



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 and founder of Sta. Fe Soul Center for Optimal Health. Also the self-care revolution which many of you I know around the globe have joined us for the Healthy Traveler's Global Summit because you've been watching us for the last two years where we brought so many amazing people to show their best information on how to take care of ourselves more than ever in this time of great change. And that whole two-year program I've done with my fabulous co-host.

Kevin Snow: Kevin Snow here I am live from the epicenter of the self-care revolution. My office sets in Santa Fe Soul and I'm an intuitive counselor here and the co-host of the self-care revolution. And this summit has just been an amazing authority of flatter of information. Just an incredible gift to be a part of it as a co-host certainly amazing learning opportunities and encouraging all of you to really take part of this to take the deep dive with us. And really learn how to travel healthfully because it is definitely a challenge in this day and age.

Dr. Robyn Benson: And it is all of you been following us we have seven different categories for this summit we've learn. We've learn a lot about food and hydration certain importance of movement. We also learned about incredible technology smart technology that you want to consider in everyday travel. It certainly when you're in hotels, when you're traveling in airplanes so there's so much information and I want to say we're very excited to have our speaker today her name is Kaayla Daniel and someone that I just recently met and just thought 'gosh' her messages really cool she's written really neat books and I thought she will have some really unique information. Everybody had their own little tidbits of some novelty I think we bought to this summit.

But you know what I like to start out but before I introduce our guest in a couple of our interviews I've shared some I've actually showed you what I bring on my travels and many of our speakers too. That's the beauty of Google Hang-out is that we've been able to make... bring our speakers faces they...but they've also been able to show some of their great supplements that they use, their night you know the mask that they wear at night but I just want say when that I wrote my book that's coming out here soon it's called the Healthy Traveler's 8 Pathways to Smart and Effortless Travel. I thought of one of my favorite travel books and this one is called ever this is one of my favorite books The Geography of Bliss by Erik Weiner. One grump... one grumps search for the happiest places in the world. And yes the United States happens to be one of them, India happens to be one of them and to find out all the other countries you have to rediscover it, but it's historical. Iceland happens to be one and it's a country that I'm going to this summer I can't wait. For some reason I've had this intrigue this desire to go there for quite some time and finally I'm going to do that and I know some of you are from Iceland watching this series and I can't wait to meet you live. Okay, so Kaayla Daniel is the naughty nutritionist because she outrageously and humorously debunks nutritional myth. Her books are nourishing books old-fashioned remedy for the modern world and the whole soy story, the dark side of America's favorite health food. She's appeared on Dr. Oz, KBS healing quest and other shows. Kaayla Daniel is an extraordinary woman who's here live with you. So, 'woohoo' how are you?

Kaayla Daniel: Great well I'm so excited about your trip to Iceland because you do know of course that the Phallological Museum is one of the great attractions.

Dr. Robyn Benson: Yes I do. And so instead of your top, which is really cool, traveling secrets of the hot healthy and well. So what does that mean exactly? I know you're going to share with us exactly what it is but just give me an idea about this title here.

Kaayla Daniel: Well I think the hot healthy and well will definitely go look at all these pickled peppers in the Phallogical museum. Okay I'm going that's going to be I think my 13-year old and 15-year old being ready to go there do you think?

Dr. Robyn Benson: I think she'll be all eyes.

Kaayla Daniel: I think so.

Dr. Robyn Benson: So tell us a little bit more about your background Kaayla and how you got you know into this world of nutrition and writing these books.

Kaayla Daniel: Yes well like a lot of people in the alternative health field and nutrition. I got into it because I was not healthy I was not hot healthy and well myself and I wanted to be. And I had just about every good that was out there diets and vegetarian diets and food combining and ayurvedic and macrobiotic can you name it I tried it. And eventually I learned a whole lot and I get healthier and healthier and then I want to help other people, too.

Kevin Snow: So, we're going to talk a little about food today and I do think that we can talk a little about what kinds of food that we can eat while we're traveling but I think we might start with the topic that some people might be dealing with from their traveling. What happens when we're traveling and why do we sometimes get constipated?

Kaayla Daniel: Well that is apparently a problem that 40% of us have when we're traveling and there's a lot of reasons for that. And one of the biggest one probably is just the being shy in a public bathroom. So it can start out with the trip while you're at the airport at five in the morning and normally you get up around six and maybe you normally poop around six-six thirty-seven so there you are at the airport at five. And you're totally up the schedule and then making

matters worse the airport bathroom is crowded and people tend to be shy with other people around and people developed the... you know bashfulness. And so they don't poop and then they're on the plane and then it's even more difficult to get to the bathroom and then they get to a new location and they got roommates in the hotel and it gets back to being shy again. So that can be one of the problems you just don't have your own familiar bathroom plus your schedule is off and if you got jet lag and your traveling more than a few time zones that complicates things further.

