



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. My name is Robyn Benson. I'm a doctor of Oriental Medicine for 23 years which is kind of amazing but true, and in that time, I've traveled to probably about 50 countries but overall in my entire life 70 countries. And we're bringing this summit to the world because the travel industry is such a... how exciting is it that we get to travel by plane, train, bus, subway but also it's a very toxic industry. So we are bringing some of the world's leaders in health, plus fitness and in travel to bring their best message to you. And we're very excited about our speaker today very excited actually because if you want to travel and you think, Yeah I want to travel but I can't afford it. Well, our speaker today, he's topic is how to travel the world for free. But before we bring Frederic to you, I want to introduce Kevin Snow to you.

Kevin Snow: Hi. I'm happy to be here definitely want to hear this message about traveling around the world for free and also we were truly focusing on health [Inaudible 00:01:14.08] truthfully and we have this message to Frederick [Inaudible 00:01:20.11] a lot through this for being the very intuitive in health and how to be healthy [Inaudible [00:01:29.20] in life. Very happy I'm a counselor at Santa Fe Soul we're just chatting a little bit about [Inaudible 00:01:38.19]. That's going to happen so happy to [Inaudible 00:01:45.03] all and really learning how to do this, how to travel for free.

Dr. Robyn Benson: You're ready to travel to more countries aren't you Kevin?

Kevin Snow: Oh I totally am. I've spent many years as a commercial photographer and I did quite a bit of traveling but when you're traveling and working, you definitely are always making a list of places to go back to and have some fun and I got a nice list of places I want to go back to.

Dr. Robyn Benson: Well I could mention I have been to 70 but I think there's like how many countries Frederic 220? How many countries are there? Do you know that?

Frederic Patenaude: Well, don't quote me on this I think it's something like a 195 but that it could be 220 if you include every possible country but...

Dr. Robyn Benson: Ireland and yes so well anyway, we are so thrilled that you are here all the way from Canada. How are you today?

Frederic Patenaude: Good. Good, thank you for having me. Yes, I'm excited.

Dr. Robyn Benson: Message Frederic is you've traveled a lot and you've learnt how to do it in economical way and probably ways even lot our speakers have not even figured out and what's really cool and I want to say this to all of you, our speakers are as excited to learn about from everyone else that speaking so yes, there's just so much information in this series. So we want you to catch every single speaker throughout the series and so Frederic which is really great about him is not only has he traveled a lot but he lives in Marc's message of living with optimal health every day and so let me tell you just little bit about him before we bring him in more. Frederic Patenaude, how do I? I really practice even... Can you say your last name?

Frederic Patenaude: You got it. Patenaude, yes.

Dr. Robyn Benson: You know it's hard enough to speak English for me sometimes but can you pronounce your last name for this audience? Frederic.

Frederic Patenaude: Patenaude.

Dr. Robyn Benson: Patenaude. Love it.

Frederic Patenaude: Patenaude.

Dr. Robyn Benson: He's the author of over 12 books on the raw food diet including raw food controversies. He also is an avid traveler with almost 30 countries under his belt. He's the co-author of the e-course 'How to Travel the World for Free'. Not to tell you this is how I first heard of Frederic, I guess it was through Kevin Gianni represented him in his work a couple of years ago and that was with everything that we hear about online and everything's for sale, right?.

There's always some new thing. I knew I had to have this in my hands because of all the travel that I do and even though I got this great mileage thing going with American and a couple of other airlines, I have not figured out in other ways so I'm excited to hear this message from you. So Frederic why don't you just give us all a better background on you and your life and how you got in into this world of nutrition and raw food?

Frederic Patenaude: Sure, sure. I'm one of those people who can't attend to go all the way when I discover like a new theory or something that excites me so in my early 20's I discovered the raw food diet and I was so excited about it and I want it to be part of it. And I felt that I was had potential to change a lot of lives and my life and so I took a bus from Montreal to San Diego. Not one bus but multiple Greyhound bus because I was broke and you know it was \$80 at the time to make that trip and it took three days and I got to San Diego and then to me it was like paradise. Great weather and it was a raw food movement, lot of people interested and got to meet people and got introduced to David Wolf and then I worked with him and a lot of

the other guys in this raw food world which was becoming popular at the time.

So I became involved in it writing a recipe books, creating websites for other people and then I kind of went in on a health journey figuring out, what is the healthiest diet but also a practical way to live because you know when you first start doing this, you feel like you got to go a 100% but it's difficult to maintain over a long period of time, realistic place for most people. So I kind of found that balance and in terms of traveling, I've always been interested in traveling.

And but for me is I'm interested in at the moment; I'm more like a snowbird so I like to live for the winter. I kind of really like cold weather. In fact, I hate cold weather so I intend to live for a couple of months and then I've been spending most of the winter away from Canada for a number of years. And so that led me to get and try different places and travel and meet other travelers. And a few years ago, I got introduced to this idea that I could save a lot of my traveling costs. And a friend of mine just came back at the time from a big trip to Bali and Hong Kong and when she told me what she'd paid for I was shocked because she was flying business class and staying in high-end hotels and I was earning some miles with my business card but nothing like what she was doing so I kind of optimize how I'm traveling now so it's even more cost-effective and you also get to experience things that you wouldn't normally be able to experience in your traveling lifestyle. So I'm going to lead for you to ask me a few questions because I could go in any directions from here.

