air conditioner, the cover on the air conditioning unit that's there. And there is a baggy, there is a baggy of detergent in a mesh bag and there literally when you turn on the AC, it's bringing that smell of detergent into the room. Can you believe that? I was living.

Dr. Robyn Benson: Absolutely.

Susanne Bennett: Oh my god, I was like this is a crazy. So, what I do was I have to call them every single time. Listen you get my room ready and get rid of that bag out of the air conditioning unit. I did it so much the actually I know Benji the manager there. He took it out and said we're not going to do that anymore. Thanks to me. So.

Dr. Robyn Benson: So, great. What else can you find, about the vent on hotels in their air conditioning units. It's scary if you really look you're really amazed what you find.

Susanne Bennett: It's really bad, I mean you know what? Most places they are cleaner often, when someone's house is really, really moldy and dirty. Because there having a super bad asthmatic attack, I just tell them to go to a decent hotel. Because they're actually, they clean well. You just got to be careful like I said, all those chemicals. And then, if you got, my problem also, is like dust mites, have you heard of it? Not just dust mites excuse me... The bed bugs.

Dr. Robyn Benson: Yes. Absolutely.

Susanne Bennett: That patients bring bed bugs home from 5 star hotels. That's scary.

Dr. Robyn Benson: Why [Crosstalk [00:23:41.22]]. You're the very first person that spoken about bed bugs. So, why did you elaborate a little bit?

Susanne Bennett: Sure. Bed bugs everyone, you will be able to tell when you have bed bugs because, the bug bites are relatively large. It's very itchy, large and they kind of like in little lines... And, when you have them you could become like, really swollen because they have a lot of toxins in there saliva. Now, bed bugs are really tiny, but you can see it by the visible disability. There are little brown little bugs that crawl in the mattresses. You got to get it under the mattress, meaning like not under the mattress, under the sheath in the mattresses in the crevices you'll find them. So, I'm going to tell you, do not ever put your luggage on the bed. Everyone, you put the luggage on the bed, those little critters can crawl and you're going to take it home with you. Isn't that crazy? But that's true, that's happened, it's happen many times. And my patients come in and like you got bed bug bites. And so, they got totally do a whole... I tell everyone to use green exterminators, to get rid of it out of their bedroom. Let it stir... it takes a lot of work, to get rid of them. So, you want to be careful, I was check the sheaths underneath, make sure that there completely clean. And then, use... those little luggage racks right? That you get, use that to put your luggage on it, I don't ever put. I don't ever put my clothes into the dresser drawers. How you got that? Because there bugs in there too. So, I [Crosstalk [00:25:15.06].

Dr. Robyn Benson: Great. Great suggestion that's a good travel, travel hack right there.

Susanne Bennett: Yes. I use... I use this little there zippered... zippered bags, big garment zippered bags. And I put all my clothes in a separately. And I just put that, and I put it out right on my luggage and it's perfect. And if you see me, I travel with 2 big bags.

Dr. Robyn Benson: And so, you're going to show us what you're bag looks like I'm sure?

Susanne Bennett: Well, yes!

Dr. Robyn Benson: Can I... it's coming up here. I just want to talk a little bit about bug bites again. Because I've treated patients who come in thinking they have shingles.

Susanne Bennett: Yes!

Dr. Robyn Benson: Because that's what it looks like, if you go online. And you look at what bug bites can do to certain people's bodies. It's way more in common. At one point there was a hotel, I don't want to mention the name. Downtown Santa Fe where they had to do whole renovation, because there completely. The whole hotel was infested with bed bugs. So, anyway this

again more common than you think and there are... I've got a reputable company that I recommend. So, I'm going to post that for everybody in Facebook okay? So, know that there's a great company out there that can help with this situation.

