

# THE MODEL HEALTH SHOW

## The Model Health Show with Shawn Stevenson Session #85

Show notes at: <http://www.theshawnstevensonmodel.com/85>

**Announcer:** This podcast of The Model Health Show is presented to you by Shawn Stevenson with Rare Gem Productions. For more information visit <http://www.theshawnstevensonmodel.com>.

**Shawn Stevenson:** Welcome to The Model Health Show, this is fitness and nutrition expert, Shawn Stevenson, here with my amazing cohost and producer of the show, Jade Harrell. What's up Jade?

**Jade:** Well, what's up Shawn?

**Shawn:** How are you doing today?

**Jade:** Shawn, today I am supremium!

**Shawn:** Supremium! What is this?

**Jade:** I am premiumly super.

**Shawn:** I love it. It's like the premium plan. You can get the regular or you can get the premium.

**Jade:** Premium baby.

**Shawn:** Regular gasoline.

**Jade:** Yes.

**Shawn:** Or you get premium. You've got that premium.

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**Jade:** I do.

**Shawn:** I respect that.

**Jade:** Thank you very much.

**Shawn:** We're going to give everybody that premium today, that exclusive, outstanding. Today we've got an amazing show. We're going to be talking about strategies to stay fit, healthy, and energized while traveling.

**Jade:** Oh man, is that possible?

**Shawn:** Of course, it's possible. Just even asking the question itself, the question is like one side of the coin. There is intrinsically an answer to it, if we even have a question for it. Just my recent experience of traveling so much, cloud hopping as we call it, going from city to city and event to event and just really perfecting these strategies. It's one of those things for a lot of people, when they travel, it's a time that they get hit with an illness. Their energy goes down. They might travel and have a good time but they come back on a low.

**Jade:** Yeah, lose momentum.

**Shawn:** Right. We want to prevent that from happening and make sure that when you are traveling you are having fun, you are staying healthy, you're energized while you are away and also when you get back home you hit the ground running with momentum.

This stuff is so valuable. I'm going to share 15 of these strategies with you. I guarantee you are going to implement at least one of these things and use it for the rest of your life.

**Jade:** Cool. Give it up.

**Shawn:** But first I want to give a shout out to our show sponsor, [onnit.com](https://onnit.com)

**Jade:** Yes! It's reorder time for me, baby.

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**Shawn:** Go to [onnit.com/model](https://onnit.com/model) for 10% off your health and human performance supplements. I am a huge, huge fan of the SHROOM Tech.

**Jade:** Yes, and right now I'm all on the Earth-Grown Green.

**Shawn:** The Earth-Grown Nutrients is awesome. It's powerful stuff. Everybody in our world today needs to have a green superfood blend to help buffer all of the reactive oxygen species, the pro-inflammatory events, that happen in your body. We're exposed to totally different conditions from our ancestors and we have to have that extra insurance.

This is where those green superfood blends really come in and they've got the best one. Earth-Grown Nutrients says it all, it's from a real source so I'm a huge fan of that.

The SHROOM Tech is my pre workout. I used it just yesterday and had a powerful workout. I've actually been training with my 14-year-old son and he has just kind of infused himself into my workouts, "hey, what are we going to do tomorrow?"

He is just inferring that he knows he is coming with me. Man, this kid is something else. It is really, really impressive to see.

**Jade:** Has he tried it?

**Shawn:** Absolutely. Whatever I take I give him some too. I've got to.

**Jade:** I was going to say the same because my 11-year-old daughter, uses it for her basketball games. Sometimes she has two or three in a day and it has just really been exactly what she needed.

**Shawn:** It's powerful stuff. And this stuff is family friendly. I even give some of this stuff to my three year old. I put it in his superfood smoothies every day and deliver that good stuff in there so he's not one of the kids at school that's always sick.

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**Jade:** Yeah, but he's always been a real Superbaby.

**Shawn:** Superbaby, Super Braden. So head over there and check them out. Also check out the Hemp FORCE protein. It's the most bioavailable protein for the human body, the edestin is super absorbable for your muscles and your brain and for your body's ability to build hormones. You've got to get the good stuff and they've got it.

Head over to [onnit.com/model](https://onnit.com/model) and check them out.

**Jade:** Can I just make a little hormone note?

**Shawn:** Sure.

**Jade:** As a woman, I have to say...

**Shawn:** A Voman.

**Jade:** A Voman, a voluptuous woman! Because I have implemented, in our daily routine, the SHROOM Tech, the cordyceps, and the Earth-Grown Nutrients I have noticed when the moon rises and my cycle does too I am way more balanced. So whether it's pre life, pre workout, or pre MS, so to speak, I feel significantly better.

**Shawn:** Wow, that's a huge insight for a lot of people.

**Jade:** I know you wanted to know, it may be TMI, but...

**Shawn:** The reality, again, is it's helping your body to sync up with the natural diurnal patterns of the planet. We get disconnected from that. This is one of the things that's so important in our health and our world today, understanding that we are part of nature and we are lined up with the circadian timing of the planet revolving around the sun. This is where this whole concept of the cycle comes. It's a very real phenomenon.

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We've also seen this phenomenon many times where women that live under the same roof will have cycles that line up. Men also have hormonal cycles.

**Jade:** Please tell it. Men-stration.

**Shawn:** What!!! When we get disconnected from nature and things that our genes expect us to do, like eating real food and getting high-quality sleep and movement, then we start to have these symptoms. Incredible foods and nutrients like this can help us to get back into balance faster.

**Jade:** They really do and I'm telling you, one of the things I dreaded was the monthly.

**Shawn:** Don't we all.

**Jade:** It has been smooth. Now you don't have to.

**Shawn:** Amazing. So thanks for bringing that up. Head over there and check them out and get your hands on the best superfood supplements in the world.

Now let's go ahead and get into the iTunes review of the week.

**Jade:** This is hilarious and I love it. It's five stars. The title is "It's Like Silky Chocolate" with a big happy face on it, by Marlo Bull.

