



Traveling on Protocols

Inspire True Wellness
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Traveling While on Protocols and Staying Healthy

Whether by car, plane, train, or boat, traveling can be stressful even if it may be a fun and exciting trip.

It's really important to look after yourself, not only so you can enjoy what you are doing, but to also make sure you're not wiped out by the time you get home.

The whole idea of the healing process is to sustain your protocols until you have gotten through most of the clean-up, so travel time can help you do this. It can be a time when you take a partial break from your everyday routine.

It's essential to check-in with yourself to see what will be most supportive for you based on how long you will be away from home. Consider where you're going and what you have access to beforehand. These will be important factors as to whether you decide to take a break.

Whatever you may decide based on your circumstances, I recommend that the most important things to be maintained while traveling are hydration and adrenal support. By looking after these two elements of healing, you can keep things moving forward towards true wellness.

Here are some suggestions and ideas that can help you work with taking your health recovery on the road.

Supplements

Based on where you are on your healing path, you may want to consider taking a break from supplements while you travel by dropping the ones that are not imperative for managing symptoms.

If you are still having sleep issues, you may want to maintain the supplements you use for this to support your energy.

Two everyday supplements to maintain while traveling are:

- B12
- Ionic Zinc

The rest of your supplements are going to be okay to decrease if you want.

If reducing supplements causes you stress, just do your best to take them with you and get them in as you can.

When you can stay somewhere with a kitchen, bring a blender, blend celery, and put it in a nut milk bag to squeeze and strain the juice.

When traveling without a way to juice, you can use up to ½ teaspoon barley grass juice powder in coconut water in place of celery juice.

If you would like to keep up with your Heavy Metal Detox (HMD) Smoothie, you can pack small containers or packets of the HMD powders: Spirulina, BGJP, and Wild Blueberry powder.

When you get to your destination, add individual servings of the powders to some coconut water, water, or juice if you don't have access to a blender to make a smoothie. Some of these supplements can also be purchased and taken in capsule instead.

Foods for Travel

Foods like dried fruit, honey sticks, or tetra paks, and raw sprouted sunflower and pumpkin seeds are great snacks to take with you for when there are fewer healthy food choices available.

Bars that are just fruit are also an excellent addition to the travel supplies.

You can take fresh or cooked prepared food with you, especially on shorter trips or road trips. If you're going on a road trip in a car, all you need is a cooler, so you can pack some supportive foods to last you the trip.

Hydration

Sport Berkey is a great water bottle to take to have well-filtered water and use to fill your regular water bottles.

Hopefully, you are using a glass or stainless steel water bottle.

Always ask for lemons for or in any water you drink on the road, so that it's as hydrating as possible. Fiji or Volvic water are the best-bottled water when away from home.

You can also pack a couple of lemons to add to your water and some raw honey packets. Even sliced lemon makes it through security and can be added to bottled water.

You may even be able to find some pre-made juices and mixtures at smoothie and juice places. They may be expensive, but consider the produce that goes into 16 oz of fresh juice.

Dining Out

Eating out is fun when traveling, so navigating how to eat well and still have fun is tricky.

Choose to eat cooked food when eating out and ask for lots of lemon slices to sprinkle on your veggies and potatoes. That way, you will not be tempted by all the high-fat toppings.

Baked potatoes, sweet potatoes, salmon, steamed vegetables, oatmeal, hash browns/pan fries are some good choices, but honestly, stress is just as hard on you as most anything else.

Just try to maintain your protocols to the best of your ability and level of comfort, and enjoy knowing that the long game is what counts in this program.

If you need to go off protocols for a short time, do not beat yourself up. Just try your best to eat well and use the tips here to keep up your motivation and progress.

When your best choice is to have a salad, use lots of lemon juice for flavor and to avoid picking up any pathogens. When dining out, fresh food can often carry a higher pathogen load.

When eating out, another good option is to look for Pho, vegetable broth with veggies. If appealing to you, ask for extra lime, mint, and sprouts.

Ginger and peppermint tea are fantastic to drink when traveling and eating out as digestive aids and to avoid picking up pathogens.

Lemon balm tea is good for relaxing or better sleep. It's best to bring the tea bags with you and just ask for hot water.

A way to look after pathogens that may be picked up while traveling is to bring along olive leaf capsules that can be taken before, during, and after travel.

And if you do end up picking up a bug or virus, there are lots of anti-bacterials and antivirals like fresh garlic, fresh oregano, thyme, sage, olive leaf, goldenseal, and lemon balm that can be used.