Susanne Bennett: That's perfect. I mean I'm telling you, if you start... If you had bed bugs you know how bad it is. Absolutely, the difference between Robyn shingles and bed bugs, bug bites is that. Shingles have a very distinct burning sensation, very sharp pain. And bed bug bites are usually not painful, it's very itchy and it's a really, really irritating. And sometimes you even get a bull's eye everyone, a bull's eye. That bulls eye is very similar to what lime disease... lime when you get a tick bite, but it can happen because the actual toxins spread, the toxins from the saliva and the bacteria is spreading. Bugs are notorious for spreading disease. So, we don't want bed bugs actually. I want you to know that, one of the things that I do speaking of bugs. Is that I travel with depending where I go. But, majority I travel with a mosquito net, for your bed. And I use the back which is usually, you know how the back they have like a... what is that the backboard right?

Dr. Robyn Benson: Yes.

Susanne Bennett: And I use and I literally tuck in under there. And then, I bring it out and I sleep under a protective place because I don't like mosquitoes at all. I've had in my share of mosquitoes when I got a dengue fever back in many, many years ago. Back in Playa Del Carmen. And I had a nastiest dengue fever that was so scary. The only thing that really help was "Allicillin", and if everyone knows what Allicillin extract, I took a huge dose of an Allicillin extract when you got cold or fever, you do chew 3 times a day of these little gels. And I did 10 3 times a day. To get rid of dengue fever and that's right... within the day it was gone, it was gone. I had to do a high, high dose of gel to kill that bug, you don't want dengue everyone. So, if you're going to places like Costa Rica, India any tropical area where there's damp. Then you're going to take one of the dose.

Dr. Robyn Benson: Wow! So, what about day 4?

Susanne Bennett: Well, day 4 we do water, we did... we went into... excuse me you know what?

Dr. Robyn Benson: Environmental toxins, have you talked about environmental toxins?

Susanne Bennett: That's environment. And then I got actually day 3 and 4 I mix them, it's actually you're air. But, I put it together, I talk to you about making sure that your air is clean. And if you I mean, if you're really, really. Some people are super allergic they actually carry their own little air purifier. And you can do that. But then day 5 is all about your kitchen, what you eat. So, in the... I talk a lot about food in that. And I take my own blender, I do. I have a little blender and if I can't take the big blender. Then I just take a little shaker bottle. So, I take a lot of my... how do I say kitchen appliances. For instance, I carry my own here my spoon, fork, chopsticks and knife. This goes everywhere with me. Because number 1. I don't like plastic ware, I don't like it and again it's about the environment I don't want to... trash everything. So, I use this and then, I also carry any type of glass container. I always carry a glass container that's empty. So, that when I bring my special foods that I love super foods. Then, I can always have it on the glass container. And the glass container looks a little bit like this, let me see. Here's my goodie bag.

Dr. Robyn Benson: I love it.

Susanne Bennett: This is... this goes with me everywhere. I can't wait to share with you all the goodies I've got here. But, in my goodie bag, what do I have, this is. Do you see the glass with the top? This, I take a container's that are like glucomannan powder this in one that's for... when I have different types of food. And then, the other is for my glass shaker bottle, for my green drinks and my super food shakes. And then, I take these little things that have powder in it. So, special kind of powder, this one is glucomannan powder. Now, this glucomannan powder really helps soak up. It's a soluble fiber that does not go into your bloodstream it's stays in the gut. And it's a special kind of fiber that soaks up toxins. So, if you've got let's say diarrhea this is what I use. If you have... bad, bad cell in bacteria and it's all gurgled this is what I use. And if I ended having infect... something that I just know may give me like reflex. This is what I use. So, I use glucomannan powder and I carry in this little glass container.

Dr. Robyn Benson: For people, have... some couple other people mentioned charcoal. So, how is this compare?

Susanne Bennett: Charcoal, you can use charcoal is well-known for many, many life time instance. It's been use for different things to particular to soak up poisons. But a lot of people actually are sensitive to charcoal. They're stomach doesn't... Yes they can get irritated by charcoal. And you also get black stool which is not a big deal. But, anyway what I love about the fiber, the glucomannan fiber, it's just fiber. And, it's really healthy and it actually

well-known to reduce cholesterol level. So, if you take this fiber with high cholesterol foods, such as eggs and seafood as well as meat. It will slow down your ability to absorb cholesterol. Another thing is really great for is help you stabilize our blood sugar level. So, you end up eating like a dessert... that you're while you're traveling. Then you do this, then you'll slow the sugar digestion and your blood sugar won't spike up and then cause the other problems.