"I came across this show by way of the Health Bridge podcast. I am a certified health coach and yoga teacher and so appreciate the depth of research that goes into every episode. Not only is the information incredible but the show itself has incredibly high production value. Shawn and Jade have a fantastic on-air chemistry that makes it easy listening. Shawn, you're voice is like silky chocolate, my friend, very easy on the ears and never has learning about liver function and other topics been so entertaining."

**Shawn:** Wow. I'm blushing a little bit. Thank you. Thank you so much. I really do appreciate it.

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**Jade:** Just say liver function for us.

**Shawn:** Liver function.

**Jade:** There you go.

(laughter)

**Jade:** I'm convinced.

**Shawn:** Love your liver baby. Alright, alright. Let's go ahead. Thank you so much for leaving that review. Everybody, thanks for heading over to iTunes and leaving these reviews. It truly does mean a lot. Thank you from my heart.

**Jade:** And I really love how you include a little bit about who you are and what's going on in your life.

**Shawn:** Yes, indeed. So let's go ahead now and get into the topic of the day. Today we're talking about strategies for staying fit, healthy, and energized while traveling. I am actually going to take you through 15 different strategies that you can implement. What you're going to find is that these kind of all go together in a nice flow. It's not like you have to do these 15 things on a checklist. These are things you can normally add into your life without a lot of struggle.

A lot of this stuff is actually going to be Captain Obvious. But sometimes we just don't do it because we don't think about it in the moment. That's where we can run into trouble. That's when, if we didn't plan ahead and are in a situation, especially when we are out of town and not close to food, the next thing you know you are eating Taco Bell Doritos Los Tacos, the lowest quality of meat allowable by law. We're eating that because we didn't plan ahead.

**Jade:** And some of it's getting slipped through.

**Shawn:** In multiple ways.

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**Jade:** I'm saying.

**Shawn:** Run for the border. This is why we need to have these strategies in place. So let's go ahead and dive right in.

## **Tip #1 – Strategies to Stay Fit, Healthy, and Energized while Traveling**

**Plan ahead.** Captain Obvious on the scene, ready to battle.

**Jade:** That includes listening to all of these podcasts so you are fit and healthy in the first place.

**Shawn:** Oh so simple but so overlooked, planning ahead. Simple see what restaurants are near your hotel.

**Jade:** Eureka!

**Shawn:** What health food stores, grocery stores so that you can plan your food in advance. This is as simple as going and having a consultation with Dr. Google and you can find out what places are close to your hotel. Of course we look for Whole Foods and there are so many popping up around the country. Just find out how close to your hotel they are going to be. Will I need to rent a car to get there or can I just hop on a shuttle. On some trips they have had a shuttle that goes right to Whole Foods and that's awesome. Or I will just go grab a rental car and go stock up and then maybe take the rental car back. Or if I'm going to keep the rental to be driving around places, but that's the first thing I do when I get off the plane is take care of my food first.

**Jade:** You can use Google to make a search because I discovered, as I was looking for places, that there actually were juice and smoothie places in the airport that I was in. How about that?

**Shawn:** It happens.

**Jade:** I know.

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**Shawn:** Just taking these ten to 20 minutes to figure out where and what you are going to eat can save you a huge headache. Just doing that. So plan ahead. Find out where you are going to get your food. Find out what resources or what restaurants or health food stores are going to be near where you are so that you can know what you are doing in advance and are not caught in a sticky situation.

**Jade:** Sure, get your bearings.

**Shawn:** That is a pretty simple one. But now we are going to get into things that are a little more intricate and interesting. But don't negate #1, it's the most important. It's simple but overlooked.

## **Tip #2 – Strategies to Stay Fit, Healthy, and Energized while Traveling**

**Implement additional immune support.** This first category we are doing right now is while we are preparing to travel. This is the first category. You want to do the immune support in preparation. Boost your immune system.

Here are some of the strategies to do. This is what I do a day or two before hand when I am going to be traveling. One of the things I implement is reishi mushroom. Reishi mushroom is a medicinal mushroom that is proven to boost your NK cell activity upward of 330%.

**Jade:** As well as your ability to communicate. Can you say that five times fast?

**Shawn:** The NK cells are basically like surveillance for your immune system. They essentially circulate looking for viruses and even cancer cells. Once they are in range of these things they release chemical grenades. These chemical grenades are known as granzymes and perforins. One of the titles I saw in my research was basically death by 1,000 cuts. They go and slice up these viruses or cancer cells and create holes in their cellular wall leading to apoptosis which is known as cell death.

These NK cells in your body are there but these medicinal mushrooms help them mobilize and start looking for potential problems. They basically create the



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immune system weapons and take out anything you are dealing with. It's so powerful.

Reishi is on the top of my list. It also provides a source of beta glucans and other polysaccharides. Beta glucans are proven to have safe immunostimulating properties. What that means is this is not a drug that's going to fire up your immune system unnecessarily and take it over the top when it doesn't need to. It's immunomodulating so if it needs to lower your immune system, if you're having an autoimmune response where your immune system is hyperactive and actually attacking you it can help to bring that down. Or, if it needs to bring the immune system up it can do that as well. It's intelligence.

**Jade:** So how do we get reishi mushrooms in our bodies? In my belly!

**Shawn:** Simple. What you can do is actually get the reishi mushroom itself. You can harvest it yourself.

**Jade:** You can eat it raw?

**Shawn:** No, it's not palatable. You've got to cook it down significantly. There are different extractions. You can also extract it using alcohol. But, a dual extraction is best because there are triterpenes and beta glucans. We can get into real scientific stuff here talking about the different properties you can pull out using different extraction methods. But the bottom line is if you can get the real thing or dry pieces of it you can make it into a tea or simply take capsules. Get it from a high-quality source. You can open the capsules up and pour them into your smoothies or shakes or just take the capsules themselves. But I always recommend when we are having different supplements, if at all possible, you want to have it cross your palate. I think part of the healing process is having it interact with you in the early part of digestion, not just like a capsule opening up in your stomach.