But unfortunately there's even more to it than that for many people hydration is an issue when they're traveling and I'm sure many, many people on this summit have been talking about drinking a lot while you're traveling. And that's all well and good except if you're going to drink a lot on an airplane there maybe the problem of if you got a window sit maybe you don't want to wake up two people to get to the bathroom on the airplane. So, a lot of people may not drink on the airplane because of the bathroom problem. So, the hydration can become an issue so there's various ways people can deal with that some people might do most of their drinking on the airplane shortly before they land but then there's a run to the bathroom and you sure you wouldn't be stuck at the jet way. So some of this there's just no way to anticipate what might happen so it's just one of the traveler's challenges. And some of the other complications might be just the change of diet maybe there's going to be less of that good fermented Sauerkraut Kim chi but we can take that with us and maybe there's going to be more carbs in the diet maybe there's just going to be less vegetables just about anything that can set somebody off especially if somebody's pretty fine tune to begin with.

Dr. Robyn Benson: So what... because this item when they get off the subject because it's and when you say 40% I mean that's pretty amazing and constipation is not fun. I mean I have to say one of the reasons my friends like to travel with me because I always carry some good like what it is called, what's that one that's the ayurvedic herb that's so great for when you're constipated? Triphala. Triphala.

Kaayla Daniel: Well if your accustom to something like that you know how your body reacts I'd certainly recommend it but one of the bits of advice I have for people is people will go research it or maybe they'll hear that more Vitamin C, more magnesium more this remedy or that remedy or even laxatives that they're into normal, normal medications over-the-counter prescription drugs. But the thing is you don't want to experiment with this things for the first time on a trip because you may go from constipation to a potty dance and I don't think we want that on a trip.

Dr. Robyn Benson: That's very true. That's very true. I do think in your med... in your travel medicine kit having something for that issue is great. Because you know sometimes when you're traveling to foreign countries you can't find anything so I do think that magnesium and a triphala are at least decent choices but yes that's the time you want to experiment for the very first time so good point. So talk about you're a foodie girl so what are your top travel foods?

Kaayla Daniel: Well if I'm traveling by airplane which is the case most of the time, I have some favorites and they need to be something that one can get through airport security and something that's fairly easy to transport as well. So that's where it can get tricky. One of my favorites is hard boiled eggs take a little packet of salt because I'm not a no salt person but a hard-boiled eggs is very easy to transport don't go bad easily, don't take up a lot of room give me some good protein and fats so that would probably be my number one thing. If I'm going shopping ahead I'll get smoked salmon and I mentioned smoke salmon preferably wild salmon as opposed to a little can of salmon or sardines because you know what airport security confiscated a minimize sardines once. You know they decided that there was a little too much water in that can.

That's why I recommend the smoked and you know speaking about and confiscating things one of the things I think is really important in terms of enjoying your trip and having it as stress free as possible as go in totally relax if they're going to take it they're going to take it

don't flip out about it. But anyway the smoked salmon they're not going to take and some other things some people like shakes and energy bars if your shake for breakfast person it's perfect for traveling and wherever you are in the airport you can buy water and you can take one of this little shake containers and mix it together and give it a good shake. And that can work if you're a shake person. Energy bars are not my favorite thing in the world I'm a real food person but sometimes we just need something that's very easy and convenient to transport. So I've recommended good quality ones for some of my clients who travel a lot make them very happy that way.

Dr. Robyn Benson: Kaayla do you mind even mentioning because 'gosh' when you go to that store even the health food store there's like what 50 different choices. It's just something because a lot of them are just full of crap as far as I'm concern so do you have one that you would recommend or you just don't eat them. Maybe...

Kaayla Daniel: Well the thing people should watch out for first of all the sugar content and secondly the quality of the protein I do not recommend soy protein and I would recommend a good quality organic whey protein you know I joked about 'whey' of the traveler you know whey protein. And the third thing to watch out for is quality fats so those are three things to look out for with your energy bar. And the other ones I like here with designs for health but you do need to get those to a health professional.

Dr. Robyn Benson: Okay.

Kevin Snow: Good.

Dr. Robyn Benson: And what about other foods other than eggs, wild salmon anything else? And shakes, would you give me a recipe of one of your shakes? This is a big issue.

Kaayla Daniel: Well I'm not really a shake person so what I would be transporting would be a traditional transportable food like a block of food raw cheese for example. I might take a little bit of Sauerkraut or Kim chi you know that the bottle with the water which could be an issue. But I'll make up a little Tupperware container were maybe I'll have some roast chicken or I'll have some cold cuts maybe. I'll have some roast beef or some steak or whatever along with say a little Sauerkraut or Kim chi or some kind of fermented thing which I hope keeps my system moving. And maybe some vegetables or rice or whatever, whatever I like to eat I'll make myself up a little Tupperware container and I actually put it in one of my daughters old lunchbox so there's angels on it you know when it's pink and it's got sparkles. And here's one of my secrets I have figured out a way to get raw milk through airport security. And I think this is genius. The first thing is I'll put a couple little two ounce container so the fluid melt in my cosmetics bag so it goes through that way. And that's enough to say put in some coffee after I get through security and I'm waiting for my plane. And yes I will enjoy coffee and the other thing I found is I could actually get more raw milk than that because I will freeze some. And then it becomes my little block of ice so by the time I've gotten to my destination or perhaps to an interim airport I'll have that pretty much somewhat poured out and I can either drink or added it to something else and that gotten some raw milk to the security.

