

lesleybethune

Every time you board an aircraft, you unwittingly breathe the highly neurotoxic organophosphate oil used in aircraft engines. THE ONLY AIR YOU BREATHE ONBOARD IS BLED FROM THE ENGINES. ENGINE OIL SEALS ARE DESIGNED TO HAVE OIL RUNNING OVER THEM. The can of the engine oil of choice in aviation has the warning " PROLONGED BREATHING OF OIL MIST CAUSES IRREVERSIBLE NERVOUS SYSTEM EFFECTS" Some of these don't appear immediately and you'd never associate your tingling fingers/feet, the calf/toe cramps, your inability to find the right word, your peculiar dyslexic tendencies, your inexplicable intolerance to perfumes etc with the flights taken 3 weeks before, even if you did blame them for your on-going malaise. Regular short domestic flights can be just as problematic and, indeed, it's long been known chronic fatigue rates are high for people just living near airports.

Link to the article here: www.itcoba.net/24MI11A.pdf but to pique your interest, "... long been accepted that the majority of contaminated air events are related to oil leaking into the cabin air supply... and "Under certain fault conditions (e.g. engine or APU oil seal or bearing failure, engine or APU maintenance error/irregularities, or design deficiency), engine or APU oil, hydraulic fluid, fuel, de-icing fluid and the corresponding pyrolysis products may contaminate the bleed air, which then enters the cabin air supply and can be inhaled by the aeroplane occupants."

YOU MAY BE SURPRISED TO KNOW CABIN AIR QUALITY TESTING IS NEVER DONE! Air crew all over the world (I'm one) have become sick from these chemicals. For the sake of your health, fly as little as possible, or choose the new Boeing 787 which has an independent air supply utilising air bearings. You may still be affected due to the EMR - all the wiring in the aircraft itself, plus the entertainment system at the back of your seat and those around you. Not to mention pesticide-treatment used to satisfy a country's quarantine.

Posted On 02/22/2017

yuri_o

Great commentary and extremely important. A very good homoeopathic remedy to assist with the toxic effects as described is homoeopathic Phosphorus.

Posted On 02/22/2017

veritasoreventus

Yuck! They're jamming us in like sardines, charging us more to use the overhead bins, and now this! The blade just got a little sharper on the wrong side of this double edged sword. Did somebody say Amtrack?

Posted On 02/23/2017

mcgeehee

Excellent write-up! Any relation to Gordon Bethune, the former CEO of Continental Airlines? I wrote an essay on him while doing my undergrad. Fascinating man.

Posted On 02/23/2017

Acroyali

Thank you for this information, Lesley. I can only imagine the conditions of the air/pressure/temperature in cargo, where the airlines fly pets. I've never flown a dog or cat, and hope I never have to.

Posted On 02/23/2017

ahh9413

Great info, thanks for your comment!

Posted On 02/24/2017

VaccinesKillUs

the only airplane that sucks outside clean air is dreamliner boeing 787 so called composite airplane and for some reason boeing sales this plane only to the outside countries...

Posted On 02/24/2017

majorminor

After 17 years as aircrew i did a number of trials and ended with the concept that Jet Lag is really just a fancy name for dehydration. Few realise that the aircraft cabin is a hostile environment for the human body and maintaining hydration on 10 - 12 hour flights is a real challenge.

Posted On 02/22/2017

Liliwin

Great article about jet lag, useful strategies here, the heart meridian a good one. Dr Charles Krebs at one stage had a card available at airports showing how to treat jet lag using acupoints, but I haven't seen it around for a while. The information on melatonin is good, and I was particularly interested in the dosages and the various effects at different levels. Melatonin can act to stop metastasis in certain cancers, and can improve the effectiveness of chemotherapy, dosage levels there at 20mg/d recommended by naturopathic oncologist Dr Lise Alschuler, much greater than the levels discussed in the article. Good sleep is so important for good health.

Posted On 02/23/2017

Melilotus

There is also the much simpler option of taking a homeopathic combination remedy for jet lag. This avoids the worst effects of jet lag and additionally protects from DVT as it helps to keep your blood flowing properly. I use it and find it excellent. Start the remedy the day before you travel (take a couple of doses) and on the day itself start taking the remedy every 3-4 hours. Continue with this frequency throughout the flight and any stop-overs, and also at your destination. Stop taking it when you feel that your body clock has pretty much normalised. You will need to get the remedy made up at a good homeopathic pharmacy, but the pills will last forever if kept in a cool, dark place. You need to ask for the following 3 remedies to be combined into one remedy: Arnica; Electricitas; Radium Bromide - all in the 30C potency.

Posted On 02/23/2017

bonniecamo

Homeopathic Tabacum or Cocculus are good homeopathic remedies for motion sickness.