**Jade:** Sure, get some of the enzyme activity.

**Shawn:** Exactly. If you're taking a paternity test they will swab the DNA from your mouth.

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**Jade:** I wouldn't know.

**Shawn:** If you've ever seen any talk show, "you are not the father!" So the DNA, your enzymes, are encoded in your saliva. So when you are chewing your food and drinking that smoothie taking your time and actually breaking it down and digesting it in your mouth first you are encoding it with you, with your information, so it's more familiar with you when it goes through your digestive tract.

**Jade:** That makes sense. You said this is good for pre travel. I know we talk about having a strong, healthy immune system. Would this be something that makes sense ongoing?

**Shawn:** Absolutely. That's a great question. Reishi is actually a tonic. It's an adaptogen. It's something you can take continuously over time and your body does nothing but improve as a result. Some things need to be cycled, your body can build up a resistance for them or it can hyper stimulate your system.

That's the first thing I go to, reishi. It is also paired with my other favorite medicinal mushroom which is chaga. I actually use this from the SHROOM Tech Immune product from Onnit, our amazing sponsor. SHROOM Tech is a wonderful product. There are two, the SHROOM Tech Sport, a pre workout. It is based on the cordyceps mushroom, also wonderful for your immune system, but it is most useful for boosting your stamina and oxygenation of your blood. All of these medicinal mushrooms are going to have great properties.

The immune version, SHROOM Tech Immune, is based on the chaga mushroom. Chaga mushrooms have the highest ORAC score of any food known.

**Jade:** What's an ORAC score?

**Shawn:** The ORAC score is oxygen radical absorbent capacity. These help to buffer the pro-inflammatory, pro-oxidation things that are going on with your body. Of anything ever recorded it's got the highest number. So it's a 52,000 ORAC value. It is just off the charts, higher than anything else.

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**Jade:** Clearly. Does it make a difference where that comes from? Like Siberia or anything like that?

**Shawn:** You will generally find Siberian chaga. That's what you will generally come upon. But it grows here in the United States as well. It grows off of birch trees and you can actually go and harvest this yourself if you live in an area with birch trees.

That's a whole other story. I use SHROOM Tech Immune for chaga. I open the capsules but sometimes I don't open them. But these are the things I will put into my son's smoothie in the morning. Chaga can also boost your NK cell activity over 300 percent similar to reishi. It has 50 times more SOD (super oxide dismutase) than any other medicinal mushroom.

SOD is a super enzyme. It is the most powerful enzyme known. It basically makes everything else in your body work better.

**Jade:** Onnit has been good to us. I don't have to go on mushroom hunting expeditions. I'll stick with that.

**Shawn:** Make it easy on yourself.

**Jade:** I think so. And if I really want to get into my NK SOD and ORAC business I'll just go to Onnit.

**Shawn:** It's as simple as that baby cakes. So there are 29 different polysaccharide derivatives as well. That's poly saccharides, many sugars. But these are long-chain sugars, more bitter, not sweet. These help your immune system, and as a matter of fact, your entire body, upwards 100 trillion cells that make you up. It makes all of your cells communicate better.

Essentially the communication between your cells is happening via polysaccharides. If we really look at the deepest microscopic level that we can see as far as the communication with the body goes. So hormones are

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important, proteins are important, but polysaccharides really hold the key to some of the biggest health and longevity things coming here in the near future.

**Jade:** So we need our many long-chain sugars.

**Shawn:** Chaga is in the formula. They also have the astragalus which has been used historically in Chinese medicine for its immunostimulating properties, immunomodulating properties as well. They've got curcumin in there which helps down regulate the expression of inflammatory cytokines which can help your body to buffer inflammatory conditions. Chances you are going to be flying or sitting in your car for a long time so inflammation is going to happen so these things can help to buffer that.

Those are two of the things I use automatically. Another thing I add as a secondary component is the camu-camu berry. I love it. This is an Amazonian super fruit. Comparatively, this is the highest source of vitamin C of any known food going.

Studies show Vitamin C really works best as a preventative, not as treatment. That's what a lot of people don't get.

**Jade:** They do it after.

**Shawn:** They get sick and then go to the vitamin C. It can expedite your healing a little bit but the best thing is not getting sick in the first place. By the way, as far as the comparative study for botanicals, camu-camu ranks #1 in the world in effectiveness for everything from asthma to cataracts, colds, edema, hepatitis, migraine headaches, as a pain killer, and so many other things. It's really powerful stuff. Definitely look into using camu-camu as well as your vitamin C source. It's a wonderful source.

**Jade:** I have to share something. I used to get so worried with my youngest. Since he was a baby whenever he would get a cold or virus he would have an extreme asthma-like response that we would have to be ready with steroid nebulizers and often times a trip to urgent care/hospital and since you introduced camu-camu to us, of course we've been using it, but especially him, I

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put it in everything I can, fruit or cereal or something and definitely in smoothies.

He is turning seven next month and he recently had a fever and virus and we were ready because we always have to try to get ahead of it. I even refilled his prescription. He went through the virus/cold with the symptoms and went on through it with no asthma response, no loss of breath. He came through and was back on his feet. I have to say I see this first hand.

**Shawn:** Wow, so that was the first time.

**Jade:** This was the first time ever in his life. We would all be on high alert when he would get sick.

**Shawn:** That's so powerful. The proof really shows up when we see it in our own lives. Again, it is just understanding your body is literally an amazing complex of the things that you've consumed. It becomes a part of you. When you put things with intelligence into your body your body gains intelligence. It knows how to handle things.

He's exposed to viruses. This does not mean it needs to trigger this other genetic predisposition. That's a testament. I love that and he is only going to get better and better too.

**Jade:** I said, "Do you know what just happened?" He said, no, and I said, "You got sick and you made it through okay." He gave me a high five.

