



Keeping the AAAHHHH Feeling . . .

Feeling bloated, crampy, or just plain uncomfortable? It's no wonder. Travel oftentimes gets us out of our usual routine, leading to constipation. While the American Dietetic Association recommends 20-35 gms fiber/day, most of us don't even get half that! Dr. Jo, author of *How to Stay Healthy & Fit on the Road* (<http://www.drjo.com>) and contributor to USAIO-DAY.com's business travel section suggests these tips to keep you "regular" on your travels:



1. START THE DAY OFF RIGHT. Refined cereals, white toast, and Danish won't contribute much fiber. Instead, select whole wheat bread, bran cereal, or oatmeal, all good sources of insoluble fiber which bulks up the stools to move it through your intestinal tract quickly. "I bring 'Dr. Jo's Breakfast in a Cup' on every trip. In a baggie, combine 1/3 cup quick oatmeal, 1/3 cup non-fat dry milk powder, a mini box of raisins, and a package of sugar or sweetener. Just pack a plastic cup, spoon, and a heater wand so you can prepare this high fiber (5 gms) cereal in your room," says Dr. Jo"



2. FILL UP WITH FRUITS AND VEGETABLES. Five servings of fruits and vegetables a day are recommended each day. If you're traveling by car, bring along a cooler with fresh fruit and mini carrots (every serving has about two grams of fiber). "Dried fruit has the same fiber

content of its fresh counterpart and takes up less space." Pack a few bags of light microwave popcorn (one gram of fiber in every cup) since many hotels have a microwave in the room or downstairs in the breakfast nook.

3. SYNC WITH PSYLLIUM. Psyllium, a soluble fiber, helps to restore regularity and treat occasional constipation. While you can mess with powders and pills, the easiest way is with Metamucil® cookie-like wafers. Each, easy-to-pack, two-water

serving contains six grams of fiber - and tastes great.

4. MAKE SPECIAL REQUESTS. In most restaurants, fresh fruits and vegetables are left off the menu or used as a condiment. Dr. Jo says, "Fruits and vegetables are almost always available, even if it's not on the menu." If they have fresh strawberries on the cheesecake, you can usually get strawberries for dessert. Do they make their own broccoli soup? Then ask for steamed broccoli with your meal.

5. FLUSH WITH FLUIDS. Eating more fiber won't help with constipation unless you also consume adequate fluids. It's wise to drink at least eight 8oz glasses of water or juice (more in hot weather), so keep a filled water bottle with you at all times.



6. MOVE IT! Exercise helps to move the intestinal contents along. Instead of taking the bus tour, choose the walking tour instead. Don't just drive by the mountains, go for a nature walk. Instead of riding the train to the other side of the amusement park, walk briskly.

When you keep these tips in mind, you'll feel more energized and ready to enjoy your trip.