Dr. Robyn Benson: You'd want to take on a daily day basis.

Susanne Bennett: You can. Absolutely. Some of my patients who got diabetes I have them on... and some of them who have like I said high cholesterol, there on it. Often my patients that I put on a detox program. I have them on this too. Because I use this as a way to soak up mercury, when I do mercury cleanse it's perfect for that.

Dr. Robyn Benson: That's excellent and we're exposed to all kinds of chemicals when we travel.

Susanne Bennett: Exactly.

Dr. Robyn Benson: It was a good way to keep your body healthy. And to prevent any further toxic builds up.

Susanne Bennett: Exactly. So, that's day 5. Day 6, that's all about hygiene in making sure that you are healthy on the outside, as well as we're talking about the inside stuff. And I make sure on the day of travel, I don't put any make up on. Really important, because when you travel you're on air, up there I actually apply my skin care products. Pure genic skin care products regularly, while I'm flying depending on how many hours I'm up there. Because, you're body's going to want that moisture. That's going to want those nutrients that are in the product. And by... when you go with make-up then forget it. You're not going to be able... you have to wash your face in that terrible water that's in the sink forget it. You don't even want any of that. So, the things that you want to carry with you. Is definitely go completely free of make up and make sure you have extra, extra moisturizer. I use my element protection stick, where's my element protection stick in my little bag. Here is my sample, this is a sample said the small size. But, this element protection stick not only is it for my lips, but I put it right around my crow's feet. All of the areas was really dry. And I know I'm not going to show this to you, but this is what I do also. What I do is, I take a cue tip and I put it on the top. And then, I put it in the nose. And I'm going to tell you why? Element protection stick and you could

even on petroleum jelly. All right? It's just... It doesn't have to be just this. You can use on petroleum jelly. Are you there?

Dr. Robyn Benson: Yes.

Susanne Bennett: Okay. Anyway.

Dr. Robyn Benson: I got my supply right here. I was just.

Susanne Bennett: You're so cute!

Dr. Robyn Benson: Yes! I've got pure genics age reverse serum from you. Age defying moisturizer. So, I know how to [Crosstalk [00:34:58.12] when think about my skin.

Susanne Bennett: That's right, that's right. So.

Dr. Robyn Benson: But, I didn't know about all the ways in which that... I thought that was just more lips off I didn't realize I could use it in...

Susanne Bennett: You know what?

Dr. Robyn Benson: [Inaudible [00:35:10.01].

Susanne Bennett: That's a perfect place to put... perfect place, perfect place because what it does is element protection stick. What we have here it's like a water screen. The reason I got element, it's because it's a water screen, wind screen, snow screen and sun screen. Did you know that when you're up high and the air, when you're traveling in the airplane. You actually get a lot of radiation? People don't know this, you need to take supplements before you get on, to prevent the radiation damage. And you need to protect yourself, this is 27 SPF. So, what I would do that, put it on all of my face because it does protect. So, you know that age reverse serum?

Dr. Robyn Benson: Right.

Susanne Bennett: You put that on first, you put the age defying moisturizer on 2nd. And then, I have a new product, you're not going... I know you don't have it yet, but Robyn I'm going to send this you. It's not even labeled and it's my EMMEREM, EM is called Emeril Essence, you going to love, love the hydration that it brings. It has squally in it. And so, it's totally awesome. Are you still there? There you are, anyway.

Dr. Robyn Benson: That's sounds awesome.

Susanne Bennett: Yes, yes, yes.

Dr. Robyn Benson: That's a big issue. [Inaudible [00:36:17.21], need to take care of the skin even more when you travel. Again it doesn't matter if it's a plane or train subway. Anyway, that we get so dehydrated that our skin needs a lot more TLC. So, again [Audio Gap [00:36:32.02]. Our audience and the people who really care to travel healthy. Can you... Since we're on this and this one of the day [Audio Gap [00:36:41.08].

Susanne Bennett: You're going in and out.

