

# ANTI-JET LAG BOOK

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ERLE MONTAIGUE: 1984

P U B L I S H I N G

Erle Montaigne's Anti-Jetlag Book ©1996 Moontagu Books

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# Chapter One:

## Introduction

So what is an international martial arts instructor doing writing a book about avoiding jet lag.

My name is Erle Montaigne and I hold the degree of Master given to me directly from China.

However, the martial art is not what I am writing about now, although I have had published nine books and twenty four video programs on natural health, Chinese healing methods and Chinese martial arts. (*In 2006 this has grown to 302 DVD titles and 24 book titles*)

My job literally takes me all around the world and I have to travel to Europe and North America at least twice per year giving workshops to martial arts instructors. Most times I have to travel to the U.S.A. from Australia, then go on to England and Europe, then back to Canada and the U.S.A. before traveling home again. So, technically I am open to sometimes four lots of jet lag. These workshops sometimes have to begin as I arrive in a new country that very day, so jet lag or not, I have to perform in one of the toughest areas, that of self defense. Compared to a businessman having to perform after a long trip, my work is like comparing the work of an office typist to that of a lumberjack! So if I can beat jet lag using my methods and still perform, then anyone can.

This book is aimed at not only the holiday traveler but more-so the regular traveler who has to perform upon reaching his or her destination. It usually takes around one week for someone to completely recover from a serious dose of jet lag, and in the business world this can be disastrous. Bad decisions made while under the influence of jet lag can cost millions of dollars or pounds. This book will show you how you can defeat jet lag and arrive ready for work.

### What Is Jet Lag?

Why is it that on a trip of comparable distance across Australia for instance, creates no jet lag, only a little tiredness while the same trip across the Atlantic creates great jet lag? If we were just tired after a long flight then we would still be able to perform upon our arrival, albeit a little tired.

But jet lag is something much more than just tiredness, as all who experience this phenomenon will tell you. On my first few across Pacific trips, I experienced many strange things when trying to perform at the

other end. My timing was way out and so I would end up hitting people instead of being able to pull the punches centimeters short of the target, my legs would give out on me half way through a kata and my speech would be slurred as if I had been out on the town the night before! I had to first explain to the students attending my workshops, that I was not intoxicated but just jet lagged. This 'thing' that I had is called jet lag and would sometimes take one week before I was able to seriously say that I was back into full power and timing. Nowadays, I am able to have that full power and timing upon arriving in a different country after many hours of time change travel and body time clock stuffing around.

### **The Body Clock**

Everyone has within themselves a body time clock. To explain this clock on a basic level is easy. We all know that we normally want to do certain things at certain times, or at least that is what should happen in a normal person. For instance, we wish to go to sleep when the sun goes down and the temperature drops. We wish to awaken as the sun comes up and the temperature rises, we wish to usually go to the toilet upon rising etc. When we sleep during the normal times, our body temperature drops and when we wake during the normal times our body temperature rises. This fact has been proven scientifically and so to be not up to scratch during the wee small hours, and this is one area that the human body is just not able to change or cope with. So now, nurses for instance in most cases are banned from doing continual nights because the risk of making mistakes in the early hours of the morning is greater. So our body works with the waxing and waning of the sun and moon. If this normal timing is upset in any way then our whole system is put out of wack and we feel awful.

### **Traditional Chinese Medicine**

But this is only speaking on a basic level of human time clock. In traditional Chinese Medicine, you know acupuncture and all that, we have a much more sophisticated internal time clock that works with the internal organs and the flow of internal energy or life force called qi. Some writers on jet lag have suggested that if we simply set our watches to our local time and do everything that we normally do to that time, regardless of what the stewardess wants to do to us, then our clocks will not be upset. I have tried this on one of my overseas runs and it did not work. For starters, that theory is OK so long as you stay on the plane! You have to of course get off at some time and here is where we get into strife with this theory. We have an even bigger time clock change when we arrive. Our business partners do not wish to have their meetings or conferences at midnight! So we again have to change our time clock to suite the new local environment.

There is another side to this. An even greater phenomenon where the time clock is concerned. In Chinese medicine, we are told that each of

the main 12 organs is active at certain times of the day, two hours for each. This is when the qi (lifeforce or electricity) is passing through that particular organ or meridian.