**Shawn:** Powerful. Powerful! I love it. Awesome. Okay, so that's #2 on our list, to boost your immune system protocol in advance, before you travel to make sure you are already ready to deal with anything that's going to be coming at you.

## **Tip #3 – Strategies to Stay Fit, Healthy, and Energized while Traveling**

**Bring superfood with you.** Pack it and bring it along in your carry-on bag or pack it into your luggage or your suitcase.

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**Jade:** Well, carry on, maybe on. With all of the travel restrictions I would go off if they tossed out my cacao. I really would.

**Shawn:** So powders, maybe you've got to be careful with them.

**Jade:** But you can put them in your suitcase.

**Shawn:** There are other things as well, like the goji berries and little things like that to snack on. But definitely I would pack my stuff in the suitcase, if I'm bringing the cacao powder or my Hemp FORCE protein, I would back that in there. Bring them along with you because it makes it so much easier while you are traveling.

Something I do is I can pull this stuff out while I'm on vacation or traveling for an event and upgrade the quality of my meal instantly. I definitely always bring a green superfood blend. Spirulina is also definitely coming with me, and chlorella. Both of those things, spirulina and chlorella, help combat radiation.

While you are traveling you are basically up in the belly of a metal bird exposed to a tremendous amount of radiation you would not normally be exposed to. None of our ancestors dealt with this. It's a whole different thing. We don't really know the effects it is having yet.

I do know I have worked with many flight attendants over the years and it's not too pretty, if you've been up there for a long time it can be a very difficult health situation to navigate. Things like this are critical if you're traveling, but more so if you have employment where you are up there more frequently.

I will put my spirulina in a smaller bottle and bring it along with me. I will pull it out and pour it on my salads and mix it in, of course guacamole, mix it in there. Just anything I can that will taste good and also feel good. I'm not saying to pull the spirulina out and then pour it onto your lobster.

**Jade:** Maybe not the lobster, but it is good in water. I like my little green.

**Shawn:** Some people like say that but you are a little different.

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**Jade:** Yeah.

**Shawn:** And it can be powerful. That one tip or strategy could do it for somebody as far as their energy. I've seen this before with past clients putting spirulina into their water. They say it actually turns their body on and they don't need coffee anymore because of spirulina. It's so powerful.

Anyway, everybody is different. I don't put spirulina in my water because I like my water to taste good. So...

## **Tip #4 – Strategies to Stay Fit, Healthy, and Energized while Traveling**

**Pack a mini blender**, especially if I'm going to be gone for more than three or four days.

**Jade:** Really?

**Shawn:** I'll put my NutriBullet into my suitcase and bring it along.

**Jade:** That's brilliant. I felt like, oh!

**Shawn:** It instantly helps you to avoid whatever is going on at the breakfast bar, the free continental breakfast, or trying to figure out what you are going to do in the morning. You can start your day on a higher nutritional note than anybody else around you.

I recently had a multiple-day speaking event and I know for a fact I saw people in there, when I wasn't speaking, sitting there nodding off. I was looking at the people around me and it's not because they're not pumped up to be there and not excited. They are just literally not fueled. They are crashing because they just had a muffin.

**Jade:** That's what's wrong with them. Muffin in hand.

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**Shawn:** Yeah. It's just a normal activity. You go super high blood sugar and then you have hypoglycemia kick in. That's not showing up and really enjoying and taking advantage when you are traveling.

**Jade:** Look what you miss out on, the attentiveness to a great seminar, fully absorbing what you came there for.

**Shawn:** But you know when I'm on stage everybody better wake up.

**Jade:** Wake up, I don't care what you ate. Excuse me bagel brain. Can we have your attention?

(laughter)

**Shawn:** Everybody, please understand this is giving you a huge leverage point to just flood your body with nutrition first thing in the morning. So I go ahead and pack that into my luggage. I am a huge fan of the NutriBullet, shout out to David Wolfe for doing those infomercials. He is one of the smartest guys in the game. The infomercial is a little corny.

**Jade:** Oh please, I have enjoyed....

**Shawn:** He's like this, "The NutriBullet turns your food into superfood." Jazz hands, glitter fingers.

**Jade:** I'll tell you what, we have enjoyed those and that has been the game changer because of lifestyle. You talk about travel, but that has been a game changer for getting up and getting going. I keep it on the counter and it's ready to go. I've got the one with the little top so once it is blended you pop the top on and you are good....Game changer.

**Shawn:** Powerful. There is a smaller one, the Magic Bullet, is a little smaller. The NutriBullet works a little bit better and seems to last longer. I've burned through a few of those.

**Jade:** Have you really?



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**Shawn:** This is why I've got my Vitamix as well. But that's not going in the bag.

**Jade:** No.

**Shawn:** I do know people that have done that before.

**Jade:** Have brought that, right.

**Shawn:** Going to an event, but I think they traveled from Canada to San Diego.

**Jade:** If we are on a road trip I will take it.

**Shawn:** Definitely, why not.

**Jade:** But for a plane it never occurred to me to take the NutriBullet. I'm doing it!

**Shawn:** There you have it, so #4 is to pack a mini blender.

## **Tip #5 – Strategies to Stay Fit, Healthy, and Energized while Traveling**

### **Get a room with a mini fridge.**

**Jade:** Get a room....with a mini fridge.

**Shawn:** Some hotels I've stayed at actually have mini refrigerators, tea and coffee makers, and even blenders if you ask for them ahead of time.

**Jade:** Shut up!

**Shawn:** Yeah, just asking, calling ahead, planning ahead, Tip #1.

**Jade:** I love it!

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**Shawn:** On a recent trip, the same trip I was just talking about, I stocked up on all of my fixings for my salads. I got some almond milk, frozen berries to make my smoothies. Two of my three meals were covered each day just by asking for a room with a refrigerator and then stocking up on a few essentials.