Dr. Robyn Benson: Love it.

Kaayla Daniel: And at one point I was stopped about that they pointed out the problem was it wasn't frozen quite well enough and there was a little running and this well 'what's this?' And I very commonly said 'oh that's milk you know don't ever say its raw milk it's just milk it's just white liquid then its milk. So it's milk and I froze it so it could

serve as my ice pack and they say 'oh that's kind of interesting' and they just let it through it was no problem. But you know again I had to be prepared to let it go because you know there's just no point in freaking out when you're traveling just got to let some of these things go.

Kevin Snow: And you're mentioning security I think it's definitely one of the challenges of you know were getting some radiation exposure when we're going through security and the body scanner, do you have any advice on that?

Kaayla Daniel: Yes I always ask for the pat down and there's some internet horror stories about people being grope and stuff I've always been treated with total courtesy it's definitely an extra nuisance and it's yet another reason to get to the airport way ahead of time and I think that's also a less stressful way to travel to have the boredom of waiting a long time because you're there so early. So I think stress-free traveling is really important. So I do ask for the pat down now I often get pre-screen because apparently if you're old enough you're frequently assumed to not be capable of terrorist activity so you're often get pre-screened automatically. And for people who traveled constantly I think spending that \$85 to get the cleaner and see who get pre-screen every time would be great and then you don't have to pull your computer out, and your cosmetics out, and all of those things. So I definitely recommend pre-screen if you can get it.

Dr. Robyn Benson: You know I just want to go back for just a moment. You talked about Kim chi, our very first speaker who start out with this series with our friend good friend Donna Gates and yes she talked about fermented foods. And for many people listening this is relatively new for... I don't know if they've been buying fermented foods around the world. I still... people lot people especially in this country aren't that aware of it so can you talk about what Kim chi is?

Kaayla Daniel: Kim chi is a Korean form of well, people can relate to Sauerkraut so Kim chi is a fermented vegetable like that. And there's different ways that can be made. Don and I are certainly recommending the raw fermented the old fashioned type. And some of us have this little bubbliess going on our counter top. But blessing these days is we can buy good quality raw fermented vegetables at health food stores.

Dr. Robyn Benson: Awesome.

Kaayla Daniel: And I do recommend taking a little a little of those in our lunch pail when we're traveling. And some of the other of the top foods to get through airport security if your weakness is chocolate make sure you're bringing a good quality chocolate so you're not going to be tempted with what might be found in the airport concession shops. And likewise if you like nuts I would recommend soak and dehydrated nuts as being the healthiest form and transporting nodules your cell. And basically know your weaknesses if you're going to be a carb addict when you travel and you admit you're going to be it look for bringing something that's a higher quality than you would find on route.

Dr. Robyn Benson: Okay.

Kevin Snow: Excellent. And we're expose to this again at the radiation you know in the airplanes referred from several of our speakers this exposures, there are way to cleanse this out of our system?

Kaayla Daniel: Well, one of my mentors was the late Dr. Hazel Parcells who died in 1806 and but she had her bath radiation exposure. And so every time after I returned from a trip I will take this bath. It's also good for everyday exposure because it's not just on airplanes and of course anytime anyone has dental x-rays or mammogram or any other

exposure to x-rays then we want to do this bath. And many of us like to just take it once a week or so anyway but definitely take this bath after trip.

And here's how you do it very simple, one pound of salt and it doesn't have to be expensive salt it can be the cheapest bulk sea salt or it can be kosher salt or rock salt whatever you want one pound of that and one pound of baking soda. So you add that to a tap full of water and you climb in and you hang out there for 30 minutes maybe maximum 45 minutes. And one other things is take care not to start the bath so hot that you want to add cold water because you do not want to start messing around with the temperature making go up and down. And you definitely don't want to add cold water if you get it too hot, you know if you're going to have to get out. So, sometimes that takes a little monkey with to not too hot not too cold but you will notice your energy shift when you do that bath. I think everybody who does it really comes to enjoy it and maybe a couple of bath but it will clear that radiation.

Dr. Robyn Benson: That's cool. Do you actually pack salt and baking soda in your suitcase?

Kaayla Daniel: I don't because of the weight.

Dr. Robyn Benson: Yes so you would just buy it there?

Kaayla Daniel: You know usually when I'm traveling I end up going from the airport to a hotel that's near the airport and there's no place to buy something like baking soda because you know unless I got in a cab and so I let it go but then as soon as I get home I take care of it.