Posted On 02/22/2017

hlahore

Water works! I drank lots of water on a 17 hour flight ZERO jet lag. Many people on the web recommend it, including a FedEx pilot. The air in jets is extremely dry. It appears that jet-lag can be reduced/eliminated by keeping hydrated.

Posted On 02/23/2017

peteanddaze

You are exactly correct, sir. Pound the water before, during, and after any time zone change. Also, get just as active as possible at your new location ASAP. Gin up your immune system before the trip. I use large amounts of Vit C, elderberry extract, and increased probiotics. For longer trips, get on the local schedule quickly and stay on it. But getting super hydrated is critical to success here!

Posted On 02/25/2017

veritasoreventus

Another helpful article with good information from Dr. Mercola and Dr. Cowden. To this I would also add a brief word of caution. A personal experience several years ago while trying to overcome jet lag at my cross country destination is the reason for my caution. Adding to the additional stress from the early morning flight and hectic schedule upon my arrival were two immediate evenings of social exchange that required my attendance and social participation. With limited sleep combined with jet lag and unaware of any potential consequences, I was drinking several extra cups of coffee for a couple of days to counteract my lag and stay on top of my game. Bad decision! The result was horrifying when at one point it suddenly felt like I was experiencing an earthquake (and I was in L.A. Calif. at the time). It was almost immediately followed by struggling to remain conscious. I pulled my wife aside and told her which naturally confused and upset her too.

My personal paranoia for going to hospitals and potential loss of control in such a setting only heightened the drama. Refusing medical intervention may not have been the best decision at the time, but we were also attending a performance which one of my sons was a part of at that moment. I really didn't want to make a scene or spoil the show. Fortunately the struggle for consciousness passed within a couple of minutes. The situation left me confused and wondering what the hell was going on. It took quite some time before I realized that I had OD'd on coffee and had now developed a "sensitivity" to caffeinated coffee (organic included). Personal experimenting - 50/50 mix of caf and decaf did not and now does not cause any reaction while 100% caf still is a problem. Other caffeinated beverages? No problem. Findings- There are numerous chemicals in various combinations in every cup.

www.chemistryworld.com/feature/chemistry-in-every-cup/1012386.article

Posted On 02/23/2017

veritasoreventus

contd. Conclusion: Don't overdo it with the coffee in an attempt to counteract jet lag. Do yourself a favor and follow the good Doctor's advice in this column.

Posted On 02/23/2017

seg

Aye veritas, the poison is in the dose, ask grulla lol..You found out the hard way..Also beware "how" they de-caffeinate coffee.. The Swiss water process is the best, stay away from the Methylene Chloride process, it's just pure garbage..

Posted On 02/23/2017

veritasoreventus

Thanks seg for the reminder. And to that I would add that, while shopping, if yer package that ya just latched onto just says something like "Fresh Organic Decaffeinated Coffee"with no mention of the rinsing process, it may be time to assume the worst. Best to keep movin' on till you find the one that's labeled with the info and processing that yer hopin' for.

Posted On 02/24/2017

grulla

This jet lag article appears to be a good opportunity to petition congress to eliminate the nonsensical ritual of changing our clocks twice a year:

techguylabs.com/episodes/960/petition-white-house-website-eliminate-da..

Posted On 02/23/2017

jenicholson

I think this depends where you live. In high latitudes (Washington state) without Daylight time it would be light at 4am and dark at 9pm in the middle of summer so at least with daylight time its light at 5am and dark at 10pm which is a much more useable time to have the light.

Posted On 02/23/2017

yuri_o

Homoeopathic Gelsemium is a an excellent remedy for jet lag. Potency of C30 (one to three doses about 4 hours apart) or C200 (one dose). With the C30 stop BEFORE reaching second or third dose if improvement sets in and repeat ONLY if jet lag starts to return.

Posted On 02/22/2017

handsfree2

Better yet - do not fly *at all*. As it is, there are hardly any valid reasons for transporting things (other than goods) by air. No need, other than stressing your weight..

Posted On 02/22/2017

Acroyali

I would take a ship before I took a plane, if the choice were mine. Reason being, if the ship goes down I'm a pretty strong swimmer. If the plane goes down, my flying lessons were terminated years ago and I'm a little rusty ;)

Posted On 02/23/2017

ahh9413

Great article Dr. M, plus, add in the recycled air inhaled and exhaled by 200 plus, mostly chronically ill fellow passengers. I always carry a bottle of colloidal silver water with me on flight to mist my sinus cavity and respiratory system periodically before, during, and after the flight!

Posted On 02/24/2017

Sam.Shuter

Back when I used to fly across country several times a year, all I would do is deprive myself of sleep the day or night before departing. Upon arrival, I just took care of whatever needed doing then, and by the time that night-time at the destination time zone arrived, I was so exhausted, I would easily fall asleep. Just make certain to adjust your watches/clocks before you go to bed. You will get a good nights sleep and awaken in the new time zone fully adjusted.