Dr. Robyn Benson: [Inaudible [00:36:43.16] that air.

Susanne Bennett: You're going in and out a little bit. Robyn?

Dr. Robyn Benson: [Inaudible [00:36:52.11].

Susanne Bennett: You're going in and out a little bit.

Dr. Robyn Benson: Can you hear me?

Susanne Bennett: I can hear you, but you're visual is frozen, there you are.

Dr. Robyn Benson: Okay. [Crosstalk [00:37:06.23]

Susanne Bennett: You're going in and out.

Dr. Robyn Benson: For all of you who are listening. Okay, [Inaudible [00:37:11.00] is that better now?

Susanne Bennett: No, it's just a little off. Can you talk? It's weird. Can you hear me? Can you hear me?

Dr. Robyn Benson: Help Google hangouts. And, it will clear we will just keep talking and there look if it's better now.

Susanne Bennett: Yes go on.

Dr. Robyn Benson: Just to get. I want this make this Google hangout, This is the beauty again of Google hangouts is the cool thing that we're able to bring this beautiful faces to you. And in capture their personalities... Susanne's a perfect example, my goodness it's good to hear her audio, but to really capture, who t her essence. And just see her is really special. So, we have a put up a little bit of this glitches. But, thanks for hanging in there with us. Because, this is going to continue to be a great journey and you get to meet more and more of this speakers. We're just in the second category of 7. So, continue on here.

Susanne Bennett: Yes, yes. So, as I was talking about the products. So, it's really important that, you bring the right type of products with you. One of the things that I do, particularly is I don't like... like I was saying when people are sneezing all over and things like that. I try to keep it as clean as I can. So, what I use is a Silver Salt Power. It's... I carry in it, it's one of my sprays that I carry with me. And what that does, is that it cleans my... kills all the bugs around. It's this Silver Salt, I know it's on right. And, there's nothing on it but it's a product that I use and it literally kills all the bugs on my hands. And what's great about Silver Salt Power, is that you don't have any problems with the probiotics. Any good micro biome it doesn't kill which is awesome. And just get rid of this stuff the strep viruses that hang around. So, you want to make sure that you are using the right types of products to keep yourself clean. What else do I have in my little goodie bag? Like I said I was... I bring all the... I bring all the formulas for my skin, I have the cleaning aprotics for my hands. And yes, I do carry like... little wet ones... type of thing that you have for... Where are they, I have it some somewhere. This little baby wipes, I take it just in case and everything like that. But you want to make sure that you carry all your goodies. And don't rely infect on the products you see at hotels. I know that everyone gets so excited, I'm going to get... The hotel goodies right that they have. But, all the products there are really not healthy ones. There lower-end and the chemicals that are in there can affect your eyes, your skin... Your hair. So, I carry always with my own products with me. And of course my probiotic. Here, my probiotic cleansing bar. It's a soap that I don't ever use, ever of the soaps that out there. Because it's just drying, it's drying your already using tap water. I mean, my water at my home I get it... it's a filter of a whole house filtration system for the water and fluoride filtration system, for the whole house. So, my water's different. And so, the way my skin feels as different. But once I travel, it's always drier right? I mean your hair is look as good and all that. And, spring your own stuff, when it comes to your body hygiene definitely bring your own hair and body products.

Dr. Robyn Benson: Have we covered all of the days?

Susanne Bennett: Well, there's one more. And it's stress, stress... my god. The stress of our day to day that affects us. And travel is very, very stressful. Traveling is one of the most stressful times in fact. So, preparation is key everyone, preparation is key. Like I said I have everything in this bag that I had to carry. But a list of all the things that keep that list. So, you keep it in your cellphone. Okay, I'm going to travel and prepare, prepare. And I'm someone that like to over prepare. As you can tell. So, I prepare with my food, I prepare with my supplements, here's my supplement case. And this usually 1-7 to 9 day of supplements that goes in here. I prepare with all the formulas that I have particularly if I'm going to go travel. And it's an overnight traveling, I always use my mask. So, I get my little mask, very important this are all things to relieve my stress level. If I'm traveling over and overnight, meaning like whenever I go across the continent, from one continent to another. I always go on the night time, there's a special way, there's a way that you can do this. So, that you don't get any forms of jet lag... I travel a lot and people has to be, because when I come back on Sunday the next day I'm going to work. If I come back from London or if I'm going to Asia, I'm going to Greece, whatever. I come right back to work and there like gosh, how did you wake up and it's because the way I prepare. And I make sure my traveling times of my flight, is where I sleep on the flight. And this is very important to sleep. And you see how it's kind of like don't? See that?