### **Meridians**

Yes, we have 12 main meridians running all over our bodies and eight extra ones. It is the main 12 that we are concerned with here when talking about the body clock. The qi flows through the different organs at different times depending upon where the sun and moon are. So if we travel through different time zones this flow is interrupted greatly by having to continually back up and adjust to that new time. Even if we are able to stick to our local time when on a long trip, our qi will still be trying to flow through the correct organs at the correct times depending upon where the sun and moon are. This creates imbalances in the amount of yin and yang energy in the body and when this happens we feel ill. If it continues, then we become ill and we are open to disease entering our bodies. Combine this with the fact that we are sitting in an unnatural position for many hours trying to sleep scrunching up our poor colons which is one of the most important organs where body clocks are concerned, then we have a recipe for great jet lag sickness. Add to this the fact that we are usually woken up at the oddest hours with over processed food being forced into our stomachs or have to watch a small TV screen at the other end of the airplane and we are really in trouble. Upon our arrival at the other end, we usually want to sleep for a few days and this costs money where business is concerned.

The times that each of the main internal organs is most active and when the qi is active in the associated meridians are as follows;

<b>Meridian</b>	<b>Time Active</b>
<b>Lungs</b>	<b>3 am to 5 am.</b>
<b>Large Intestine (colon)</b>	<b>5 am to 7 am.</b>
<b>Stomach</b>	<b>7 am to 9 am</b>
<b>Spleen</b>	<b>9 am to 11 am</b>
<b>Heart</b>	<b>11 am to 1 P.M..</b>
<b>Small Intestine</b>	<b>1 P.M.. to 3 P.M..</b>
<b>Bladder</b>	<b>3 P.M.. to 5 P.M..</b>
<b>Kidneys</b>	<b>5 P.M.. to 7 P.M..</b>
<b>Pericardium (sack around the heart)</b>	<b>7 P.M.. to 9 P.M..</b>
<b>Sanjiao (triple warmer)</b>	<b>9 p.m. to 11 p.m.</b>
<b>Gall Bladder</b>	<b>11 p.m. to 1 am</b>
<b>Liver</b>	<b>1 am to 3 am</b>

This is why we should feel like going to the toilet upon rising because the colon is active between the hours of 5 am and 7 am.

Supposing that it is the colon's turn at being active and that activity should last for two hours as normally but we very quickly go through a time change and all of a sudden it is the lung's time to be active. The colon has only had a small amount of time when the qi is active in that organ and so it only receives a fraction of its daily allowance for the purposes of rejuvenation etc. Moreover, it is not only that these organs are active or are being healed and are being bathed in life-giving qi at these times and the qi is flowing through them. We are told in Chinese traditional Medicine, that each organ also controls the emotions, hence the saying 'shit on the liver' when someone is in a bad mood.

**The emotions and their associated organs are as follows:**

**Organ**

**Controls**

**Lungs/colon**

**Sorrow and Grief.**

**Stomach/Spleen**

**Worry.**

**Kidneys/Bladder**

**Fear.**

**Heart/Small Intestine**

**Joy and Happiness**

**Liver/Gall Bladder**

**Anger.**

So in upsetting our body clock we not only upset the organs and the times they should be active but also the emotional state is upset, not good for doing high financial transactions. For instance if your lungs have been over active, you could break out in uncontrollable sobbing during a meeting! Or if your heart has been too activated, you could burst out laughing at that most important meeting.

## Chapter Two

### The Method

When I was in the U.S.A. recently giving workshops, one of the students there was also in the military. He told me that he had undergone some method one week before traveling overseas so that he and his military colleagues would be fit to fight a war the moment they alighted from the plane with as little jet lag as possible. This was for the Gulf war. I inquired as to what it was the US military forces had to do in order to lessen the degree of jet lag. I was astonished to find that the US military were using a regime that was almost the same as my method to combat jet lag. Diet wise, leaving out the qigong methods.

The basic theory behind my method lies in slowing down or stopping some of the automatic functions of the body. The main function being digestion.

The main areas of energy or (qi) usage in the human body are procreation, this is obvious because we have to have the utmost qi involved in making another human being, and after all, that's what sex is all about isn't it? I mean when you get down to the nitty gritty, that's what it's all about, that's why we 'do it'? Well some men I know would disagree but then they are quite young! Mind wise I mean. well, yes it's a great feeling but in the end we do it to make other people or at least that's the theory. The next main qi user is digestion while the third is basic physical movement and thought etc. So, if we are able to slow down one or two of the main energy users then we are on the way to solving the jet lag problem. Now, we're not going to have sex on the plane ... are we? So that's one area settled and it's a good idea not to have sex at least three days prior to a long trip so that your precious jing (sperm) or (qi, fire bright) for the ladies has built back up again. How do you know that your 'fire bright' or your precious jing has built up again? Do you really feel like a good ...? OK your jing has been built up again. The problem arises when we have so much jing and we get 'that twinkle' just before we leave! A little control people is all that is needed, save it until you return and it will be double wonderful. Sex out of the way, the next area to concentrate upon is digestion.