Posted On 02/24/2017

Effus2016

I like to look at the end of the comments to see why commentators aren't receiving any points. Often the zero points are simply the newest comments and haven't been read by many. Also, I find the most simplistic suggestions are the most logical and the most practical, yet people's intellectual egos prevent them for recognizing the obvious. No meds needed, no pills to take, just a simple and logical answer. Yours is a GOOD suggestion - Sam.Shuter!

Posted On 02/24/2017

Sathyam

Re cancer in flight crews, whenever I tested commercial aircraft with an electromagnetic (EMR) measuring device. the needle went off scale (max was 250 milligauss). When I tested a prop plane, I only got readings near the instrument panel, whereas the reading always went off scale the moment I boarded a commercial craft. So you have a huge pollution factor here plus dehydration, plus cosmic radiation plus time zone changes. Not a healthy way to live. I used a Clarus Q-link and could feel a vast difference in a long (10 or more time zones) flight.

Posted On 02/23/2017

BlueQuasilica

Apart from the tips Dr. Mercola outlined here to ward off jetlag, I've watched a YouTube video on intermittent fasting regarded as one of the ways to gradually cure your jetlag. I don't travel that much and I can't vouch if this is true or not, but the way it was explained sounds reasonably well put, so it makes good sense.

4 Reasons Why You Should Be Intermittent Fasting | Jim Stoppani

www.youtube.com/watch

Posted On 01/19/2018

handsfree2

I meant to say that if there is no essential need to fly, then do not fly. An important part of going some place far is *the actual the going* there. For a major part, flying skips that part. If you can, do not skip that part - because I feel it *is* important.

Posted On 02/25/2017

Ruslan

During a 24 hour-period, qi circulates through the meridian system in such a way that it peaks in each meridian in 2-hours time increments, then moves on to peak the function of the next meridian, Throughout the diurnal cycle, at any given time a certain meridian will be at its high point while another will be at its lowest. taking 24 hours to complete one full cycle through the 12 meridians. When the qi is in a certain meridian we say that the meridian is at its energetic peak. This 2-hour peak period is called the horary period.

Re-Setting Your Internal Clock

In order to eliminate jet lag the body clock must be reset allowing the horary cycle to function the same time as the local time of their destination. Stimulating specific horary points on the body allows the energy to transfer from one meridian to another, thus helping the biological clock update itself in mid-flight. People who use this system report arriving at their flight destination feeling like they are connected to the time zone of their newly arrived destination, as opposed to the time of their departure location. This technique of using horary point to reset one's internal time clock was developed by a group of D.O. and D.C. acupuncturists, and first introduced by John Amaro, DC, LAc.

Posted On 02/25/2017

Ruslan

The energy of each of the 12 organ meridians is strongest for 2 hours in specific cycles, completing a 24-hour cycle every day. The Heart Meridian kicks in 11am-1pm, which coincides with the the times that Dr M recommends running the Heart Meridian. To minimize jet lag I set my watch to the time of my destination, and tap a point on the appropriate Meridian during each 2 hour interval during my flight. For example, 3-5 am (time at destination) I tap Lung 8 (pulse point just above the thumb). Browse for Horary Points www.jadeinstitute.com/jade/acupuncture-to-eliminate-jet-lag.php

Posted On 02/25/2017

VaccinesKillUs

I record my movies with my sony xa cell phone u don't need camera for that

Posted On 02/24/2017

Almond

A good book, ear plugs, a coat you can also use as a blanket, packed foods and Rescue Remedy. I also start taking yin chao or lomatium a few days before I leave on a flight to prevent airline crud.

Posted On 02/23/2017

drgregharrison

Check out City in the Sky. Million people in the air 24/7/365! Also Air Bus flight personnel showing same symptoms as my surf board shaping friends. Resins have settled into his lung lobes and got same problems as flight attendants. Air Bus and most likely the Dream Linner are carbon fibers layered with PLASTIC RESIN. They off gas for decades.

Posted On 02/23/2017

dfarrich

The biggest thing with airline travel are the horribly uncomfortable seating on the affordable flights. Seems as you get wider in the seating area, the seats are made narrower to accommodate the 25 year-old designers. Fly first class, buy a motor coach or stay home are my preferred options. I abhor flying and with the engines spinning at 22,000 rpm, requiring all parts to work perfectly, 100% of the time, a smidgen of alleged toxic air and various other minor pollutants or (horrors) micro-radiation from the sun or my cell phone are the absolute least of my concerns. Health issues are treatable - being spread out over an acre in little pieces is not. Thanks, I'll walk. :-)

Posted On 02/23/2017

Guillermou

Public opinion polls have shown strong support for ending daylight saving time. In a survey of a nationally representative sample of 1,500 U.S. adult citizens, 63% of U.S. adult citizens favored abolishing daylight saving time, 21% were unsure, and 16% opposed abolishing daylight saving time. Time change . Nearly twice as many Americans preferred daylight saving time to daylight saving time. Senior citizens (over 65 years old) were more supportive of ending the time change than their younger counterparts.