Kevin Snow: What are some of the... that you see, what are some of the health challenges that people faced when they're traveling?

Frederic Patenaude: Well traveling is hard on the body, I think. I just came back from a trip where I have five flights in two days and it was two night flights in a row. And I don't recommend this kind of traveling. I don't want to do this kind of traveling anymore because it's difficult on your back, on your lower back. It's difficult to just being up in the air and without mentioning the step that probably your other speakers will talk about but it can be difficult on their body if you condense a lot of traveling in a short period of time.

So that's one part of it, if you want to make travel one easy and also traveling can be stressful like showing up at the airport is very stressful for a lot of people because they'll get in line at security and it's going to be a long line and there's customs and immigration and then you have to wait on an uncomfortable seat so if you can make that part of traveling easy and just where you're looking forward to get to the airport and you're looking forward to your flight then it makes traveling, air travel at least a lot better.

And then there are the challenges of just... I mean I think traveling is a stress, can be a stress and should be a stress, a positive stress because when you go to a new country, you discover a new culture. It can be

stressful at times but it's a good stress like where you're not sure what's going to happen next or you're unfamiliar with the local customs so I think that part of the stress is good because you grow as a person and you discover things about yourself and that part of stress is good but it's... the other part that we need to control, you need to manage your energy, you need to figure out ways to make traveling more comfortable and then we could talk about also how to heed healthy diet once you reach your destination which can often be difficult so there are some tricks that I use to do that. Do you want me to talk about the first part first? Or...

Dr. Robyn Benson: Sure.

Frederic Patenaude: Okay so how to make traveling comfortable, I think making traveling comfortable is really, is about first the airport. Get to the airport. How can you make that part easy? Well, let's say that you ask me you to have a like TSA approved lines. You spend a little bit of time going through that application process. It removes a lot of the stress out of traveling because you... a TSA pre-check or Nexus in Canada a global entry. These are programs from the government where you get pre-approved for customs, traveling between the U.S. and Canada, re-entering the United States, re-entering Canada. Security check points, you don't have to take your shoes, your laptop, and just make... I mean that part I would really encourage everybody to do it because it just makes going to the airport easy.

Dr. Robyn Benson: So can you just let our listeners know, what does that cost? And what's the process? I'm actually in the process right now but for you to share.

Frederic Patenaude: Yes. For example, the Nexus program is a program for traveling between the U.S. and Canada but also includes global entry which is to enter the United States from many locations around the world. So it works... I was in Ireland where you had to do customs, U.S. customs there and they had a global entry.

They had it in number of airports so it's \$50 for five years. That's what I paid. It may have change now so it's a very inexpensive and if you hold one of the American Express Cards, they will waive that amount for you. TSA pre-check I think is something different. I cannot do it because I'm Canadian but often because I have Nexus they'll put me on the TSA pre-checked line. So those, it's very negative

Dr. Robyn Benson: I think it's about... dollars. About \$180 the TSA.

Frederic Patenaude: Check for a... There is one American Express Card, I believe... I'm not sure which one but if you check on their website where they will pay that amount for you. They were doing it last year so that's one possibility and it takes a few month to go through the process but it's mostly waiting because you fill out the application online and then you just wait and then you show up at the airport and you have your interview but it's not really an interview. They've already approved you so it's mostly that they

explain how the program works and I met a lot of travelers and they told me you have to get a Nexus, you have to get global entry because I mean, let's say I come back from a trip, I see a giant line of a hundred people waiting for immigration and then you go to the global entry line and there's nobody and you just go through and it just so much easier because a lot of the stress we had about traveling is about those formalities so if you make those formalities easy with global entry, TSA pre-checked, Nexus then it's already remove like half of your stress for traveling.

Dr. Robyn Benson: What assurance is...? I'm actually going from my interview in Albuquerque, New Mexico on Friday at three o' clock. I am excited, you know what? I've just too many years of not doing it and so many people have shared what you're sharing with all of us and its time because I'm going to go in to Europe this summer. I'm always on the plane and it's just going to be nice especially for those of us that travel on a regular basis.

Frederic Patenaude: Yes, well you're going to love it. That's all I can say. And some people don't like the big brother kind of thing because you...

Dr. Robyn Benson: I know.

Frederic Patenaude: They only like their fingerprint or in a database but I mean we're on a Facebook database and to me it's not bringing any convenience to have to go through that because it's really for the government. It's really about security that they've spent last time checking out some people that they've already approved with no criminal records and so on. So some people don't want to do it because of that but I don't regret it and I think if you travel a lot it makes things easier and I'd recommended it to people who don't travel a lot but just travel once or twice but they get really stressed out about it. It also makes it easier. The other thing is once you get to the airport try to get access to the lounge. And I know people... Before I went to the business lounges at the airport, I didn't really get it because why would you pay more to go to a lounge and just where you can have free breakfast or you can buy your breakfast at the airport and ends up costing the same or more. So, why the lounge? I mean the lounge is great because it's kind of a haven of peace before your flight. So you go to the lounge and you get often an incredible view of the airport and airplanes being checked and taking off and then the seats are very comfortable. It's quite silent. There's food, it's quite relaxing and I really recommend to make it a part of your travel and how do you access the lounge or there's number of credit cards that you can hold. If you have that... those credit cards you will get access to the lounge and now it differs by country and so on.