Dining In

You can consider ordering ahead to a local delivery service if you can stay somewhere with a kitchenette. It may be possible to have some foods, like wild blueberries, already there when you arrive

Also, don't be afraid to let people who you're visiting and traveling with know what you eat and especially, what you do not eat. You may even try to introduce some of your favorite recipes for everyone to try while you're visiting friends and family.

Energetic and Physical Upkeep

Consider traveling wearing an orgonite pendant to help keep EMFs to a minimum, especially when flying and being in groups of people. Use Wild Orange essential oil to help prevent other scents from bothering you or triggering pathogen flares.

For any physical stiffness and discomfort while traveling, you can use the information in the Myoball e-book that shares how to use a tennis ball to support better circulation and alignment in the physical body. You just need a tennis ball.

Traveling by Airplane

Make sure you're well hydrated even before leaving home.

Put all your supplements in checked baggage, so that they are not subjected to X-rays. Do the same with the majority of your essential oils.

It might be necessary to bring a couple of small bottles of essential oils in your personal carry on. Check the FAA rules regarding volume of liquids allowed.

You can use peppermint essential oil on your neck to bring down any pressure in the head and to clear breathing and the mind. Use either clove essential oil or Doterra On Guard essential oil blend to work against any pathogens to which you may be exposed.

Instead of being exposed to radiation as you go through security and in the scatter machines, you can ask for a pat-down. Remember to leave more time for this.

Grounding meditations before and during a flight can be supportive emotionally and mentally as well.

Remember that you can call on the Angel of Discernment to decrease the effects of all EMF while you travel.

You can also imagine a bubble of protection around yourself-like a force field that does not let anything in that may be disturbing or harmful.

EMFs are high towards the front of the plane so sitting toward the back brings down exposure if you are sensitive.

Bring tea bags along and ask for hot water in flight.

During a long flight and after you leave the airport, use Sovereign Silver in the eyes, nasal cavities, and hold in the throat for a few minutes before swallowing at some point to diminish pathogen exposure.

Fun Hack: Freezing juice totally solid and putting it in a backpack cooler with ice packs for your trip. Be sure to do your research so you know this works in the airports you will be going through. You may have to take it out as soon as you are through security and sit on it for a while or something to warm it up!

Road Trips by Car

Road trips with a cooler are great. Since you're in the car, you can even consider packing the blender and juicer. When traveling with a blender, you can make inspired veggie soups wherever you stop and keep it in the cooler for meals. It's an easy way to get lots of veggies in while traveling.

Be sure to plan ahead, so you get the groceries you need before you're somewhere that choices will be limited.

Fun Hack: Use a cooler that is powered by your vehicle.

Camping

Plan on freezing a lot of foods before traveling and having a cooler that will last for as many days as needed. Prepare as much as possible beforehand.

Remember that you can take fruits and veggies that do not need refrigeration. Apples and watermelon are great for snacks or even for a whole meal.

For inspiration, there are members of our network who found ways to stick with healthy protocols. One made healing broth while out camping, and another took her Vitamix and made celery juice for her family of 5 every day. That's dedication! But again, if that's not possible for you, do **not** beat yourself up. Just do what you are able to do with the least amount of stress.

Fun Hack: Try a bit of juice fasting for part one of the days while camping. Pre-make your juice, freeze. Then, when all servings are thawed, just drink and cleanse.

International Travel

Be sure to know what you can take across a border before you go on your trip to keep the stress levels down.

A question that is often asked is, "Can I try the food when I am in Europe?" It really depends on where you are in your healing process.

If you are just getting started, try some bites of a dish that someone else ordered and try to stick pretty close to protocols.

If you are further along in your process, then eating a pizza in Italy is something you may be able to eat and gives you a point of reference as to what you can handle.

Be careful to watch how much and how often you eat certain foods. It is up to you to evaluate what you are willing to do and whether the clean-up that you may need to do later on is worth it.

Not every country allows its food to be loaded with toxins, so sometimes foods are cleaner abroad. Listen to your body and remember to feed your soul as well.

It's a very good bet that if I'm in Italy, I will be enjoying the food and then doing a cleanse for a bit when I get home if I need be. Again, there is something to be said for the inspiration, enrichment and relaxation we get from enjoying the experience of travel, including the food!

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Whether travel is stressful for you or not, I'm sure you will find a way that is right for you to take your healing process with you on the road.

Also, each trip may look different based on where you are in this process. Sustainability is key, so if relaxing for a week or two seems right, do it!

Happy and safe travels!

*Kristen*