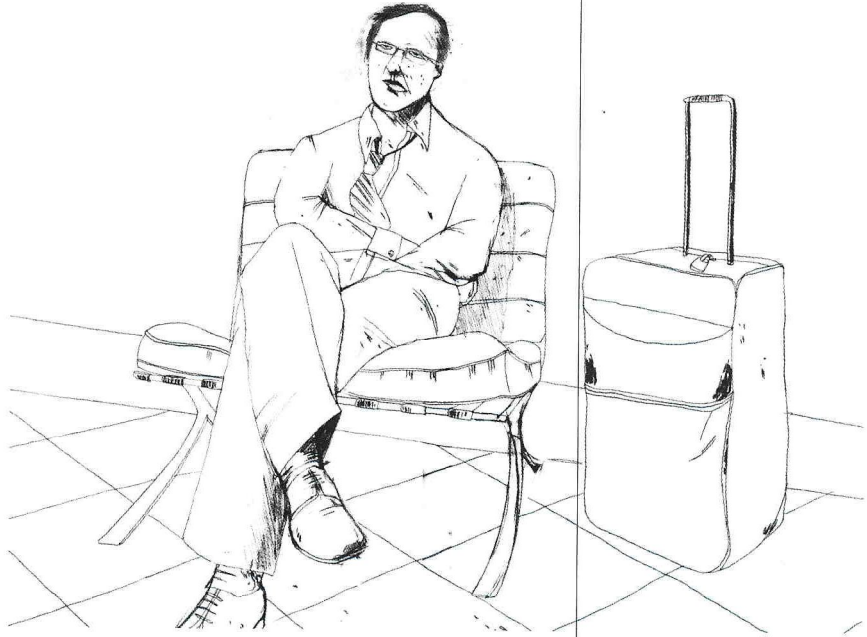


Flight of fantasy



IN A PARALLEL UNIVERSE, your chauffeur arrives on time and adeptly circumvents the rush hour traffic. You're fast-tracked through customs and glance over Duty Free whilst aiming for the departure lounge, brain whirring with corporate logic, meetings and business proposals. Once boarded you enjoy an Indian head massage, a relaxing reflexology treatment, a quick manicure and attempt a few stretches before lapsing into peaceful slumber in an oxygenated zone that's been cleverly designed not only to alleviate your fear (irrational or not) of contracting bird flu, but also the jetlag you'll likely feel on arrival.

CHRISTINA BARTON, NUTRITIONIST AND GENERAL HEALTH GURU, PRESCRIBES A NATURAL REMEDY TO THE INEVITABLE BODILY DISCOMFORT ENCOUNTERED BY THE FREQUENT FLIER.

BACK IN THE REAL WORLD, frequent fliers face a litany of anxiety-inducing medical terms associated with high-altitude travel: dehydration, deep vein thrombosis, jetlag, indigestion (perhaps you should have avoided that boardroom lunch as you hastily gathered your papers and rushed for the flight?), stiff back, swollen feet, headaches from too much Champagne... and stress. Stress because you've had to get up at the crack of dawn, stress because you worry about prompt departures and arrivals; because of noise from the plane, cramped conditions and sleep deprivation, not to mention plain old boredom.

Now, I can't stop congested traffic zones, nor can I beam you from one continent to another in the blink of an eye, but I can suggest a few natural remedies that will help you to combat, from within, the heinous elements of international travel that are beyond your control, without...

YOU CAN'T BEAT H2O

Mountain spring water, preferably bottled in glass rather than plastic, is essential for our bodies whether we're flying or not, but exceptionally important during a flight. Cups of hot water interspersed with the odd indulgent glass of Champagne or Pauillac will have massive benefits, hydrating the body as well as slowing down the intake of alcohol. Otherwise, adopt the entirely holistic route of drinking fresh carrot juice!

BRUSH UP ON CIRCULATION

Invest in a body brush or loafer to remove dry skin and increase sluggish circulation. Commence in an upwardly movement from ankle to hip, fingers to shoulders followed by diagonal sweeps across your stomach and back. Not recommended whilst journeying to your next meeting but more within the personal relaxation of your hotel room.

And from my own range...

ANTI-TRAVEL FORMULAS

Go the distance to give your body what it needs to recover from long-haul travel and foreign cuisine. Oxypowder, in its thoroughly efficient but gentle way, relieves a blocked, congested stomach whilst quietly removing toxins from the system. Aquaspirit oxygenates and soothes sunburnt limbs and dehydrated faces.

FOOD VS. STRESS

Apple juice mixed with Perfect Food Powder – containing sumptuous whole-foods brimming with nutrients, essential fatty acids, minerals, trace elements and enzymes – will charge an over-stressed digestive system whilst enhancing your immunity with crucial probiotics (for those not so nutritionally versed, these are friendly bacteria's). For travel, you can avoid messy decanting into smaller pots by buying in caplet form.

VITAMINS FOR BUSINESS

Stress depletes Vitamin B3 amongst other minerals and trace elements, so the Living Multi-Optimal formula for men and women supremely energises and replenishes our bodies with essential nutrients and vitamins, enabling us to calmly multitask before, during and after a business trip.

Christina Barton is a Nutritional Consultant and Bio Energetic Practitioner. She offers a range of whole-food minerals and supplements as well as personal consultations. 08709 055 600. www.chrisbar.com