This is the main area of my method apart from a few qigong exercises that anyone can do down the back of the aircraft. If we can slow the digestion process down or cause it to be so fast that it does not affect our jing, then we are half way there. Think about this. How long do you think it takes for a piece of steak to be digested and on its way into the in-

testines as opposed to a piece of vegetable matter? About ten times as long, even longer in some people. So it stands to reason that if you eat meat prior to getting onto the plane and also while you are on the plane, then your poor old digestive tract will be will working its heart out all the while you are sitting there crushing your colon. And with the colon crushed, the food has nowhere to go anyway! So, I'm sorry lads and lasses, you will just have to stop eating meat and dairy products while you are traveling. Just this will cause you to become stronger with much more energy left for the battle of the business deals upon your arrival.

I have proven this myself many times over. I am no spring chicken nowadays but I can still hold my own against any of the strong young bucks who I teach in my martial arts classes. This is related directly to the food I eat. I have experimented with different foods and I know that when I eat dairy products or meat and many different foods in one meal, I will not be able to hold my own let alone beat anyone in a sparring session the next day. If I go really radical and fast for four days, then my students usually do not like to come to class!

Don't go into this too radically as this would be just as detrimental to your system as eating loads of meat. Too much of a shock to they system is just as bad. So in the beginning just experiment with food, try eating less meat and more fruit and vegetables, raw if possible. See how much energy you have. But it's not in our daily lives that we are talking about gaining more energy, it is for the long haul overseas that this book is for. My food preferences are quite radical and I do not recommend them to everyone, at least in the beginning. If you want to know more, then I suggest my little book, "Food For Spirit".

## **The Eating Regime**

One week before you are due to go overseas, you will stop eating meat. Eat more fruit and vegetables and more carbohydrates. 24 hours before your intended flight, only eat fruit, plenty of bananas, apples, not too many oranges you don't want to stir too much business in the colon. Dates are great as are sultanas etc. Don't go overboard with any one fruit, moderation is the keyword here. Take a couple of kilos of grapes with you on the plane and keep them accessible. Also if possible take some pure water with you in your carry on luggage. I stress pure because the water out of your tap has probably been leached of all qi anyway. You can buy pure water from most supermarkets nowadays. Drink loads of water on the plane, this helps the colon.

Before you leave, be sure to phone the airline that you are traveling with and order vegetarian meals. I order non lacto vegetarian, that way I am not tempted with cheese or any dairy products. Cheese is one of the most harmful foods for the colon. Now don't be distressed at this statement it does have its positive side. You are always fed first! Up comes this lovely stewardess who asks you "sir, did you order a special meal", whereupon just about everyone else in the cabin looks around to see

what the freak behind, in front and beside them is eating! Usually, you will find that most airlines go to great lengths to provide very nice vego meals and most times, the non-vegots look at what I am eating and wish that they had ordered the same.

Eating vegetarian meals, if you must eat at all, allows your digestion to happen easier and quicker so that you are not sitting there all scrunched up trying to digest food for 24 hours. I say, 'if you must eat' because I do not eat at all on the plane bar a few grapes and the pure water that I brought on with me. This way you can control your own intake of food and not be forced into eating just after every take off. Don't drink the coffee! Only drink your water or take some orange juice when the drink trolley comes around.

Just doing the above will have you singing when you arrive after a long trip and not feeling like you want to sleep for two weeks straight! But add to this the exercise regime and you are home and hosed. No jet lag, ready for the kill.

## Chapter Three

### The Main Routine

**F**or this next part of your anti jet lag method, you really should not feel at all inhibited because this section involves a few small exercises at the back of the plane or if your are a real extrovert, then do them in the isle! Or, if you are really wish to make friends and influence people, do them in front of the screen when the film is being shown!.

