



EXPERTS OFFER UP THEIR TIPS FOR STAYING HEALTHY WHILE TRAIPSING AROUND THE GLOBE. — ANASTASIA



JULIA TATUM HUNTER, M.D., OF SKIN FITNESS PLUS, ON FOODS THAT MAXIMIZE SKIN'S YOUTHFULNESS:

Foods can positively or negatively impact how we look. Foods that cleanse our livers of toxins, heavy metals, and fatty infiltration and that keep the enzymes in the liver functioning energetically make the body work more efficiently. That makes us happier—which impacts how we look—and healthier, so our skin is clearer, tighter, and brighter.

Dark fruits are full of antioxidants, which combat aging and disease by decreasing inflammation and increasing collagen production. Increased production of collagen and collagen-producing cells occurs when there are higher doses of vitamins (especially C), MSM (inorganic sulfur, part of every cell in our bodies), and minerals in the blood, tissues, and skin. This thickens the skin [for a youthful look] and decreases abnormal blood vessels that can cause rosacea.

HUNTER RECOMMENDS:

Foods: Cilantro, parsley, dense green foods such as broccoli, turnip and mustard greens, sea greens, dandelion greens, spinach, and arugula.

Healthy oils: Oils that “help juice up the skin,” such as olive, walnut, hemp, flax, borage, black currant, raw coconut, and omega-3s (preferably from fish).

One to two liters of water per day: As we get older, our bodies tend to ‘dry up,’ which contributes to fine lines and helps gravity.

Layering therapies: Add a green tea bag to your daily water ration, and if you can, green powders and organic whole-leaf aloe juice (one to two ounces per day). These nutrients combat aging, laxity, and brown spots and improve clarity and tightness of the skin all over the body. They also decrease aging of the internal organs, including the brain, and decrease the risk of Alzheimer’s. —*Julia T. Hunter, M.D., Skin Fitness Plus, Beverly Hills, 310-247-8744, skinfitnessplus.com*

GoChi Juice, made from the goji berry—which experts agree is one of the most nutritionally dense foods on the planet—offers numerous health benefits, including increased energy and stamina and improved circulation and mood.



Oz Water, case of 12 bottles (16.9 fl oz) \$28, ozgarcia.com



GoChi Juice, \$50 a bottle, freelife.com

10 TIPS

FOR STAYING HEALTHY WHILE TRAVELING —“NUTRITIONIST TO THE STARS” AND LIFE-EXTENSION SPECIALIST OZ GARCIA, Ph.D.



1. Stay well hydrated. Drink plenty of water two days prior to traveling and during your flight. Chamomile tea protects against bacteria and will help fight infections that you might be exposed to in the cabin’s recycled air.
2. Eat mostly lean protein such as turkey, seafood, lean chicken, fiber, and vegetables. Avoid starches and heavy carbs like breads and heavy pastas, as well as heavy, dense meals.
3. Along with AriZona Beverage Co., I have formulated two new products that are ideal for anyone who needs a morning boost or deep relaxation at night. AriZona A.M. Awake QuickShot gives you a healthy, sustained energy charge, without the crash of coffee. It’s great for clarity of mind and alertness and is packed with vitamins, minerals, phytonutrients, and green tea. We engineered AriZona P.M. Relax QuickShot to calm the mind. It can naturally assist neurotransmitters, and contains a brain nutraceutical that can help to control sleep duration and quality.
4. Always moisturize your skin before getting on a plane. Soak in a bath after landing to replenish moisture through the pores. Bathing also relaxes the nerves, which in turn can help you fall asleep faster.
5. Work out and stretch before flying. It helps with circulation and stress. While in flight, get up and walk around to stretch and increase circulation. Practice deep breathing.
6. Carry Ocean Nasal Spray. It’s a saltwater solution that helps moisten the nasal passages and clear sinuses.
7. Take advantage of luxury offerings at your hotel. Take in a steam, visit the sauna, or get a massage to help relax and release muscles, promote circulation, combat stress, and stimulate the immune system.
8. Avoid notoriously salty airline food to reduce dehydration. Order a low-salt meal from the airline several days prior to your flight, and avoid salty snacks. Bring healthy snacks with you, such as an apple, an orange, a bag of almonds, and a protein bar.
9. Fortify your body against catching cold by taking antioxidants before flying, including 1000 mg of vitamin C. The number one way to catch cold on a plane is by touching surfaces infected with germs. Wash your hands frequently with soap and water, and don’t rub your eyes. Spray your seat—and surrounding seats if possible—with a solution of grapefruit seed extract, which is naturally antiparasitic, antibacterial, antiviral, and antifungal.
10. Travelers often need to be well rested and ready to work or sightsee on day one. If possible, prior to your trip, alter your sleep schedule to emulate the hours you’ll be sleeping when you arrive at your destination. Lack of sleep increases stress hormones and detracts from your body’s ability to relax. Sleep deprivation increases a hunger hormone and decreases the hormones that make you feel satiated; therefore, skipping sound sleep may lead to weight gain. Don’t count on catching up on your rest in the airport during your layover; disturbed sleep is just as bad as not sleeping at all!



100% organic iZO Cleanze is a full-body detox drink crafted from 200 ingredients, including freshly made organic juices, herbal teas, and cleansing elixirs. This vegan, raw, and gluten-free beverage removes toxins, parasites, and heavy metals from the body, strengthens the immune system, aids in weight loss, and beautifies the skin, hair, teeth, and nails. Celeb fans include Mary Kate Olsen, Mandy Moore, Patricia Heaton, and Daisy Fuentes. Delivered fresh to LA and OC residents by 6 a.m. every day; \$100 per day, includes delivery. izocleanze.com