Now, I spent \$80 at Whole Foods for eight meals. I had to eat at a restaurant four times and it cost me \$100. So if you do the math on that, planning ahead easily saved me over \$100 on food. And guess what I got to do with the extra \$100? Whatever I wanted.

Just get a room...

**Jade:** Get a room!

**Shawn:** With a fridge. That's strategy Tip #5. So let's move on.

## **Tip #6 – Strategies to Stay Fit, Healthy, and Energized while Traveling**

**Get super hydrated before you go through the airport.** This is still in your control, before you go through the whole TSA experience, get super hydrated. You can do this in the car before you go into the building or just do it when you are at home. Of course, you should be getting up and getting super hydrated anyway; doing that inner bath with a liter of highly structured, really great quality water.

We did a master class on what that water ( [Episode 73: Hydration and Water Masterclass – Best Water Filter, Best Bottled Water, and Critical Water Facts](#)) is and we will put that in the show notes. That is a must. You absolutely must listen to that episode. I promise you it's a game changer and it's something that will be valuable for you for the rest of your life.

Get super hydrated before heading into the airport. This is because the process of flying and being in this space is like a vacuum and you will get dehydrated very, very rapidly. This is going to lead to constriction of your blood vessels and even the tissues in your body are going to start getting dried out.

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This will lend to more inflammatory response and your immune system will kick on into high gear.

**Jade:** Exactly, just because of the inflammation.

**Shawn:** Exactly. And just because of lacking that hydration. So get super hydrated in preparation for that. It's really at the core of all this stuff. You can talk about all of the fancy supplements and other things but you are a water being. Water literally becomes you. It's the substance that makes up the majority of who you are so you need to make sure you are getting hydrated when you are flying. It's one of the most important things.

**Jade:** What about the teeny weeny airplane bathroom?

**Shawn:** Chances are you will still be in the airport when you have to make that deposit. But regardless, we are actually going to get to that in just a moment. But now, let's move on to the actual flight itself.

**Jade:** Oh boy.

**Shawn:** Now we're moving into going on the flight and the process of the whole TSA and that whole experience.

## **Tip #7 – Strategies to Stay Fit, Healthy, and Energized while Traveling**

**Find optimal hydration once you get into the airport.** We want to avoid getting our water from plastic bottled waters and dealing with the bisphenol-A, the estrogen compounds found in plastic. We are basically drinking plastic tea. That has been found to integrate itself in and fit into the estrogen receptor sites in your body and can lead to that really hard to get rid of body fat.

You are basically plasticized. You are making yourself more plastic. Don't be fake.

**Jade:** Keep it real.

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**Shawn:** Here are some of the strategies to find optimal hydration once we are going through that process. One of the things people don't know about is you can actually bring a small bag of liquids with you but it's limited to 3.4 ounces per container. I literally have some little bitty water bottles, they aren't even for water, but they are stainless steel bottles. I will put 3+ ounces of water in those and bring a couple of those.

**Jade:** Smart.

**Shawn:** There's one strategy. You don't have to do it the Shawn way but it is one strategy to actually bring the water that you want along with you. That's one strategy.

**Jade:** Water on my own terms.

**Shawn:** You can find water in the airport. Usually, if you go into a bar instead of the convenience store places, you can find water that's bottled in glass. It will generally be a mineral water, a Pellegrino type water or Acqua Panna. Acqua Panna is not actually a mineral water, it is a still water, and I have found that at airports. Things are changing across the country. You won't find this stuff in all of the airports but many of them do, it's just a matter of looking around and asking.

**Jade:** Cool.

**Shawn:** So there you can get high-quality water bottled in glass. Another thing I saw recently on a trip to Dallas was kombucha in the airport. Now I'm not one that drinks a lot of kombucha because with the commercial ones the sugar can be a little bit off. But to find hydration bottled in glass and give your body a nice dose of prebiotics is a great thing you can find in the airport as well to help keep you hydrated and help you to avoid drinking the other stuff.

Lastly, I just want to say on this point, we still want to hydrate regardless. If you can't find this stuff make sure you are still drinking some water. It's okay if you are drinking water out of a plastic bottle sometimes. But if you have standards like mine it's not going to be an option.

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**Jade:** High standards.

**Shawn:** There you go, that's #7. This is in the flight process.

## **Tip #8 – Strategies to Stay Fit, Healthy, and Energized while Traveling**

**Eat smart.** A real super, powerful tip is that if it's a short flight this is a great time to fast. Eating, in and of itself, is a little bit of a stressful event on the body. In my book, [Sleep Smarter](#), I actually point to a study showing that individuals who are of a healthy body weight, healthy BMI, body fat percentage, when you eat a meal you are getting a 5% increase in your cortisol level so it is a stress hormone-related event.

This is because when you are putting something from outside of you in you your body has to be on top of that to make sure nothing bad happens. This is very, very important. That is individuals with a normal BMI, body fat percentage, that whole thing. What the studies indicate is that individuals who are overweight or obese are getting upwards of a 51% increase in cortisol secretion when they eat.

**Jade:** Good grief!

**Shawn:** Just understanding that this is a stressful event and is something where your body has to put a lot of energy into trying to digest the food you've just eaten. That is also going to require some of the energy that could go to your immune system doing its job. So if it's a shorter flight of one to four hours just fast.

You can eat when you leave the house and maybe just do a Superman espresso or Superwoman espresso that you do by blending some MCT oil, coconut oil and/or grass-fed butter or ghee with some of your favorite tea or coffee. You can do that and then put medicinal mushrooms in as well to load up before you get on the plane. That's a strategy and it can kind of hold you over instead of eating.

Or you can just fast and not have anything. This is what I always do. If it's a short flight, I'm not eating. I just let my body be present and not take any energy or siphon any energy away from just being healthy. I don't get off the

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plane feeling crappy. A lot of times people that eat while traveling don't feel the best. This is part of the issue. So eat light or even fast if it's a short flight.