Dr. Robyn Benson: Right.

Susanne Bennett: So, it doesn't crush my eyes and my lashes. And so, it's really nice and doesn't get my eyeballs so hot, when I sleeping with it.

Dr. Robyn Benson: It looks like a bathing suit tops to me. [Crosstalk [00:43:18.03].

Susanne Bennett: Yes. I'm going to tell you everyone... my god this is brilliant. Earth therapeutics everyone, Earth therapeutics. Is what you can use. And I also bring with me, where is my white case I didn't... I must've left it at the last place I was at, darn it. Earplugs, earplugs I always bring earplugs. So, important you have too. I also have these noise cancelling, earphones that just do wonders for me as well. And so, I do that and then I use a couple of supplements to make sure I go to sleep. When you get on that plane and you're all stressed out. Getting on the plane, putting all your stuff away, you got to make sure that you bought when it comes down. So, I use a GABBA cream and GABBA's really nice to relax. And it has L-theanine in it. And I use my GABBA cream and I pump it right here.

And then I rub it and then I put some, take some slumber spray and that's to help a little melatonin. And 5 HTP and boom within 30 minutes for sure I'm down. That's what you got to do, you got to prepare.

Dr. Robyn Benson: [Inaudible [00:44:28.01] How can you share, you're... I'm really fascinated with your container of all your supplements, could you bring that and maybe tell us a little bit more. But, I want to see what's in there.

Susanne Bennett: Okay, so.

Dr. Robyn Benson: You love very organize, I'm pretty impressed. Honestly, I think everybody, this is a part of traveling healthy in today's world, you always want to have like... if you're prone to cold sores you want to have Lysine. If you're... I'm a big fan of Oregano I never travel without that. There's some magnesium if you need extra, for pain in your muscles or also good for digestion. So, let's see... I want to see what you have in there, I'm curious.

Susanne Bennett: So in my kit... I want you to know Robyn this is not just for traveling, this is an everyday that goes with me everywhere. I have my own bag... my bag that take to my work. So, when I open it, when you open it up. If you notice there's little labels right? And the labels just tell me what's in it. Because I mix different colored supplements together, you know what I mean? Because I take a lot of supplements. So, for traveling number 1. Here is my Pycnogenol and nattokinase everyone, Pycnogenol and nattokinase very important. If you're doing I'd say 4 to 5 hours of traveling on the airplane. Because what it does is prevent deep vein thrombosis. Everyone that's really important, a lot of people they've done studies, people traveling more than 3 to 4 hours when they check through an actual diagnostics study. That people they develop like clots in their legs. And that can be dangerous. Very, very common. So, Pycnogenol and nattokinase is a formula that have they studied and they say together. That prevents the deep, deep vein DVT it's called deep vein thrombosis. So, I always make sure I take that, I have my vitamin C. And I got my B vitamins and my B5. B5 is really important to optimize the cholesterol into making the hormones that we need like cortisol, pregnenolone, DHEA these are all really important for our body to handle the day to day stresses that we go through. So, B5 is important and of course B vitamins. Because all of the B vitamins is super important for energy. Also, very important for the adrenal function right? And neurological too very important. Then I also have what I called my protein... amino acid, it's like a protein substitute, if I don't get enough protein because I'm traveling a lot and I can't get clean food. I start taking these supplements of amino acids. It's a full range of essential amino acids and it's called

MAP. MAP is stands for master amino pattern. And it's one of the formula's I've been taking for at least 15 years. A long time and the reason why I take this because, everyone as we age, we lose muscle mass. We loss muscle mass and that's called sarcopenia. So, it's a long work, basically you loss muscle mass and you loss bone loss, where we have bone loss issues. As we age we always talk about osteoporosis, osteopenia. Well, guess what? If you had enough amino acids that you take and you get enough a biological active protein. Then, you're not going to lose it, you're not going to lose it.