Dr. Robyn Benson: That's great. You know you're the first one to mention a bath I think that's a brilliant idea. 'Gosh' that'll be great if all the pilots hear especially because we've learn from our speakers they're more expose to radiation than anyone else. And then we also learn from one of our speakers that people in first class are most exposed to more radiation from the cockpit than people who are in coach. So, I can't even tell you this whole summit we cannot believe the little pearls like what Kaayla is sharing and so these I just mentioned. Just infinite amount of great information that you can practice in everyday travel. But this bath are good for not just when on the road too, correct?

Kaayla Daniel: Well, if you're having dental x-rays or mammograms I don't recommend mammograms personally but some people will choose to do those. Whenever your expose to radiation of any sort then definitely do this bath.

Dr. Robyn Benson: Okay great. Can we talk about you know what is your suitcase look like I mean you've mentioned I've never heard anyone taking raw milk I think that's fantastic, the Kim chi you're the first for that. So just what other things that you are sure to take with you on every trip can you share with us? Share with us.

Kaayla Daniel: These days I'm almost always traveling very light with just a small carry on and I have change my wardrobe from a more formal suits into a whole lot of nets good quality nets like Ailey and Fisher and things like that and my you can get five or six outfits into a little suitcase plus several shoes and room for that lunch bag. And usually I've got lot of papers and few books and other things as well small computer. So I've been very, very happy with this small suitcase and how much I'm actually succeeding in getting into it. And then I've got a second bag kind of a giraffe bag that's pretty big and I always also carry a cloth bag that's quite large so that if I need to consolidate I can put my handbag into the shopping bag and whatever else I want to have under the seat. And that works pretty well and then I got no worries about checking luggage or I'm

kind of cheap I don't like to pay the airlines next to \$25 for checking a bag.

So it must such a pretty long trip on I'm just carrying it on but getting back to that whole stress thing I have seen people even people traveling first class who like they're wearing their whole house so they don't have to pay that \$25 fee. And I just think that's insanity. I've seen people wearing two or three jackets with all the pockets stuff and everything else and I just can't imagine if I'm going for a number of days I'm going to check my bag and relax about that.

Kevin Snow: We talk about hotel rooms as well. You're mentioning how to create your hotel room that will support you not only physically and mentally but also spiritually. How do we do that?

Kaayla Daniel: Well there are some authors who've written amazing books and they're recommending that we actually carry all sorts of things, our Buddha's and our altars and a whole lot of things. Now if I'm going to go for a number of days or even weeks and I've got a big suitcase I may carry a few extra things to make the room my own. Now if I'm traveling light which is my preference these days here's what I'm going to do, I'm not going to be carrying very much to improve my room but one of the things will be a beautiful scarf. I usually have that as what will keep me warm if I get on a freezing airplane. So it doesn't take up a lot of room folds up very nice and then once I get to my hotel room the first thing I do is cover up the big eye I don't like that television looking at me. So I put the scarf over that and it just changes the energy of the room almost immediately. And I like to bring essential oils I'm a little nervous about applying incense or anything like that in a room because smoking charges or whatever so I've been nervous about leaving behind any kind of scent but maybe I'm going to be sniffing from essential oils or put them on my own body to change that energy.

And maybe just a small picture with a very light frame something like that just keep the room simple and I will tend to unplug just about everything that I can unplug. Those rooms are just well the hotels in general the electromagnetic fields they're fierce in some of those rooms. And then another issue there was a big one of the main stream television shows had an expose on how some of the maids clean glasses in the room like with total floor cleaners and nasty chemicals. So those glasses that look so perfectly clean we're going to use those I think we want to wash them ourselves and wash them well. And maybe I'm carrying my own personal cup which you know I use for say if I get a coffee in an airport I'll put it in my own personal cup just because it's not pleasurable and then I got that in my room and I don't have to use all the little styrofoam things there.

Dr. Robyn Benson: Wow. I'm glad you're bringing this up Kaayla. I saw a show a program about hotel rooms too that I will never forget. But the thing that stands out the most are the actual comforters that are on beds and hotels. And when they actually did some research on what was on the comforters I don't even think I'm going to begin to share that so that's something I will always... I could...I don't know until I just immediately take almost off take the comforter off. I just wanted to share a story I was just I've been traveling a lot like every weekend and I was in a hotel and I just like is there any way I can get a hotel without fragrances and all that no feathers I just want the best possible. And they said well we can only do that if you will give us 15 minutes and I say what's going to happen in 15 minutes to purify this room I just want to go spray it down I'm thinking 'oh heavens'. So I thought let me experiment with this so they ended up I gave them the 15 minutes and god only knows what happen in that 15 minutes. But when I went in that room it was one of the most toxic perfumed rooms I've ever been in ever. So I have to say you know what... I would... I wish this one thing I would like to change about the travel industry in hotels in particular. Be nice if you always going to have hotels with some air coming from outdoors. Because a lot of times you cannot you don't get any natural air coming in your room. So anyway I love all your suggestions but I just want to share that since you brought it to my awareness.