**Jade:** Who knew!

**Shawn:** The other part of eating smart is to bring your meal if it's going to be a longer travel time so you don't have to deal with the airport food gallery or whatever it's called.

**Jade:** The food gauntlet. It's the food court.

**Shawn:** Food court. The high court. You don't even have to deal with that whole thing. Just bring along a little Tupperware with your meal in there. That's what I generally do. I'll just bring along whatever we might have had for dinner the previous day.

But again, if you are in a situation where you didn't bring anything along and it's a longer flight experience, you can follow the guidelines we talk about here on the show. We aren't eating any processed grains, processed carbohydrates. Just give me some protein, healthy fats, and generally find a nice big salad or something like that. Just do the best you can. But more and more there are healthier options showing up even at airports. It's shocking.

**Jade:** It was bound to happen. It had to happen. They had to respond.

**Shawn:** Since I've been seeing raw food snacks with little cacao truffles and things like that, kale chips, and kombucha, we are really changing the game here. Part of this is this podcast movement. It's really changing the game.

**Jade:** Informed.

**Shawn:** It's so powerful.

**Jade:** Making choices. Making informed choices.

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**Shawn:** Yes and it's us being the example. Again, we vote with our dollar. If you demand high-quality things and are not buying the crap they are not going to keep making the crap. They will shift over.

**Jade:** They will make what earns them the money.

**Shawn:** Now let's move on. And this is while you are on the airplane.

## **Tip #9 – Strategies to Stay Fit, Healthy, and Energized while Traveling**

**Do the best you can with your posture.** This is a situation where we are recording right now and I'm able to stand. I can move around and can move freely. But on an airplane you are trapped in the steel bird.

**Jade:** And depending on who you are sitting next to that can adjust a whole lot.

**Shawn:** Do the best you can with your posture. This goes back to the recent episode we had with Dr. Kelly Starrett ([Episode 79: How to Get Your Body Organized, Eliminate Pain, and Be Ready to Run](#)). He is a brilliant guy and an amazing doctor of physical therapy. I was trying to find some hacks or things we can do to buffer the situation of flying a lot because that was right in the midst of me traveling. I was about to go out for another flight. He actually has a video for this and one of his strategies is to tighten the seatbelt. It does something to put you in proper position for sitting. I'll link that up in the show notes as well.

Another thing I do, and I'm a flexible guy and pretty strong. They say I'm fit...

**Jade:** I don't know. I've heard that.

**Shawn:** I will literally just put one foot up in the seat so that my knee is close to my chest.

**Jade:** Shut up! You can do that?

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**Shawn:** Yeah. Also ask for aisle seats. You can actually pick that when you are picking your flight. Now that everybody is going to do this I'm not going to get my aisle seat.

**Jade:** I always ask for the window.

**Shawn:** You can do that.

**Jade:** Well no, I see that.

**Shawn:** It's the best for sleeping.

**Jade:** It is and then to be able to see out and folks that are coming up and down the aisle aren't knocking you in the head. But man, you do end up more constricted.

**Shawn:** I like to be able to move around a little bit and even get up.

**Jade:** That's a change I'm willing to make.

**Shawn:** I will literally put my leg up, change positions, stay moving. Stay as mobile as you can and get up a time or two. Go to the bathroom and stretch a little bit. Again, it's not the amount of time you are standing, it's the amount of times you stand. That's what the research indicates. You don't need to stand up a long time, you need to get up and move multiple times.

**Jade:** Here's where you take advantage of the teeny weeny airport airplane bathroom. Because when you are in there you also have to use muscle strength to balance yourself. So that is good.

**Shawn:** I have no idea...Actually, I'm a very visual person and I get it.

**Jade:** A woman's dilemma.

**Shawn:** Let's move on! Let's move on. So, do the best you can with your posture.



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**Jade:** Tighten, constrict, and release your muscles.

**Shawn:** You can do that. You can do all kinds of little fancy pants things. You can do some contraction type exercises. That's wonderful, really smart.

**Jade:** My knees and feet are not going up in that seat like you are talking about.

**Shawn:** I have literally sat on the plane doing calf raises, pushing down on my knees. You are bringing up something I never thought to talk about. So, sitting on the airplane seat and pushing down on your knees with your hands and doing calf raises is good. I did two sets of 100 or something like that.

**Jade:** Look at that.

**Shawn:** I was just taking up time. I was listening to a podcast.

**Jade:** You were listening to a podcast at the same time, Ka-ching!

**Shawn:** That's right, learn while you burn. This moves us on to #10.

## **Tip #10 – Strategies to Stay Fit, Healthy, and Energized while Traveling**

**Make the time valuable.** You are basically cut off from the rest of the world in some form or fashion and you can't go anywhere. This is the time to really build your mind, your mental muscle. Listen to podcasts. This is a great option. This is something that also makes your time go so much faster on your flight as well.

**Jade:** Prime podcast time baby.

**Shawn:** This is a great time for writing and taking notes, planning, strategizing, putting down your goals, taking notes on a podcast. Books, obviously, that is a classic thing. People have been reading on flights for a long, long time. That's obviously another option. Or, of course, the audio book is another option.

By the way, Sleep Smarter is already a book and the audio is coming very soon.

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**Jade:** I like to write. It's one of the few times that I just get to let the pen flow and it's a very exhilarating and purging experience. Then to go back and read that is wonderful.

**Shawn:** Powerful, so powerful. Another thing that we just got into the habit of doing is bringing the laptop and watching inspiring or educational movies. As far as the actual movie with the story line and script, like the Peaceful Warrior, for example, is a powerful film and I encourage everybody to see that.

**Jade:** Or how about Origins?

**Shawn:** Or it could be like the documentary type films like Super Size Me or Food, Inc. and The Healing Effect. That's a film that I was actually featured in. It's a wonderful, powerful film with some of the great educators and health advocates that are out there. The Healing Effect Is another movie you can check out. There are so many great options that you can look into. Or you can watch Bad Boys.

