

The Argonne Anti-Jet-Lag-Diet

The Argonne Anti-Jet-Lag Diet is helping travelers quickly adjust their bodies' internal clocks to new time zones. It is also being used to speed the adjustment of shiftworkers, such as power plant operators, to periodically rotating work hours. The diet was developed by Dr. Charles F. Ehret of Argonne's Division of Biological and Medical Research as an application of his fundamental studies of the daily biological rhythms of animals. Argonne National Laboratory is one of the US Department of Energy's major centers of research in energy and the fundamental sciences.

How to avoid jet lag:

1. DETERMINE BREAKFAST TIME at destination on day of arrival.

2. FEAST-FAST-FEAST-FAST - Start four days before breakfast time in step 1.

On day one, FEAST; eat heartily with high-protein breakfast and lunch and a high-carbohydrate dinner. No coffee except between 3 and 5 p.m.

On day two, FAST on light meals of salads, light soups, fruits and juices. Again, no coffee except between 3 and 5 p.m.

On day three, FEAST again.

On day four, FAST; if you drink caffeinated beverages, take them in morning when traveling west, or between 6 and 11 p.m. when traveling east.

3. BREAK THE FINAL FAST at destination breakfast time. No alcohol on the plane. If the flight is long enough, sleep until normal breakfast time at destination, but no later. Wake up and FEAST on a high protein breakfast. Stay awake and active. Continue the day's meals according to mealtimes at the destination.

FEAST on high protein breakfast and lunches to stimulate the body's active cycle. Suitable meals include steak, eggs, hamburgers, high-protein cereals, green beans.

FEAST on high carbohydrates suppers to stimulate sleep. They include spaghetti and other pastas (but no meatballs), crepes (but no meat filling), potatoes, other starchy vegetables, and sweet desserts.

FAST days help deplete the liver's store of carbohydrates and prepare the body's clock for resetting. Suitable foods include fruit, light soups, broths, skimpy salads, unbuttered toast, half pieces of bread. Keep calories and carbohydrates to a minimum.

1	2	3	4		
FEAST	FAST	FEAST	FAST	BREAK	FINAL FAST

B high protein light foods high protein light foods Westbound: If you drink caffeinated beverages, take them morning before departure.

Eastbound: take them between 6 and 11 p.m. If flight is long enough, sleep until destination breakfast time. Wake up and FEAST

S high carbo. light foods high carbo. light foods beginning with a high protein breakfast. Lights on. Stay active.

Coffee, tea, cola, other caffeinated beverages allowed only between 3 and 5 p.m.