Kaayla Daniel: Well, I've been noticing lately when I've been going to the hotels that have the big conferences, which you often marry at Sir Hiltons. That they drop the comforter and there are some kind of sheet do they cover so I'm presuming that they're actually washing those. So, I think that's good and what you were saying about the cover or the bed spread I think we need to fold those up and hide them away in the closet.

Dr. Robyn Benson: Exactly. Just kilt it away don't touch it. Bring gloves! I should have not a nutritionist would recommend that among many other things that we're going to get into more here. So can we talk about carbs I know you in your books talk about what we can do with... thing of course with healthy choices when we travel and to try to stay away from the sugar temptations? What do you recommend?

Kaayla Daniel: Well, first of all the reason people fall prey that the sugar and carb temptations when you're traveling is often because their sleep cycle is mix up. The stress of traveling period. And there's so many ways that can happen so if you can get an airplane in the middle of the morning instead of one that requires you to get up at four a. m. and get to the airport you're going to be ahead of the game in terms of your own stress and your own cycles. So, when people don't get enough sleep they crave more sugar they crave more carbs so it's not really about just about will power. Now of course it is very, very smart for us to plan ahead in terms of food to bring with us because if we got good food with us we're not going to be so tempted to buy anything that we see. So that can help a great deal.

Now in the hotel rooms one of the things I really like to do is in the evening get a good dinner. Best kind of restaurant that I can find and keep it simple like just steak or chops and you know if it's not organic I'm not going to get chicken because packed re-farm chicken is about the filthiest meat on the planet. So you know chicken maybe the cheapest but don't buy the chicken. So get a

good meal something simple you know baked potato as opposed to mashed which has who knows what in it. Might even be made from some kind of potato-like powder. So get a baked potato you know that's a potato. Get something like steaks and chops the old kiss idea you know keep it simple stupid you know. Order good things but keep it simple? And then because of course it's going to be a humongous meal enough to serve two or maybe even three people. I take a whole lot of it to my room and that becomes breakfast and perhaps even lunch.

So if the rooms got a refrigerator fantastic if it doesn't I get ice and fill up my sink and I keep it stuff on ice. So that's a way I can get the food that can support my health and have that for breakfast because I'm not a really big fan of hotel breakfast because besides the fact that I prefer to have a quiet time in my room first thing in the morning. When you order eggs at a hotel or at most restaurants if you order scrambled eggs or an omelet it's coming from a powdered mix and so it's going to have the damage cholesterol, the damage fats and who knows what else in there in order to improve the flavors. So, for ordering eggs we should order sunny side up or over easy because you can see that there was actually an egg crack. And I would caution people not to just ask the waiter if the omelets is made with real eggs because they may come back of course it's made with eggs what else would it be. You know they don't understand about your time to really ask about this is it coming from a mix is it coming from powder or somebody got an egg and cracking it open. So you don't want to get omelets and a lot of us are not even tossed and just a lot of disadvantages with the restaurant breakfast so I'm just a big fan of having my own and in my case it might be when what I had the night before people who are fans of shake can make a shake in their room very easily and so those. But I just like the quiet time in my room just the way I like to start my days.

Kevin Snow:

And you mentioned the sleep earlier, how do we get good sleep and especially on the road?

Kaayla Daniel: It can be a challenge for a lot of people who have no trouble at all sleeping at home and then traveling their sleep cycles are really mixed up and it can start right off with getting up too early the day you're going on the airplane and then sleeping during the day on the airplane or getting to the hotel totally exhausted and taking a long nap and you know then the cycles it's totally off and then you're wide awake at night or maybe you're in the bar with your friends which is another whole issue of alcohol consumption when you're traveling. It can be very easy to drink more than usual when you're with friends. We all know all the important business happens in the bar, don't we?

Dr. Robyn Benson: This is true.

Kaayla Daniel: That's where we go for the networking. So the European habit here in terms of the bar, I'm not a killjoy. I enjoy a glass of wine but the European habit is you have a glass of sparkling water for every glass of wine. You drink them together.

Dr. Robyn Benson: Well speaking of hydration, talk a little bit more, if you're going to go on a trip to, let's say Cuba. Everyone's going to Cuba right now. So what would be, what would you do to ensure healthy hydration for a full week? What do you... how do you get around the water issue?

Kaayla Daniel: So is the water issue a matter of not being able to get safe water in Cuba? Or?

Dr. Robyn Benson: Well not just Cuba, just anywhere just for people that's a question, I mean many, many people write in about how do I, you know, what's the best water sources? I just gave Cuba as an example for just I've been in Cuba actually twice and I haven't had any problems there but with pretty much your choice is to have plastic bottles of water,

right? Or you know, you don't want to drink out of most sinks in a lot of countries in the world. So what are you, how do get around it?