American Express Platinum is one of them but there are a number of other cards that will give you lounge access or if you travel frequently, well see how you can reach the level where you can get access to the lounge. Those are little things and previously I didn't think they were important but it makes a big difference and so I always keep one credit

card for my business that gives me lounge access in most airports and if I have to pay an extra \$15, \$20 to get access to the lounge, there's a program called Priority Pass and its included in a lot of credit card memberships like with Amex and you pay, I think \$15, \$20 to get access to the lounge and other countries if you don't have access to it. So it really makes a big difference in my opinion and just in terms of relaxing before your flight.

So that's the first part. And then your flight itself well, my philosophy is if you fly overseas, so international flights where you...especially overnight flights it can be quite worthwhile to use some of your points, we're going to talk about points in a moment, to upgrade to business class or get a business class ticket. And so I save all of my points for those kinds of flights. And then the flights that I have to make for business and so on within North America, I tend to pay for them or get a good deal because I don't mind sitting in economy for a couple of hours but it's those long flights, overnight flights to Europe that are already taxing on the body and flying business class is just makes a big difference. And it's also different kind of business class and the one you have within North America.

Within North America, you just get big seats and little bit more privacy and extra service but it's not really worth it compared to international flights where you truly get a seat that turns into a bed and this makes a big difference to... have a sleep before your arrival and often you'll get let's say you fly to Paris, they'll also give you, when you fly business class a ticket where you can go cut through a different line at customs so you save a lot of time and just everything kind of happens faster and its easier and business class tickets, international business class tickets are very expensive, very expensive so you have to pay for them, can be \$5,000 to Asia or Europe so that's why I save the points for those flights by not if you're planning a trip there to use your points for those kinds of upgrades instead of upgrading to a business class when you're at North America, where it doesn't make as much of a difference to your well-being. So those are kind of some tips that I implemented for just making my flight like more relaxing.

Dr. Robyn Benson: That sounds really great.

Kevin Snow: Yes, let's go right into the talking about points, right?

Frederic Patenaude: Okay. Yes, because you asked about traveling the world for free and I should say it's for free or mostly free. Some of the things you'll get for free and some of the things you'll have to pay a little bit but my philosophy hey is its free, I mean if you go from your trip costing you \$5,000 to \$2,000, well you save \$2,000 your trip might not be entirely free. Although I haven't taken trips that were entirely almost free. So how does that works? So well first is you try to put your flight on points and if possible you get business class too on points. With flights you'll get to... You have to pay some taxes so the flight will never be 100% free. But it will be pretty reasonable, something like \$50, \$100, \$150 compared to a \$1,000

or more for this flight. So even more on business class so that part is mostly free. And then the hotels, what's great about hotels is that the points that I use for hotels give you a 100% free stay. No taxes, nothing and you get to stay in a really nice hotels so I personally I'm the hotel man like I'm not so much the points for airlines guy, I do earn a bit but because I'm Canadian, we don't have this same number of airlines, the same number of points deal that you can have in the U.S. so I kind of save a lot of my points towards hotel points.

And for example, the last trip that I took, I had to stay a couple of days on Honolulu. It's not a cheap place to be, normally, I mean, even a very basic hotel would be at least \$200 a night. So I mean the points to upgrade your stay and stay in a nice hotel and then they have... to the 24th floor just because you've been earning those points is really cool and that part you can do a 100% for free so those are kind of how you do it. Then there's car traveling. You rent a car, others are great tool that you can use called Auto Slash, you can go to autoslash.com. And I didn't know about this until parks a few years ago, you go to autoslash.com and you enter a reservation number that you made from let's say you go to Expedia, you booked a car, you rent your car with Enterprise. You go to autoslash.com, you enter your reservation number and they're going to get coupons for your reservation automatically. They're going to add them to your reservation and lower its price, and you don't have to do anything. It just happens automatically.

So you go from \$300 to \$150 and it's just happens because they found that coupon on online and applied it to your reservation, a coupon you could not have found because you did not spend the time or they have software to look for it so it's a really great tool. You can save a little \$100's in car rentals with just what I've given you with the simple website autoslash.com. So these are some of the things we talk about it in the course that I created with a friend of mine Shelly Stein who's an expert in points.

Dr. Robyn Benson: That's what cars, can't you... sometimes there's long car, I mean it took lines to get a car. So what can you do for that, to avoid those long lines?

Frederic Patenaude: Well you have... you can have status with some of the car rental companies. So again, if you select the kinds of credit cards that you use, let's say for your business, and you keep one that gives you status for example, a number of Amex cards will give you hard status that will give you the gold status automatically. So you don't even have to rent with them on a regular basis to get the status then you'll cut in line with that. If you've better seen this movie with George Clooney, 'Up in the Air', where it can kind of plays this guy whose obsessed with points and miles and also status so in the movie, it's not just about the points it's about the status because when you travel often, having status with an airline or a hotel chain or car rental company gives you privileges.