People always ask me, why do? Because I've got skin care company right Robyn? And, it's pure genics and thy always ask me why do I a bigger nose and bigger ears? As I get older right? It appears bigger I don't think... if you look at older people they got big noses and big ears. Those 2 areas are cartilage it's made it out of cartilage tissue. The truth that the matter is the way they look is actually an appearance. They look like it's getting bigger. Because you're losing your muscle in your face, you're losing your bone, in your face. And when you have that, you get more receding gum lines, you start to fall you get more saggy. You find that your noses and your ear is getting bigger. That's what you don't want, that's one of the biggest signs of aging sarcopenia muscle loss and the MAP that I take right here. Prevents me from losing muscle. It's the best...

Dr. Robyn Benson: That's fantastic. I'm so glad you're mentioning that, because that is the big concern... people who travel on a regular basis and there in there environments. The toxic environments. So, your just... the aging process is accelerated.

Susanne Bennett: That's right!

Dr. Robyn Benson: So, that's a great... I have MAP in my pharmacy too.

Susanne Bennett: Good.

Dr. Robyn Benson: And I love the way in which you're sharing your use of it. This is really helpful Susanne.

Susanne Bennett: Right. I want you to know. Robyn, when I take MAP and I'm using it to replenish my amino acids, I don't take 1 or 2. I take a high a dose. I do. I take 5 twice a day. [Crosstalk [00:49:40.03]

Dr. Robyn Benson: Can you mention about athletes, why it's so great for people who exercise a lot.

Susanne Bennett: Well, the reason is this. Because really helps your recovery, remember everyone when you're exercising, you're breaking down muscle mass. What I mean by that is, you're creating micro tears in your muscles. And if you want the adaptation in your muscles to grow and strengthen. Well, you need MAP and I truly believe if you do long term of aerobics like an hour running, or doing the stair stepping. That you're not going to build muscle, all you're doing is you're tearing it down. So, it's important to use exercise that I call burst to boost. And in my flexibility program, you already know about that. I teach all about that bursting, and to boost. And you only need to do 3 times a week, just about 20 minutes, 20 minutes of exercise 3 times a week anyone can do it. Right?

Dr. Robyn Benson: Exactly.

Susanne Bennett: Yes, even do that, I take my jump rope. I forgot to bring that to show you. I take my little jump rope with me when I travel, because it's my way of exercising well, I'm on the road.

Dr. Robyn Benson: That's fantastic, I do to. I have to say that's my exercising grounding chapter in my book. I think it's just something, you cannot there's no excuse, when you travel all kinds of cool things you could do in your hotel room. Jump roping is great because it gets your cardiovascular system. And what I learned from the Masai people when I travel to Kenya. How important is that jumping is really good for your whole system and it get your lymph system moving. So, thanks for mentioning that, you're the only one who has shared that they bring jump rope. I can tell you, you have a great pearls that... this is like everybody, you have to hear every single speaker. Because I'm telling you, you will learn something that you'd never heard about.

Susanne Bennett: That's right. That's right. You know what? Again, preparation is key. I have my jump rope in my little bag that goes in, every single time I'm traveling that's really important because, when you travel one of the things that ends up happening is, your cycle right? The circadian rhythm can be thrown up. Well, exercises one of the fastest ways to get back to your rhythm. And when you're jumping everyone, you cannot jump a full 2 minute without humping and puffing. You try it, and I say you got to do fast, you don't want to be like skipping and jumping. You really got to use that rope and it's phenomenal for keeping you in great shape. Look at the boxers what they do, right?

Dr. Robyn Benson: That's true. This is where I love. This is this whole category that you're speaking about is super immunity. And so, we're learning about allergies and allergy prevention in the 7 days that we can... everything that you mention from the hydration, to thinking about your air quality to your food, there's something that just a part of everyday, everyday travels. So, I appreciate the breath of your interview here today.