Kaayla Daniel: Well that's a very challenging dilemma for a lot of us find ourselves in when we're travelling and it gets back to how we're travelling. We really have to relax, you're not going to be able to do your perfect diet and also have fun. And this is really a problem for say people that are trying to be gluten-free or really have to stick to a very precise diet. But getting back to the water issue, we all know that there's issues having to do with the bottled water in the plastic containers. And we also know that if you're in the airport you can't bring the water in and you're going to be stuck with Dasani or Aquafina and you'll going to buy that because that's really the best you can do. And maybe you could add a drop or so of a good quality essential oil and pray over it to improve its energy but you're still basically looking at plastic and Dasani water.

Dr. Robyn Benson: Yes.

Kaayla Daniel: And when you get to the hotel, if it's a real high-end when you might actually get to pay a lot of money for a good quality water but again in plastic most likely. Maybe you got a car and you can go out and get water and that's going to work really well for you. And a lot of us makes trip where we're not, we don't have access to cars and cabs are just too much trouble. So we're back to plastic bottles but I do want to point out something that I'm recalling now. That years ago I went to Egypt, and I was very health conscious at that time and I was asking for hot water to make tea. And as they turn up the hot water that I was given to the tea was not sufficiently boiled so I ended up extremely sick and all my friends were drinking the Coca-Cola and drinking the coffee and all of these other beverages were not getting sick at all so because I was trying to do the best possible thing for myself I actually got sick. And that makes me think of Humphrey Bogart and Katharine Hepburn in making the African Queen. Hepburn and most of the other people there got extremely sick but Bogie and his friends who drink nothing but alcohol they

had no problems whatsoever. So it's just something we might want to think about Cuba, Egypt, wherever.

Kevin Snow: What about supplementation? Do you take supplements with you? Do you, in your kit?

Kaayla Daniel: I will take pretty much what I normally will take, and some people may want to also take extra vitamin C, extra magnesium but I think the experimenting on those should happen before you go on your trip, you know. Because some of those remedies can create diarrhea and so using them for constipation let's not go without a direction. So experiment before your trip, you may want to take extras and then another supplement that a lot of people should have in their travel kit all the time is lysine because a whole lot of people who don't eat a lot of chocolate and don't eat a lot of nuts in their normal everyday life may find themselves eating a lot of those while they're travelling and if they're prone to cold sores that's a good way to spoil your appearance and in some ways your trip. So lysine, taking some of that every single day or say taking a pill with every serving of chocolate can prevent the cold sores from developing.

Dr. Robyn Benson: What a great suggestion, I like that. Lysine, I love lysine and it so fantastic. I think that's awesome and you know a great recommendation. Just always have that in your suit case because you just never know when you get one of those big, big boosters that's not so fun. Right?

Kaayla Daniel: And you can get it from being in the sun which seems hard to believe but you know there you are, getting healthy, relaxing, being on the beach and suddenly boom cold sore. You can get it from stress, from not having enough say vitamin C in the diet and where it happens to a whole lot of people travelling is there's just more chocolates and nuts being consumed than normal.

Dr. Robyn Benson: That's really true. As a nutty nutritionist my goodness, you can have some great pearls. Before we go into, I know you got a wonderful gift but this is also, when people travel that's also the time, where there's more intimacy, a lot more love-making and anything that you want to share about that and how people can travel safe in that way.

Kaayla Daniel: Well, a lot of people of course travel when it's their honeymoon, or there's many, many reasons people travel. And I think sometimes there's too much pressure on for the trip to be the perfect trip and the pressure itself creates the problem if that makes any sense.

Dr. Robyn Benson: Yes. That's for sure, yes. So, I wanted before again, there's just here we, we have you live and them just for people who know Kaayla's works some of her books are just really profound and I highly recommend them but you know when I was reading your bio, you debunked nutritional myths so can you talk about some of the nutritional myths that all of us that what care to be a healthy conscious traveler but also to travel smart and with these, could you just give us some of those nutritional myths so people can know those?

Kaayla Daniel: Well some of these myths that need debunk you know the idea that fats are not good for us, that cholesterol is dangerous and also myth that soy is a health food and beneficial for us for example. So, let's be careful in terms of travelling that those energy bars you pick up because you want something healthy when you're travelling to avoid say candy bars. Let's take care to make sure that they're not full of soy and something to think about when you're eating out when you're travelling. There are whole lot of the foods in many, many restaurants would include a whole lot of soy and other additives so that's one of the reasons I get back to the keep it simple. You can see a lamb chop, you can see a steak but some sort of a mystery gourmet dish with a gravy, watch out.

Kevin Snow: I've had a dairy allergy for years maybe my whole life and soy was kind of a miracle thing at first you know it could make all kinds of things as appeared to be dairy out of soy but I've certainly cut it out of my diet. Can you share a little bit more as to why are we doing that, why are we cutting down on soy?