And for example, with hotels that means that they're going to put you on an upper floor, a floor that's less noisy or they're going to give you free breakfast which saves you a lot of time and effort in finding breakfast when you arrive at your destination. They can give you free internet, late check-out for example you can check-out at four p.m. instead of noon. All kinds of things like that that you get low extras here and there that just make your life easier and previously I thought, Oh this is kind of a...jetsetters do that and... But it's really, everybody can do that, it's free. Everybody spends and we spend money usually electronically so you don't spend a lot of cash anymore because everybody accepts credit card and they charge you already for the cost of accepting credit cards because it's in there price. So the merchants have to pay two or three percent or something to accept the credit card because of that, their prices are adjusted as a consequence so if you don't play the points game, you're kind of paying for everybody else who is playing the game because you're paying the same price anyway. So why not join and just be part of it?

So every single expense should be on the credit card as long as you can make it, you can put it on a credit card but sometimes people think, 'Ah I cannot do make this purchase on a credit card or there are a lot of creative ways to do it anyway'. Buying gift cards, things like that were you wouldn't think that's for you'd be able to pay by credit card but you are as you really arrange things though all differently. Okay, so you have credit cards and you accumulate points, now what kind of points do you want to accumulate? That's the most important question because if you want to travel for free obviously you have a destination in mind and so it has to start with what you want, where you really want to go? What destination do you have? And then you can have a plan to get there.

So most people just accumulate random points everywhere and then they decide okay, what am I going to do with all those points? But the right way to kind of play this game and this is kind of a big change of mindset that I had is you start with a dream destination or just a trip you want to make or maybe you regularly fly between two destinations and you decide, okay, I want to... I need to earn points for that. And then you have a plan that will get you there. So that's kind of a little bit nutshell my approach for traveling for free.

Dr. Robyn Benson: I love that and that whole idea of spending... Paying for things that the credit card really does add up. I mean I think about when I built my center 10 years ago its telling me that's before we went live, I put everything, everything I could possibly on my credit card and it has allowed me... I went to Kenya. I was going to London on miles. I'm going to Europe and taking my husband and my two children to Europe this summer on miles.

So I mean in its all through my purchases. It's really exciting. The one thing that I'm really happy here from you is unlike you, I have not really... I've only done the miles per air transportation. I've never really figured out the car and hotel point system as much. And I think it's important that to

take the time to read what's available like I should really spend some time with the American Airline Card that I have and find out all the different things. I probably just missing on some great opportunities where I could be traveling for free and not even know it, right?

Frederic Patenaude: Yes, yes and Robyn, what's your dream destination? What's one place where you'd love to go?

Dr. Robyn Benson: Well we're going I'd never been is Iceland. That's where we're going this summer. It's for some reason that my dream of mine to go there after reading a really great travel book. Okay, let's say Iceland.

Frederic Patenaude: Iceland is a great destination. Yes, so at least Iceland is an easy destination. So you probably have enough miles right now to get there.

Dr. Robyn Benson: Yes.

Frederic Patenaude: Or you probably... yes.

Dr. Robyn Benson: Yes, that's how we're getting there. On my miles which is great.

Frederic Patenaude: So okay, so for some destinations, there are like international chains of hotels. And you can get the hotels for free. In a place like Iceland, I don't think there is, I'm not sure, but I don't think there's a major chain of hotels other than the local hotels. So you might not be able to get it, to get the whole trip for free. It doesn't work with every single destination.

Dr. Robyn Benson: What about Norway? We're going to be in Norway also.

Frederic Patenaude: Norway definitely yes, there are some major chains of hotels. What I do personally is I don't want every trip to be about hotels. Hotels are great because you always need them but some trips. I took some trips just for the fun of it. So with a friend of mine, we went to Miami and there's a great hotel in Miami called 'The Bal Harbour', the 'St. Ridges Bal Harbour Hotel'. And St. Ridges is part of the Starwood chain and it's the highest-end hotel in that blend like along with... They had the Meridian, they have the Sheraton and a lot of other hotels but the St. Ridges is just like their top rent. And I had enough hotel points to go, I also had these upgrades that I could put on my hotel so they would upgrade you to a suite and so on all for free. So I decided to check it out because I've never been to hotel like this where you have your own personal butler and... I mean the room that I got, that we got was just ridiculous like I probably took a hundred photos of the room. It was like on a high floor and like two balconies and like a TV in your bathroom embedded in the mirror that disappears when you turn it off like crazy stuffs like that. I mean incredible level of comfort and excitement and this is just like a fun thing to do like this is something that I call an experience you would never do otherwise.

I would never spend ever for like \$5,000 a night for a hotel room or something or what it costs there a few thousand dollars a night. But I had

the points. I could do it so I thought, why not? See what it's like and now that I've done it, I'm on to something else. I got... I, recently I was traveling in the Pacific and I stayed at in very local accommodations where you stay with the families and you eat with them and this is a completely different experience. So not everything have to be about hotels but the great thing about the system of traveling for free is you can splurge on crazy things if you feel like it. When it doesn't matter because it's not your money, it's just monopoly money. You could use it for something else but you could use it to have a crazy experience or you could use it to go to Kenya like you did or Africa, you use it to go to Norway. You can stay in a hotel there and stay in a high-end hotel or you can stay with friends. You can do anything you want. It just gives you more options essentially and it can also lower your costs of traveling tremendously. Even if you don't follow the entire program, like the first few nights in a city in a hotel for free and the flight to get there and then maybe you're going to stay with friends or you're going to stay in the VNV. So already you're slashing your entire trip costs in half or maybe more if you just do a little bit of it.

Dr. Robyn Benson: Kevin where are you going to go? Where's your dream destination?