Susanne Bennett: Thank you. Everyone it's really important that I want to show one thing about travelers' diarrhea. Because I treat this regularly. I'm sure you've talked about it, but I want you to know that if you can go your whole trip, without eating fresh meaning like, raw vegetables like salads. It'll make a huge difference in your life, huge difference. I found that, that is where majority of the bacteria's, the viruses, the fungi and parasites are. Wherever you travel, the water of course when you go, you don't drink water from the tap wherever you're at. Always get bottled water, but I must tell you. It's the fresh vegetables, fresh vegetables and if there's a fruit. You go wash it and you can use your knife and cut the peel off and you can eat the inside. But not veggies, veggies are very difficult in the restaurants over there. Do not wash it properly. So, make sure that you travel with the right type of anti-microbial agents that can kill the bugs right away. You do not want diarrhea while you're on that airplane, it's the worst and it's the worst to have a baby... my god the baby having diarrhea. And the diaper that will be horrific for not just you, but everyone around you.

So, really, really important that you got to protect your gut. And I talked about this a lot in my book, "The 7-Day Allergy Makeover" because it's so important to prevent these symptoms of gas and bloating and diarrhea. And there certain types of supplements that I use. I did share with you Allicillin. But that's not the main supplement that I use. I carry always oregano oil and you've mention that which is awesome. I also always carry, the olive leaf which is an excellent anti-fungal and anti-viral agent. And then, I use Pear X which is specifically for parasites. And, any Amoeba dispensary. Amoeba issues and possibility of parasitic. I travel a lot to Mexico, down in Mexico. They use, I mean literally at Walmart Robyn. They sell Vermox plus. It's a drug, you can barely get here in the United States. And they sell just right off the counter because, everyone down there have worms. And Amoeba's like "entamoeba histolytica". You don't want that. And that's a very common drug that they use down there. But, I'm telling you that the... there are... it's the toxic level of those drugs are so high. I don't recommend you use that, unless you really desperately need it. I had a case of a patient, who came to see me. And,

we ended up... she had projectile diarrhea, 8-9 times a day. She was having this 4-5 months. And the Doctors did all the stool test which we always want to know what's in our stool is. And, nothing came up, nothing came up. And I did... I do lot of muscle testing in my practice. And muscle testing I definitely got that she had a bug in her gut. And so, what we do, we send her away I did my own thing. But, I was really lucky to use a company that uses the PCR at that time. Looking for the DNA of the bacteria. And it ended up being "Vibrio cholerae". "Vibrio cholerae" and that was the reason why she was having all this diarrhea. She had true dysentery. They call her, you heard of the call her right?

Dr. Robyn Benson: Absolutely.

Susanne Bennett: And, with that case we use, both ATPs which is oregano oil with Allicillin the bacteria. Anti-bacterial agents and it totally with a viral, it totally wiped it out within 5 days. It went right away, because we knew exactly what it was. So, everyone if you find that you go way and you start getting sick. Come back home and go to your integrated doctor and ask them to do the stool testing. The functional stool testing. And I'd say that Genova because they Metrometrics. Metrometrics was a company that I really love working with. And now Genova diagnostics took over. So, that would still to me be the best choice, getting it to diagnostics, Genova diagnostics.

Dr. Robyn Benson: It's fantastic. But I'm so glad we talked about this. And we do have one Doctor Glenn Wilcox one of our speakers in the healthy travel global summit is going from the whole presentation. So, you definitely want to hear that?

Susanne Bennett: Right. And, one of the big things about diarrhea also is that you get really gassy. So, really important you take your probiotics, I use a traveler's type of probiotics where you can take it without causing... You don't need to refrigerate it. I take that but there are lots out there. And, I personally make sure that I take some beforehand. So, what I do is actually prepare people, let's say people are traveling to Africa, a lot of my patients go on those treks and all that. And then, so I prepare their body beforehand and getting there body's set. So, that they have good probiotics, good micro biome and really reduce your inflammation before they get there. And so, when they do end up having these foods here's in there. They don't get sick. In many times, that's so many of my patients come back. I was in India, I was the only one who didn't get sick. I was the only one or they're up in Kilimanjaro. And they tell me that all of the things that we did

together, it prevented them from getting ill. And that's the best thing. Who wants to get sick? I'm someone that I want to feel great all the time.