Kaayla Daniel: Well good move on your part because there's more than 70 years of studies that link soy to malnutrition, digestive distress, immune system breakdown, reproductive problems, everything from PMS to fertility problems to loss of libido. Many, many reasons to avoid soy in the diet and soy doesn't even help prevent heart disease despite the FDA health claim and it does not prevent cancer. In fact it can accelerate and contribute the growth of many cancer cells.

Dr. Robyn Benson: So you know I know that you've been on the 'The Dr. Oz Show, PBS Healing Quest, NPR's, People's Pharmacy, ABC's View from the Bay' so when you're on these, you know these are national shows and international shows so what are the main, what are you speaking about? Just to people, what are your, what are the main topics, are you talking about the soy, are you talking, what's, what are other information should our audience know about?

Kaayla Daniel: Well when I was on the Dr. Oz show I was with Dr. Mark Hyman and we were debating the pros and cons of soy and that was so much fun, it is so much fun to be on the Dr. Oz show and NPR same topic, dangers of soy. PBS, some discussion of the soy issues but generally talking about the whole real food movement, the movement to real food, whole food and slow food and the whole idea of nose-to-tail eating and what we mean by that is eating all parts of the animals because a lot of people have gone fairly owned so they're eating a lot of chops and steaks but our ancestors honor the animal by eating all parts of it and Mother Nature and her wisdom men has to eat the organ meat and also use the carcass to

make nourishing broth. So broth of course is the topic of the my latest book the "Nourishing broth in old fashion remedy for the Modern World" and unfortunately when we're travelling it's going to be really hard to find a genuine broth in any restaurant because even if they tell you that they're making the soup from scratch, all it means is that they're starting with the base that's full of MSG and other things and then they're adding fresh vegetables and meat with their own recipe.

In other words, they're not opening a can but nonetheless it's not a real, good old fashioned broth made from bones. However, one of the things I recommend people carry in their travel kit is a small container of collagen hydro lysate, which is basically gelatin. So that is one of the strengths of a genuine bone broth that you are getting gelatin. So the gelatin powder with the collagen is something you can add to whatever hot drinks you are getting on route and it's wonderful. I mean the collagen hydro lysate has been processed in such a way that it doesn't turn into jello on you. I mean, you know if you're trying to make your coffee healthier by adding some collagen, you don't want it to start quivering like jello. So it's just a very simple inexpensive thing you can do and travel with.

Dr. Robyn Benson: Cool.

Kevin Snow: Excellent. Wow, there's a platter of information and definitely grateful for all of these. I mean this, so, this is the collagen; this is something you can get at the health farm stores or something you need to make on your own?

Kaayla Daniel: Yes the brands I recommend are Vital Proteins and it's the best because it's from Grass-fed and Great Lakes is good too. You know in a pinch Knox it would be better than nothing but it's coming from factory farmed animals so I'm not recommending that. I mean one... it's invented more than a hundred years ago, it would have been coming from you know farm farmed animals. And that was before

factory farming but now that would if you're not buying supermarket meat you don't want to buy Knox Gelatin.

Dr. Robyn Benson: So Dr. Kaayla, can you mention some of the work, I know you've got some other books and your works, can you talk about that about that book?, I just, I think I met you just once and I, I really enjoyed your spirit and I loved the way in which you kind of blew out of the box with some of your title, your just, your just free and you're sharing some really good information so tell us about what you're some other work that you're working on.

Kaayla Daniel: The book I'm working on is naughty nutrition, 69 ways to feed your libido and fuel your lust for life.

Dr. Robyn Benson: Well this is great because you know, we talked about, when people travel this is the time where people are going honeymoons and it's the time for people to drop the rest of their lives so they can ensure more intimate connection time so let's hear about some of those 69 ways.

Kaayla Daniel: It comes back to what Mother Nature intended for us because people who are very, very healthy also have a good healthy libido, they actually go together. So what's going to help your libido is also good for your heart, health, it's good for disease prevention, it's good for immunity, it's good for all of these things. So there's no way to go wrong here but some of those ways would include health and safety foods around the world were high in saturated fat and cholesterol. This is how you make hormones. Cholesterol is the river of our whole hormone tree and that's not only your reproductive hormones but your feel good hormones, so we have to feel good where going to have an active libido, right? You know mentally happier, more stable, not so cranky with our partners, it's all good for your sex life, feel good hormones and reproductive. So we need that cholesterol, we need the animal products and we need of plenty of good fats and some of the good fats Mother

Nature gave us for things like butter and coconut oil and bacon and yeah bacon makes everything better.

Dr. Robyn Benson: So bacon, 'yoo-hoo'.

Kaayla Daniel: But you know again, I'm not recommending supermarket bacon. I want good artisanal bacon from a pastured cakes.

Kevin Snow: Yes.