Kevin Snow: We've definitely got a destination to the Disney. So experiencing Disneyworld is maybe, land maybe even Disney overseas. Do you have any thoughts about Disney and how to travel there?

Frederic Patenaude: Yes, well that one is the easiest actually because you can definitely stay in the hotel and then get the points to the hotel and then you can fly there using points so you can, I mean the only thing that will cost you money is the car rental and already I've given you like a great trip that tip for a car rental and then your activities, that's going to cost you some money but most of the trip is... can be for free. Now, what takes a little bit of time to master is how to get the maximum number of points for each purchase because at first you kind of get one point for each purchase.

You put everything on a credit card and then you earn points but with time and with some tricks, what you can learn is okay how can I get two, three, four, five points for each purchase. So then it becomes about just being smart, you wait for a couple of promotions and you buy something when you get extra points on things like that, this is not a level everybody will want to do. I like to do it because it's fun. It's like a game, people are very kind of... they like games, they like that kind of stuff then you're going to love the system because it's fun to say I have been able to go on to this trip for free like it gives you... it seems like the trip is even better than if you have to pay for it. Or if you have to pay for the whole thing so this is how I see it like it's about making traveling more fun and just seeing, making being smarter with your purchases because incredibly enough if you do this, and especially in the United States you can rack up an amazing amount of points and just anybody can. You don't have to spend a lot of money. You just have to be a little bit smarter about how you use them then.

Kevin Snow: You mentioned the American Express, do you have any other recommendations on credit cards that we should be using and then to kind of dab to you off that question. What about people who are having a little struggle with credits, is there... do you have any suggestions on getting those credit cards?

Frederic Patenaude: Yes, absolutely. Well first of all this is something you should do only if you pay your credit cards in full every month. So it's not about carrying credits. So if you're not already paying your credit cards in full, then you should not do any of this because it doesn't matter if you get the free trip, if you have to pay a thousands of dollars in interests. So you should handle that part first and then there are lots of ways to once you're paying your credit cards in full to improve your credit and it's not about getting new credit cards all the time. I don't get new credit cards all the time.

When you first do this, you might get a few credit cards all at once in the same day and then so it doesn't hurt your credit if you do it in a way that we talk about and the course is the specific way to do it and then it's not going to hurt your credit if you just, if you do it one the same day, all the same credit, different credit cards and you don't get new ones all the time. You don't need to get new ones all the time. But at first you're going to get this like big chunk of bonuses right away that you can already go on a trip with that. And then what was your other question for you mentioned?

Kevin Snow: Well, it's just that a ... if you have any challenge, so credits go on that kind of thing. The high-end American Express that might be difficult for some people to get it.

Frederic Patenaude: Oh yes, yes. Absolutely. Well, there are number of credit cards and they each have their own benefits and I mentioned American Express because that's what most business people will use for some of their expenses because... But outside of the business world, there are lots of other choices. There's a, Chase has a great card especially if you travel. There are cards that don't have foreign transactions. CE's that means that you're not going to get charge extra for every time you make a purchase in a different currency. So I would look into some of the Chase cards, Chase visa cards. They tend to have the most benefits in terms of accumulating points.

Dr. Robyn Benson: Awesome. Gosh, I am looking through, I've got my folder full of goodies from your program and I know you've updated it since I bought it the first time. So why don't you just share more with all the people that are listening just about the program? Can you give us the details of what's in it besides what's your sharing here?

Frederic Patenaude: Yes, well the program is getting a lot of free traveling or cutting down your traveling costs using miles and points but also other things being smart that... where you book you're traveling and so on. So we have put together a system. You follow the system, there's a few points, know what

credit cards are you going to get, how you going to spend your money, where you want to go? Where you want to go will influence your strategy and then in addition to the basic system of step number one, step number two, step number three, because there are a few things to do. It takes maybe two hours to do it. You listen to the course and you set up all the accounts, it's going to take you two hours.

So it's not a huge investment in time and then maybe add in a couple of hours to review the course material just to get more familiar with it during the weeks so in the course of the week, if you're serious, your one week end you can get it done not even half a day. And then after that is just a lot of maintenance and learning from experience so other things we can talk about in the course of how to get to certain destinations like Hawaii and Italy. A lot of people want to go to Hawaii or Italy so we had special videos just on those destinations. So Hawaii is one particular destination because there are ways where you can use certain kinds of points to get to Hawaii. Let's say from the West Coast that will cost you a lot less than using other types of points so it's just a matter of optimizing at that point. So we're about to add new information for people who want to travel and get a guest pass and also for example Southwest Airlines has this program where you can get a free pass.

So every time you're going to travel with a friend or spouse, they're going to come with you for free. So how do you get that? We put together a PDF on that. I'm about to add to the program more information on Canadians because I'm Canadian and Shelly who put together the product with me is American so we have kind of insights about these two countries and how they're different in terms of earning points, what kind of points you earn.

Dr. Robyn Benson: Cool. So what is this version, what is the fee for this because I know you're offering something \$10 off for all of our people in the Healthy Traveler's Global Summit?