**Jade:** There you go, Bad Boys 2.

**Shawn:** Either one. Or you can watch The Lord of the Rings, with Sméagol and Gollum. (Sméagol voice)

**Jade:** The two of them. You know, you do a really good convincing impression.

**Shawn:** It's not an audio thing put in here. (more Sméagol voice)

**Jade:** I was going to say, I didn't touch that.

**Shawn:** Make the time valuable. Do some stuff that you love. And now we are moving into the next phase which is fresh off the plane.

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## Tip #11 – Strategies to Stay Fit, Healthy, and Energized while Traveling

**Get grounded.** As soon as possible after getting off that flight, whenever it's appropriate for you, get grounded. According to prominent cardiologist, Dr. Steven Sinatra, when you ground to the electron-enriched earth, an improved balance of the sympathetic and parasympathetic nervous system occurs.

The earth is a natural source of electrons and subtle electrical fields which are essential for proper functioning of the immune systems, circulation, synchronization of your hormones, and a lot more.

When I'm saying to get grounded, it's also known as earthing. This is getting your body in direct contact with the bioelectrical field of the earth. For us that can sound really airy-fairy, kind of out there. How do we understand this?

First of all, we are a bioelectrical entity. Just to give you some simple examples of this, if you have been in the hospital setting (hopefully you've not been there yourself or one of your loved ones) and you see the monitor that's monitoring the heart rate. That is monitoring the electrical pulsing of your heart, the electrical output that it is throwing out. That's powerful stuff. So it is measuring that.

We know that in scary movies you have seen it, Michael Myers comes into the place and throws a radio in the bathtub with you and we get electrocuted because we are conductive. We are highly conductive. We are basically a bag of water and minerals so we are conductive as well. It is a very powerful and important understanding to take into the world.

We would think the earth is kind of even separate from us. But even the food that we eat, where does it come from?

**Jade:** The earth.

**Shawn:** Yes, it comes from the earth itself. So we are literally taking that on. But the research is indicating that we can go directly to the source with skin-to-earth contact and the earth is brimming with free electrons. Some of us may not have

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ever even thought about this before but we can only see a certain spectrum of light as human beings.

Dogs can see a different spectrum of light. Bats can pick up a different spectrum of light. Some things can see more infrared and we live in a plane where this is all we know about. This is why when we are doing those thermography scans we are seeing a different spectrum of light that is there. You can see a cancer tumor with this different spectrum of light versus you just looking at the person and you can't see it.

**Jade:** That's kind of like that awesome thing where you showed us the difference between organic and traditional food products and the energy that emits from it with that scan. I loved that. It was transformative.

**Shawn:** You are talking about the Kirlian photography where you can actually see that energy is kicking off of the food.

**Jade:** It was so much of a difference.

**Shawn:** Right. And when you know that it's like, I want that versus this dead stuff over here.

**Jade:** Broccoli that's all like, hey, I'm weak.

**Shawn:** I've been through a lot.

**Jade:** Beat up broccoli.

**Shawn:** The earth itself, if you were able to see it with a different spectrum of vision, you could see that it is brimming with all of this energy, free electrons, but the question is, how often do we touch the earth?

**Jade:** We don't.

**Shawn:** It's very rare in our world today.

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**Jade:** Well I'm not about to strip down.

**Shawn:** For the most part, for most of us, when we get off of that flight this is probably the number one thing you can do to help you to avoid jet lag. You have basically been transported from one part of the world to another part faster than was ever possible in human history. Time and space can't really locate you right now so it's kind of like you touch the earth and it's like, BOOM, here he is.

You kind of get set with the time zone that you are in at that point. Your body kind of helps to sync things up. I don't want to lean too far off of the scientific data because this is important. It sounds really cool and interesting and kind of science fiction but it's science fact.

**Jade:** It makes sense.

**Shawn:** What happens when you touch the surface of the earth is that you are imbued/infused with free electrons. This is the most powerful antioxidant known. This is more powerful than any food you can eat because it has to go through a digestive process before you can get anything from it. You can get it right from the source to buffer those reactive oxygen species we talked about before, the inflammatory events, and sync up your circadian rhythms with the planet.

This is why, if you travel to the beach, for example, BOOM, you get synced up and you will probably fall asleep on the beach and/or get the best sleep of your recent life when you go to sleep that night because your body is synced up.

Here are some of the surfaces you can use: The easiest, smartest thing is grass, a place with real grass. I went to Las Vegas and there was fake grass. It is a desert so you've got to find real grass. Grass, dirt. Concrete is actually conductive, not asphalt though. But the best bet is grass. You know something is living there.

**Jade:** That's okay if it was transported and sawed kind of thing, but it is grass.

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**Shawn:** Also, bodies of water. Oceans, lakes, sand and things like that will be more conductive and get you a better grounding experience. Kick your shoes off and get yourself grounded as soon as you can after getting off your flight.

**Jade:** That's huge.

**Shawn:** So, get grounded. There are other strategies for this because some people might take a trip to Alaska and your aren't taking your Uggs off. So I will give you another strategy.

## **Tip #12 – Strategies to Stay Fit, Healthy, and Energized while Traveling**

**Do mobility work.** This is referencing back to Dr. Kelly Starrett, after that flight you've got to get your body organized. We've been confined and sitting on a plane. We can't move around and do the things we would normally be doing so now it's time to do that mobility work and get your body organized again.

I'm just going to leave that there, it's pretty self explanatory. Head back and listen to that episode if you haven't listened to it. If you have listened then listen again.

**Jade:** Listen again, I sure will.

**Shawn:** Let's move on.

## **Tip #13 – Strategies to Stay Fit, Healthy, and Energized while Traveling**

**Get your food and get super hydrated.** This is just referencing back to what we've covered. But, fresh off the plane is when you go and do that. The first thing I do is go and find high-quality water. I usually hop off the plane and I might go to the hotel first but I will usually head right to Whole Foods. I can get Uber car or a rental car or the shuttle and go right to Whole Foods.