Kaayla Daniel: So it's always a quality issue for me.

Dr. Robyn Benson: It's so fantastic that you're time like this because I have a feeling that many of you that are joining us from the Healthy Traveler's Global Summit may not have expected this kind of information but I think it's really important that we look at the... We are helping our 70 trillion cells and what Dr. Kaayla's mentioning that our whole system is based on... we really need these good fats that she's talking about that are kind of, that's another myth that you've mentioned too, right? That to have good sexual health and to have all of our organs functioning, we need to make sure that we're including healthy fats in our diet and getting hydrated and thinking about fermented foods, all of these great recommendations that Dr. Kaayla has shared with us. So one final question for you, unless Kevin you have one, you might have one more, do you have one more before I ask the final question? We're just getting started with you Kevin, when you come out with that book we'll certainly want to bring you on the self-care revolution, absolutely. I think it's just really important that people know not just, I think, you've maybe mentioned five of the 69 but we need to know every six, all of the 69 pathways.

Kaayla Daniel: Well that's another whole show, 69 minutes.

Dr. Robyn Benson: We're good at, we're bringing you one. We'll make sure we're the first show of 69 minutes of the sexual health.

Kaayla Daniel: Good.

Dr. Robyn Benson: Okay. Kevin?

Kevin Snow: Yeah, the question that we do ask, what would you change about the travel industry? What do you see in your travels that could definitely change you shared a lot of us today? But you know just one thing that's sum it all up.

Kaayla Daniel: I am so grateful when I find a hotel where I can open the window.

Kevin Snow: Yeah.

Kaayla Daniel: And I almost never do anymore but if that happens I'm in heaven and the second thing if there's no smell in the room when I come in, I'm very, very, very happy with that. What I am noticing is there's a, there's fewer smells in the higher-end hotels so, the cheaper ones still tender really smell of disinfectant.

Dr. Robyn Benson: You know, I'd have to say a lot of it, international travel that I've done, too, that that's the all the products that they have. You know, are all the cheap stuff. So, I find it and I'm more challenge, out of this country that I am here but yeah I'm with you focus those

suggestions. But you know, I just want to say to all of you listening to all these stuff, all of these great information you're having the speakers, this is your time to question, when you go into a hotel, to ask for what you want, when you're in an airplane, when you're in airport, when you meet the powers of beat, make suggestion because people really do care, very often. You can fill-out a card, a customer care card, they want to know your opinion about your stay so people be, this is the way we're going to change the travel industry is by we, all of us speaking up and sharing, sharing our suggestions.

So, I also just want to mention in my... I was doing all the research for my book 'The Healthy Traveler', I must say that when I studied eco-tourism, it's a vastly growing field so there's so many choices out there if you are concerned about the greening of your travel choices. But also you know, even call before, ahead, even before you make a hotel reservation, call the hotel and ask what kind of service that they have. There's one hotel chain that actually has this pure room where you can have ozonators, in the rooms, which help freshen up the air put it negative ions, and so. Or you can find out if they have a special floor that's chemical-free so it's just about, this is another great value that many people are getting from the Healthy Travelers Global Summit is you're learning all the ways that our speakers have navigated their challenges with travel and have found better ways such as all the ways in which Dr. Kaayla has shared with you today. So thank you again for being here, any final statement? Any, you know maybe a great travel story you have or something just us to end on a, we've had so many high notes so, I don't know if we can go higher that the notes we've been on but if there's one final saying or sharing you'd like to contribute.

Kaayla Daniel:

I'd like to travel and be very open to experiences and except the fact that perfections not going to happen and to relax as much as possible about issues like the perfect hotel room, the perfect little...to just accept how it happens and be grateful for all the many things that do work and the many people who are trying to help in

making a good experience for me. I think that gratitude attitude really works very well when you're travelling.

Dr. Robyn Benson: Beautiful, well said. That's part of just surrendering, going with the flow and one of our speakers Kevin maybe you can mention this that she talked about the 50% role, may be we'll end with this.

Kevin Snow: That's perfect as far as the stress goes with the travel and the idea of taking 100% responsibility for your 50%.

Dr. Robyn Benson: That is so well said.

Kevin Snow: Right, so there's a bunch that's out of your control and you long for the ride, the journey as we're talking about here and the... such as making sure that the stuff you can't control like we've talk about today, the diet and the sleep and just overall your ability to bring the things you need to bring and to have the fun that you wanted to have on this journey.

Dr. Robyn Benson: That was from another great friend of ours Dr. Sharon Melnick. Oh my gosh, everybody on this series... this has been fabulous. So thank you, thank you again for being with us and again we will bring you back whether it's the travel summit number 2 or certainly on this self-care revolution. So all of you, thank you for joining us for this invigorating conversation and all these great education that we get... we've all taken and practice in everyday travel. So good day and stay tune for our next speaker on the Healthy Travelers Global Summit.