Frederic Patenaude: Yes, if you're interested in this, the product is \$47 and then we give you \$10 with the coupon code Robyn and yes, it's a great value and its protected by money back guarantee if you don't like it, if it doesn't work for you, if you don't earn any free traveling out of it just refund it and it's not a problem. This is something we've put together because of our passion for traveling and I got to tell you I did not know how to do this first. What I was doing before was sort of like little bit what you're doing is I had the chance of having a business and I was like accumulating some points on one card for the business and then nothing on everything else and there are more like cash card points where I could add money to trip and I would get a few thousand dollars a year or like that. And it was great, I thought okay I'm getting like a free trip every year but with what I've learned with Shelly and how we... I've watched her do what she was doing and I learned how to do it and then we talked the course together.

I mean it's really changed how I travel so now I just... I kind of I look at where I can go and I think, 'Oh, I could go to like really crazy far away destination for no, pretty cheap'. Not always a 100% free but a lot less than what I would've paid normally. So and then also there are good experiences that you have that you cannot have otherwise like the upgrades that you have or you get a free upgrade or you get a room that you never have paid for otherwise or just the ease of traveling in general. It just makes traveling easier and that's what it allows me to kind of like continue traveling without feeling like I'm hurting my body every time.

Dr. Robyn Benson: That's fantastic but or you're financially, you're not hurting yourself either, right? You're optimizing every bit of it of your travels by not having these spend the extra money if possible, if you plan ahead and all those dollars that you're spending or going to something that you can have for free. That's such a brilliant idea. And honestly this is such a reasonable price for this program. I think that once people who pride this paid it off the first time they start putting this into practice.

Frederic Patenaude: Definitely, I mean what I encourage people to do is dream. Where do you want to go? What would be an exciting trip for you? And just do it. Make it happen and see how you... if you live in the United States honestly, you're going to earn more points than me because its tremendous how many opportunities there are to earn those points so it's just you don't even if you play the game a little bit, I guarantee you're going to get at least one free trip a year. I'm sure of that. Anybody in the U.S. or Canada will get one free trip a year if they follow this system.

Kevin Snow: What is your top three destinations or trips that you had and experiences that you had in this trips?

Frederic Patenaude: That's a question people ask me and I like to answer it because I love the places that I love the most. And they might not be the bright ones for everybody. Okay, so my top places are; The Greek Islands, I love Greece. I just... The islands of Greece, the blue sky and just the ocean and the history and the food and there are a lot of little islands that are often beaten track and that are great that I really would love to go back there.

My second amazing destination is Hawaii. I love Hawaii, I love islands in general. I'm more like a tropical kind of person. And I love Hawaii and there's so much to discover in Hawaii. And I love the South Pacific in general so the islands of South Pacific. Fiji and the Cook Islands and Tahiti so that area of the world I think is incredibly beautiful. It's quite remote so figuring out how to lower the airline costs is really useful. So those are probably my top three destinations. I'm not really a city person that much that I discovered but I love London. I would go back to London anytime.

Dr. Robyn Benson: Fascinating. Wow, so, going back to the food thing a little bit here and travel healthy message. Anything else you can share with our audience? I

mean just are there... any other tips you have for how you... especially being a raw foodies and what is your suitcase and your backpack look like? Or your carry on, what's inside?

Frederic Patenaude: Yes, well I heard someone said that there are two types of travelers, those who pack lightly and those who wish they did. So I used to be the one who wish they did travel lightly and now I travel very lightly. I don't travel with a backpack anymore because you have to wear... I just feel a backpack. You have to put them in your back. So it's that weight even though you could travel with a light backpack, it's still on your back all the time. So I prefer very small wheeled carry-on luggage that weighs no more than seven pounds. And then once I add all my stuff in it, it's no more than 20 pounds. So it's very light. I travel super lightly. I have a little backpack, a day backpack for putting in my laptop and sundries and a few things.

There's not much, I usually go to a tropical destinations so couple of shirts that are... nothing in cotton because cotton smells bad quickly and you can't wash it and you can't dry it easily so I love company x outfits they make great gear for traveling, great shirts that you can wash in your hotel sink. I mean I like traveling super lightly and bringing only a few things and then if I need something, I'll buy it instead of trying to bring every possible item. So travel lightly helps and then managing jetlag also is important. And one tip, important tip that I have is to kind of go fruitarian for the day of your trip. So go raw but without salads for the day you're traveling. That's something that I try to do and it really works well because our body is kind of work on a Circadian rhythm clock that is based on sunshine and also digestion.

So when you get on the plane and suddenly they're serving you dinner but its three a.m. where you're coming from, it's not really dinner time and you eat it, it's hard on your body. So the whole period of traveling is a lot easier if you eat lightly. So fruit, you can bring fruit on a plane if you cut it up and a salad, you can order fruit plate. A lot of season travelers that I know kind of go fruit for like the flight and arriving at the destination like the first day or so. And you can eat other stuff light, light snacks, and nuts and seeds, things like that. So that's kind of... I eat super light... on a flight. And I don't usually order the meals that are just too salty, just too fatty and just too difficult to digest while on the plane. Then a lot of people will say don't eat the fruits and vegetables, you're going to get sick but I never got sick eating fruits and vegetables. Always the people that gets sick traveling eat meat, they eat buffet food, they eat all kinds of things can make you sick in addition to produce.

Now of course be careful, sometimes lettuce is going to be contaminated. You read about it but fruit generally is safe. so I eat a lot of fruit when I travel because it's safe, you can find it everywhere, it's cheap generally and it's just easier to digest and then kind of helps you kind of get back into your used Circadian rhythm based on sunshine and so on without diet being digesting heavy meal soon as you arrive.

