

(Free) Overcoming Jet Lag

## Overcoming Jet Lag

*Charles F. Ehret, Lynne Waller Scanlon*  
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**Charles F. Ehret, Lynne Waller Scanlon : Overcoming Jet Lag** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Overcoming Jet Lag:

0 of 0 people found the following review helpful. The BEST cure for Jet Lag!By DeeBeing sensitive to wake/sleep times, I encountered a disastrous 8 day business trip my first time to the other coast and barely got any sleep those 8 days. I've never experienced such sleep deprivation and needed to find an answer. Enter the Jet Lag Diet, that I just happened to see being discussed on a morning TV program while getting ready for work. It thankfully changed my life. I can't say enough about this diet and if you follow it closely (no cheating on 'Fast' days!), you should have excellent results, as I did when I headed off on a trip to Europe. I felt like I was still in the US after landing across the pond and this book made a huge believer in me. Highly recommended!1 of 2 people found the following review helpful. Interesting... Possibly helped someBy Southern BelleThis book provided some interesting concepts. I had always anticipated altering sleep before flights and how to plan the day following travel, but had never thought about the role of different types of food in our circadian rhythm. This book was rather short since half of the book consists of a suggest course of action to alleviate jet-lag when traveling across different time zones. Honestly, I tried a few of the measures but couldn't follow his entire plan. It did seem to help on my last overseas trip, but don't know if it was due to the measures followed from this book, or the sleep/neck support gadget that I used, along with sleep mask and ear plugs. BTW, check out a new product called the TRTL Sleepscarf. This is going on my next trip!If you find this review helpful, please let me know by using the voting buttons. Through the years, I have relied on reviews to make smart purchases and now I'm trying to "pay it forward" by helping others with my reviews. Please let me know how I'm doing with your vote. Thanks!!2 of 2 people found the following review helpful. Excellent! If you cross more than 2 time zones GET THIS BOOKBy Mitch L. TuritzIf you have to travel across several time zones and must attend an 8 AM meeting on the day following your travel, this book is for YOU! I have used this book for years. I buy copies to give to friends or relatives who are traveling. It REALLY works! Friends have used it to travel to Europe, China, or just across the U.S. It is easy to do, just look up the number of time zones you are traveling across and go to the appropriate chapter. It tells you how to change your "body clock" so that you are on LOCAL TIME by the time you arrive at your destination. You need to change your diet and stop drinking coffee 3 days prior to traveling, but it is well worth it. I can't recommend this book highly enough. Buy it, put it into your reference collection and don't forget about it when you travel! Great gift idea for friends who travel! THIS BOOK IS NOW OUT OF PRINT, BUT USED COPIES ARE AVAILABLE FROM AMAZON. Also, there are now other books available that essentially tell you the same thing. Do a keyword search for "jet lag" in or other online bookstores and you should find something as useful.

A great book for getting over jet-lag. Good for anyone who travels overseas.