Dr. Robyn Benson: I'm with you. And I just want it sounds good too. You hacked it on really impressed. So, we just have a couple of minutes left to you.

Susanne Bennett: Yes.

Dr. Robyn Benson: So, here you've mentioned your digest a program, your 7-Day Allergy book everyone needs to get that. And also I know, you've mentioned your skin care. So, you're like a one stop shop place here. So, mention when you have available for our traveler's.

Susanne Bennett: Yes. Well, absolutely, you know what? You can go to the link. You know you have a special link Robyn for everyone. And everyone that link you're going to be able to see one of the things I didn't share earlier about traveling with my price. I travel with my collagen serum and mask. My collagen serum and mask is a refrigerated item. And, the reason is because, I'm... the face of my pure genics. I can have my skin looking really bad when I go from interviews and speaking arrangements. And speaking engagements and all. So, I always travel with my collagen serum and that's a one thing, the one thing that's completely changed my skin. Robyn I've got to show you, I don't even know if you know but, I had the worst, worst skin when I was 10 years ago, I was [Inaudible [00:59:17.18] old. People when you got to the link that I give to Robyn. You're going to see how that it is. Like it was horrific, lines everywhere, I've got discolorations, sagging skin, really, really bad damage from sun. Because I'm a big, big sun. You see I'm still dark. I love the sun, I'm surfing a lot in the ocean and snorkeling. And, so when I travel when I use it. But, what you're going to do is what we've decided for your traveler's, healthy traveler's summit is everyone is listening to this interview. You get a deep discount, just about up to whole sale pricing, what the doctors... You get a huge discount with the doctors get, because my pure genics is mainly a wholesale company. It's not for... the general public. So, you'll see. My probiotic soap available... everything is available there. And, excuse me... not probiotics, I should say the age reverse and the age defying moisturizer. But if you want the probiotic soap you just call my office and you'll get a discount there too I promise you.

Dr. Robyn Benson: Yes. Well, thank you and then also the belly gut program.

Susanne Bennett: My god. Everyone Robyn I'm giving you that link. So, that everyone can work with my flat sexy belly do's and don'ts. This is a free, you guys can

download it. And what it does it's gives you all the foods that you eat. And all of the foods not to eat particularly when you travel. Or day to day. So, that you can get rid of your bloat, your gas, your acid reflex, your headaches. It's an anti-inflammatory low fermentable carbohydrates. Low and in zero allergenic list it's so good for you to take it to the grocery store. And speaking of grocery stores you know what I do before? I go to hotel also, Robyn one more thing is that I call the local health food store like whole foods and have them deliver me certain types of food that put in the refrigerator.

Dr. Robyn Benson: I love it... my goodness you have been amazing resource of great inspiration for people now that you can travel healthy on a regular basis. And all kinds of solutions.

Susanne Bennett: One more thing, the flat sexy belly. The do's and don'ts you get that for free. But, anyone who wants to do the flat sexy belly program. It teaches you so much about your gut, about how to tighten your abs. There's in fact exercise nobody's ever seen before because I created them myself. For my own abs and how to get it in a very short period of time. That is a \$197 program. But everyone, you're people on the healthy traveler's summit, gets a \$100 off. So, I'll give you the promo code okay Robyn? And...

Dr. Robyn Benson: Thank you so much. For your generous time with all of us. And your enthusiasm... oh my gosh is contagious. We all want... look as good as you but I figured it out. You're 43, you had the skin, you must 53, you live fabulous.

Susanne Bennett: I am.

Dr. Robyn Benson: So, you travel a lot, you look great and we all want to feel like that. So, again thanks for being with us. And we appreciate you and do see all our guests will have that information for you. Everyone take care and stay tuned again this is a super immunity topic. And we've got more to come.

Susanne Bennett: Thank you so much Robyn. Thank you for letting me serve your amazing audience.

Dr. Robyn Benson: Thank you.