Dr. Robyn Benson: Can you just tell us a little bit about digestive enzymes and how we can keep our gut ecology healthy with travel?

Frederic Patenaude: Yes, I travel with Probiotics so I don't take Probiotics normally but when I travel, I do take them. So I also travel with Nuun tablets, they are electrolytes tablets. So if you're going to travel to a very hot destination, very tropical destination you can get dehydrated very quickly so put one of those electrolyte tablets and water, this is better than buying Gatorade or electrolyte drinks, no calories just the electrolytes that you need. This makes sense if you're going to Europe or a cold place but if you're going to somewhere tropical, I always bring this. Yes, and I think the Probiotics can help on the first few days to get adjusted so I do bring them.

Dr. Robyn Benson: Your supplement do you take many things into healthy raw food primarily do you do many supplements other than the Probiotics and these electrolytes or there other things that you take?

Frederic Patenaude: No actually. At home, if I'm going to stay in the winter I take some vitamin D but being in the sunshine, in tropical countries I don't take vitamin D. I can't take the vitamin sunshine. I do take vitamin B12 but I don't travel with it. I only take it at home and if it's going to be a long trip, I might supplement with it but I don't take a lot of supplements. I just try to eat from a wide variety of plant sources and just try to eat cleanly. I don't think a lot of supplements are needed but so I kind of only take what I need. I know some people travel with extra Vitamin C and so on. I just eat a lot of fruit when I get to my destination.

Kevin Snow: What are... you have a book on the raw food and what are some of the mistakes that people make when they're wanting to do a food diet?

Frederic Patenaude: Well the first is has to do with calories. So let's say a person like you Kevin needs 2,000 calories a day and then you go on a raw food diet. You eat salads and fruit and you're going to be short like by 600 calories. So and then you're wondering why am I hungry all the time? So, you need to compensate, you lose weight at first and then but at some point you're like you need to eat, right? so you're going to compensate by eating a lot of fat, so you're going to make big sauce put in two or three avocados in there and this combination of a lot of fat and avocado's oils, nuts and seeds combined with a lot of fruit is sort of a bad combination because too much fat impairs insulin sensitivity and when combined with a lot of fruit it's kind of like a time bomb waiting to happen.

So I suggests kind of going lighter at first if you're going to do the raw food diet, increase the amount of fruit that you're eating, decrease the amount of fat and just try to get enough calories and then you might do this for a period of time and then you can add and more one new diet is more balanced, you have a bit of starch, protein and so on and you can add an extra fat but people tend to follow a raw food diet with lots of nuts, lots of seeds, lots of oils and lots of fruits and dried fruits. It just doesn't

work, you need to focus calories a little bit more on fruit for you to feel better.

Dr. Robyn Benson: Are you a big smoothie person when you travel? Do you take protein powders or what is breakfast look like for you?

Frederic Patenaude: No. At home I make smoothies and I know some people travel with blenders, they're going to travel with a vita mix, but that kind of beats the purpose of traveling like everything that we've talked about, about traveling lightly and I'm sure other speakers are going to talk about traveling lightly. I mean traveling with a vita mix is like you're traveling with a monster and you can travel with a travel blender but again that's an extra piece of gear I don't want so I make smoothies at home. I buy smoothies if they are available, I just don't travel with protein powders, smoothies, smoothie machines, making machines, I travel with a few things. I have a Sfork, sort of like a knife, spoon and a fork all combine in one tools and very small. And then number of plastic bags just to put in peels and stuff when you travel. And just a few items, I have a coconut opening tool called coco tap.

So if I find myself on a tropical island I can open up a coconut like this and which has happened, so maybe it's an overkill but I like to travel with it. And I drink coconut water, smoothies not unless I can find it so I'm not going to make them I just eat the fruit, peel it and that's it.

Dr. Robyn Benson: Right. Any other like great story you want to share with everyone before we end our great time with you here today? Just... gosh you've been to some really interesting countries and are one that you're still part of it. If it's a good than a \$5,000 trip and it cost me nothing. If there was one in particular that you could share with us.

Frederic Patenaude: Let me think about it. In terms of free traveling...

Dr. Robyn Benson: Yes, free traveling. Were you really like you came back from a trip thinking that was awesome and it costs me hardly anything?

Frederic Patenaude: Okay I have one, okay. So last year I have a friend who lives in Sweden, in the south of Sweden. And we've been talking about what I was going to come to visit him bottom-line he's been living there for years. So he's a high school friend. And I'd seen him before on a trip where I travel around the world with my ex-wife and we stopped to see him so I'll always been talking about when I was going to come back and see him. And I look it up with the points and figure out, I could go.

I could go and I could also visit Ireland at the same time. Because with some airlines when you book a trip with points, you couldn't do a multi-stop so that means I went to Copenhagen and Denmark then took the train to Sweden from there, visited my friend then flew from Copenhagen to Dublin, stayed a week there and then flew back to Montreal. So a multi-stop all in business class, I stayed at the Westin in Dublin, they upgraded

me to like incredible suite that had like a library and a second floor in it like with old books. It was ridiculous and the whole thing costs me like a \$188...

Dr. Robyn Benson: That's amazing.