In a separate survey, 75% of American adults wanted to end daylight saving time, 43% preferred permanent ST, and 32% preferred permanent daylight saving time; This survey also showed that older adults preferred to end the time change compared to younger adults. Loss of sleep and decreased well-being are two factors that have been identified as being affected by the time change.----- 1) Loss of sleep. Studies of time use data (which capture how individuals spend their time) have documented that individuals sleep, on average, 15 to 20 minutes less per night in the week following the spring transition to daylight saving time .----- 2) Wellbeing.

Lower sleep quality was reported up to 2 weeks after the spring transition, with easier adjustments in the fall transition back to ST. An American Academy of Sleep Medicine survey of more than 2,000 adults in the U.S. found that more than half of Americans (55%) generally feel tired after the transition from spring to daylight saving time.

Posted On 04/08/2024

Guillermou

3) Cerebrovascular accidents. Stroke hospitalizations increased significantly during the first 2 days after the spring and fall transitions, with a relative risk of 1.08. Women, older adults, and people with cancer had a higher susceptibility.---- 4) Myocardial infarction. A meta-analysis of more than 115,000 patients documented an increased risk of acute myocardial infarction during the transition from spring to daylight saving time. Atrial fibrillation was also found to increase in the four days following the spring daylight saving time transition.----- Circadian misalignment can alter gene expression, increase the production of inflammatory markers, and reduce vagal tone, resulting in increased heart rate and blood pressure.

---- 5) Traffic accidents. The largest study to date, of more than 700,000 car accidents, found that the risk of fatal traffic accidents increases modestly during the transition from daylight saving time to spring, especially in the morning and in places further west in an area time .---- 6) Comparative analysis. The link covers the arguments for adopting permanent ST and the arguments in favor of permanent daylight saving time, comparing the differences.-----

academic.oup.com/sleep/article/45/12/zsac236/6717940?login=false (2022)

Posted On 04/08/2024

LSquare

Gui, I'm not sure that people want to end DSL, as I think that they may be confused by the term itself. I think that if you'd ask people whether they want more daylight at the end of the day, including winter, when it's pitch black both when you go to work and when coming home, most people would choose more daylight. At least I would.

Posted On 04/08/2024

Guillermou

As they say, "it never rains to everyone's liking." The economist Santiago Nio Becerra assures that this time change does not make any sense. The savings are minimal, "each Spanish household will save 86 cents per month." The equivalence in the 6 months of these schedules is about 4.5 euros in total. He also explains that Spain has another disadvantage since "Spain is one hour ahead of the meridian that corresponds to it." The geographical correspondence of the country would be meridian 0.

He also speaks out against the non-profit organization Time Use Initiative which promotes the right to time around the world and demands an end to daylight saving time in Europe. They argue that the EU must put an end to seasonal time changes because changing clocks to the wrong time zone "negatively affects individual and collective health, as well as the economy." He also specified that, over the last 30 years, "living in the wrong time zones has been shown to have a negative impact on energy savings, the risk of cancer and other diseases, the performance of workers and students, or in the GDP, among other issues".

They estimate that 20% of European citizens and 34% of women with children "suffer time poverty", which means "affects both individual well-being and social cohesion." This organization blames "beliefs and myths about the need to maintain daylight saving time that persist among public opinion and political debate." www.antena3.com/noticias/sociedad/encuesta-deberia-eliminarse-cambio-h..

Posted On 04/08/2024

dihirod

Personally, I find that the change over to and from summer time has the same effect as jet-lag, except that what we call jet-lag usually includes exhaustion from sitting for hours in an airborne sardine can, which doesn't happen when the clocks are changed. I once came across a small pocket-sized guide to alleviating jet-lag called 'No More Jet Lag', by Dr Charles Krebs, that uses a system of acupressure on designated meridians according to hour of departure and arrival. Dr Krebs is the author of 'A Revolutionary Way of Thinking' that details the neurological theory behind Kinesiology, and he runs a clinic in Melbourne Australia that treats children with severe neurological damage.

Posted On 04/08/2024

XtraUSA

I follow Brian Tracy's (business coach, travels around the world) advice (youtu.be/UahfcDVJOyg). 1: Drink lots of fluids in the airplane, 1 pint per hour of flying. 2: After arrival "sit in hot water for 5 minutes for every one hour of time change." I like to go to a public swimming pool that has a jacuzzi, steam sauna, or herbal bath, and then take a swim. 5 mg melatonin before going to sleep. Works like a charm. There are also hot showers in some airports.

Posted On 04/08/2024