I'm going to knock out a liter of water in the store maybe or at least a half liter. I might put a little bit of sea salt in there and get myself hydrated. I've had this experience recently when I prepared my water where I couldn't find any in the

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airport. I water fasted just a little bit so my energy was super low. So I went to Whole Foods and had a half liter of water.

I was just feeling like it was this issue or that issue because I forget, just like anybody, the power of water. Maybe 20 minutes later I felt so good.

**Jade:** You were replenished.

**Shawn:** Yeah, I got infused with life and I was simply dehydrated.

**Jade:** Water is life.

**Shawn:** So go and pick up your goodies, pick up your food.

**Jade:** You know, the coolest thing happened at a Whole Foods that I went to in Denver. I was so eager to get the fresh young coconut and I was wondering how I would get it open because I'm not as good as you are with the big machete thing that you use, and I like to use a cork opening thing. The guy that was working the produce told me he would be right back.

He went in the back and got the one that they use. They don't sell it but he told me to take it.

**Shawn:** Wow, he just gave it to you?

**Jade:** He did.

**Shawn:** That's awesome.

**Jade:** I couldn't take it with me back on the plane.

**Shawn:** There are good people everywhere.

**Jade:** He wanted to help me get into that coconut.

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**Shawn:** That's awesome, so good, so nice. That's #13, to get your food and get super hydrated. We've just got two more.

## **Tip #14 – Strategies to Stay Fit, Healthy, and Energized while Traveling**

**Use the Sleep Smarter principles.** This is in the just off the plane category. Brush your shoulders off, you are fresh off the plane. This is one of the most important strategies for remaining healthy, fit, and energized while you are traveling.

**Jade:** Well there you go. Aw man, that's a great way to do it because you can get it pitch black in the hotel.

**Shawn:** Yes, absolutely.

**Jade:** And cool. Oh my goodness yes.

**Shawn:** Basically, a lot of these strategies that you have from home, you can bring them with you be it from sleeping in a pitch black room to bringing along your magnesium infusion (topical magnesium you can rub on your skin) and get that anti-stress mineral delivered into your body in an intelligent, safe fashion.

That can really help to get you into that deeper layer of sleep to help to really get you set back up and, again, reset that diurnal pattern of circadian rhythms and get you linked up to wherever you are on that planet now. It can happen faster by utilizing things like that.

There are so many different principles in Sleep Smarter. If you don't have it yet, get your copy. It's so important. It's vital, mandatory human reading for our world today. One of the biggest issues is that it's the sleep that really damages and down regulates your immune system when you are traveling.

There are weird schedules that people take on and they omit sleep. They try to sleep on the plane. When you do that that's the biggest thing that compromises your immune system, more so than any of the other stuff that we've talked about, like eating random crazy food, not being hydrated, not being mobile, any



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of that kind of stuff. It's not nearly as important and doesn't have such a powerful impact on your immune system as the sleep does.

**Jade:** Well then we charge you right now, this day, Dear Shawn, to get that audio book done so that we can tune in and hear it as well.

**Shawn:** It shall be. It's on the way. It's already on the way.

**Jade:** All I'm saying is get it done.

**Shawn:** Of course, get the Kindle version or the book itself because the strategies in there are so powerful and useful. So that's Tip #14, use the Sleep Smarter principles. Have that sleep dialed in while you travel so your immune system is doing its thing. It's strong baby.

## **Tip #15 – Strategies to Stay Fit, Healthy, and Energized while Traveling**

**Enjoy and cut yourself some slack.** That's right, you heard it here first.

**Jade:** Get out of town!

**Shawn:** This leading nutrition expert is saying to cut yourself some slack and enjoy. Have a good time because the stress involved with trying to eat perfect, be perfect, sleep perfect, all this stuff is more hindering to your health than the random thing you might eat.

When you're stressed out about your food it is making that food poison, even if you are eating the most empowering nutrient-dense food in the world, your mind can change what your body is going to do with that food. Really, really understand that. Cut yourself some slack, enjoy and have fun.

Prepare yourself in advance so you don't put yourself in compromising situations if at all possible. But when you travel, it is an opportunity to try different types of cuisine. If you go to a different part of the world you will have different ethnicities and different traditional foods you can find. There are so many different things we can expose ourselves to and enjoy. But if we are just being

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too in our head about the stuff it's going to be more depressing and hurt us in the long run.

**Jade:** And you could miss out on a great squid opportunity.

**Shawn:** What???

**Jade:** I'm willing to try it.

**Shawn:** I'm thinking about SpongeBob SquarePants right now, Squidward. I didn't do it man, it was her.

**Jade:** Put him on a toothpick.

**Shawn:** There you have it guys, 15 powerhouse strategies to help you stay fit, healthy, and energized while traveling. Just take the things that you see can work for you in your life. You don't have to follow all of these by the book; more so, pay attention to #15, cut yourself some slack. Enjoy this life and this body. Enjoy this opportunity to even be able to travel.

These are First World problems. What we want to do is hold ourselves to a higher standard at the same time. It's having structure but being able to be flexible within that. It's like water, like Bruce Lee said, "Be water."

That is so powerful because water has the ability to be solid and to block anything...to hit with power. It also has this ability to flow. You want to be more like water.

Take care, thank you so much for tuning in. I'll talk with you real soon.

**Jade:** And safe travels.

**Shawn:** And, make sure for more after the show you head over to [theshawnstevensonmodel.com](http://theshawnstevensonmodel.com). That's where you can find the show notes and if you've got any questions or comments make sure to let me know. And, please head over to iTunes and give us a five-star rating and let everybody know that

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our show is awesome and you're loving it. And I read all the comments so please leave me a comment there and take care everybody. I promise to keep giving more powerful, empowering, great content to help transform your life. Thanks for tuning in.

**Jade:** Thanks for listening.