Frederic Patenaude: ...and taxes so in terms of free traveling that was probably my best one, yes.

Dr. Robyn Benson: Gosh I could ask you before we close. What about sleep? How do you figured out the whole sleep thing traveling to different time zones?

Frederic Patenaude: I'm afraid I'm going to say it's just difficult.

Dr. Robyn Benson: Some people are really active they've figure it out and there's...

Frederic Patenaude: I try to hack it for a while. I was following those website called the jetlag rooster. So it's this program right where you let's say you're going to Norway and so you enter in when you're going to arrive, when you're leaving and then you can prepare yourself in advance.

Dr. Robyn Benson: What like rooster, okay.

Frederic Patenaude: And I did it so it's all about light. So you can travel with a portable light box and so on and I just I tried it and it's just... you just delay the amount of suffering that you're going to endure anyway. So that means that I found that by going on the program for a few days I would just be so powered in a few days before the trip. Yes, I was less tired when I got to my destination but I kind of just transferred being tired from after arrival to before arrivals.

So I realized I travel with... I use melatonin so what I'm going to do... but not, I don't use too much so what I'm going to do is I kind of calculate more or less. I adjust my watch or my iPhone to the new destination as soon as possible. And let's see you're going east it tends to be more problem going east than going west. So you're going east, you get there, you have to stay up and then you have to go to bed at a specific time if you want to be in the new rhythm so the only two things that I found that actually work is you get to your destination, you have coffee, even if you're not a regular coffee drinker this is the time to drink it, to stay up all day and then you take something like 5 mg of melatonin at the time you're supposed to fall asleep and it's going to...

You do this for two days and it's going to help you adjust to your destination faster but I mean it's difficult on the body so people claim to have hacked it, I mean you can improve the situation but it's always going to be difficult. I don't believe them when they say yes. I don't have any jetlag anymore. Yes some people tends to have less jetlags than others but if you have a lot of jetlag you can improve it a little bit but don't think it's going to get rid of 100% and I think its part traveling you have to adjust

to your... you just slept on the plane. How do you expect to feel when you get to your destination so...

Dr. Robyn Benson: Exactly yes. Kevin do you want ask for a final question? This has been great by the way. Thank you so much because I just think that this is such a common complaint is just how expensive it is and for people to really optimize your purchasing power throughout your whole life and to be able to take advantage of these free travel opportunities. It's has been really great. I love the way you... the message you have around, your food intake and nourishing yourself and I think that makes a... we can get a lot of mileage off that certainly with jetlag too. I know that if I'm hydrated every once in a while, I fight it and traveling with some of my miles and I'm on business class or first class I'll have some of the food there but you know what?

Even if its first class food doesn't mean its great food but I've seen to pay the price if I ever go for the salty stuff, I just feel more bloated, I'm more tired, my eyes are puffy so it's good to avoid that. Now I have to tell you just a funny story too when I went to Paris for the first time, I did the same thing. I got up there like seven o' clock in the morning and I thought I'm going to stay up all night so I went on there. One of those tour buses, I thought this might this is perfect, I'll go on a tour at several hours. I think I made to heralds, that's all I remember of that whole afternoon because I could not stay awake no matter what. I trusted you so I'm with you sometimes you just... it's just tough, you got to get those first few days.

Frederic Patenaude: I just want to add something Robyn here. I think you can take a nap. And some people say you shouldn't take a nap. When I'm really tired I arrive at my destination, I take a nap and then you still have to stay awake the rest of the day so people won't do it but I often I'll book a hotel room the night before so that's something I didn't do before so let's say you arrived and you can't check-in in your hotel until like three p.m., so you have the entire day to be tired. so much nicer where you can take a shower so they won't let you check-in but if you get a hotel room and there's something you can do with points, you get a hotel room for the night when you were on the plane and you email them I'm going to arrive in the morning at seven a.m. so don't expect me the day before and they say sure, we'll wait for you and you arrive and instead of just going in to a tour bus and being tired, you go to your hotel and you take a shower, you take a nap and then you go about your day and then you feel so much better.

Dr. Robyn Benson: Exactly.

Kevin Snow: Yes, I have one question that we usually... we've west is you'd done a lot of traveling and you make a suggestion too to travel industry, what would that be to what kind of change would you like to see in travel industry itself?

Frederic Patenaude: Wow, the travel industry. Well I think they make big, they do a good job over-all I mean we hear a lot about airlines and how things could be

better but I mean they do a tremendous job overall and I would say make it healthier. I don't know hotels, there are still hotels that permits smoking in hotel. I mean I'd love to see every hotel being a non-smoking hotel. I can't stand it when you smell smoke anywhere in the hotel. Just care for people's well-being. I think they do a great job in North America and Europe and there's still a bit to go and some other places but yes, just care for people's well-being because it's the most important thing you can do.

Dr. Robyn Benson: Well thank you very much again, a great message and for all of you that are listening, you might want to re-listen to this interview today and definitely know that you can get this, this great program that I own and I'm definitely want to upgrade to this new one. And so again we'll have that information on the speaker sheets so know that that will be available. And again we want to say thanks for being part of the Healthy Traveler's Global Summit. We have so many more amazing speakers to bring to you, take right care and know that you can have the confidence now that you can travel the world for free after this discussion. Thank you. Bye-bye.

Kevin Snow: Thank you.