As I have stated many times, it is the colon that suffers the most on a long flight so we must attend to this organ so that it stays working. the worst thing that you can do for your colon is to sit scrunched up on a plane seat. The worst position is of course between two other people so if possible try to get an isle seat. Many people like to have window seats but I find this more constrictive as I like to be able to get up and down when I need to. If you are sitting in a window seat, you will have to disturb the other 2 people next to you at regular intervals.

If there are no other seats available at the time of your seat allocation ( this means of course that you have made the grave error of not getting to the airport on time and everyone else has taken all of the good seats), and you must take a window seat, there is a way of getting out of your seat

and into the aisle without disturbing the people in the middle and aisle seats. I have developed this sort of 'leap'. Once on a trip from Denver to New York, I was trapped in a window seat right at the end of the plane next to two rather talkative American women. In these situations I usually try to keep very still and quiet so that I do not make the mistake of starting up a conversation. On British air lines with British people next to you, it's OK to talk as the Brits usually only say what is necessary and then leave you in peace. Australians usually do the same, unless you seem as if you want to talk, it's as if you have to wind them up first and if you do, then you're gone, it's talk talk talk the whole journey. With Americans, you don't even open your mouth! They'll talk you into the parachute harness and out of the window.

So, here I was, trapped, not talking. The two women next to me were gabbing away with some other American gentleman opposite them who was trying to chat the prettiest one up, when I felt the need to get out and into the aisle. So I used my usual feat of placing both hands on the front and back seat rests simultaneously and literally leaping over the two women and landing into the aisle. As I walked away and into the loo, I heard one lady say the other, "pole vaulter, must be a pole vaulter!"

When I returned to my seat, one lady went to get up so I beckoned to her to stay put and did the reverse back into my seat. Now the inevitable happened, the woman wants to talk to me! "What do you do?" She asks. So here, I pull out the method number two, I say "Blatsnee vosnuroff... Da?" and they do not say another word. I usually say "thank you, you were wonderful company" or something like that in a perfect British accent upon alighting.

'Not being spoken to', method No. 1 is that I simply tell the truth and this, for some reason stops all conversation in its tracks. I tell them what my job is, "I'm a martial artist". "Oh", they say and that's that.

It does not matter if you are traveling in economy, business or first class, the colon still cops it and you are open to jet lag if you do not do something about slowing your system and keeping your colon happy. In some instances, the more comfortable you are, the more you are likely to sleep in a scrunched up position.

First of all, for when you do sit down, be sure to have at least one of those little airline pillows to place in the small of your back. Lord knows why someone in the engineering department of Boeing did not think about a body wise seat!

The pillow will attempt to at least keep your back in the correct position rather than folding over. You are now ready to begin with your anti jet lag exercises. On a long trip, like 24 hours, I recommend that you alternate sitting and standing and while you are standing, do these simple exercises, this will not only keep your blood flowing back to your heart, it will also keep your colon working. the least amount of gunk in your system the better, and every time your colon 'works', i.e.; you have to go, you feel so much better.

On a lesser trip like across the Atlantic, when you only have six or seven hours to fill, you should think about sitting for instance for the film and then going down the back of the aircraft and literally standing for the whole journey! Of course, if you are of the older variety of traveler, this will not cause you to be too happy so in these cases, the alternate sitting and standing will do the trick. On my last Atlantic flight, I stood up down the back for six hours and it was surprising how quickly the time went by. Of course, I was gassed by the smokers who are always unfortunately put at the back of the aircraft. Perhaps some day, the airline authorities will wake up to the fact that it does not matter how far away the smokers are, they still affect everyone on the plane. Oh well, maybe someday.

So, now you are beginning to get some idea of my method of anti jet lag. It's not easy, but then a severe dose of jet lag is also not easy and better a little discomfort on the journey than losing half of your time at destination through not being able to do anything!

### **The exercises**

From China we have an exercise called 'Qigong'. This exercise involves not only physical movement but also internal breathing exercises. Nowadays, Qigong has become quite fashionable in much the same way that t'ai chi was a few years back. But the 'trendies' will soon tire of this as well when they know that it requires a certain amount of commitment. But we do not necessarily wish to have any long term commitment, but rather only that the jet lag is lessened or not there at all. Some, will find that this qigong is quite helpful throughout their daily lives and will only enhance everything they do. For those people, I suggest my little book, "Chinese Self Healing Methods" or my two qigong videos, Video No. 10 "Basic Qigong" or Video No. 16 "Advanced Qigong".

Let's begin with the colon. Look at how Aborigines used to sit when their colons were in full use! Most natives used to fully squat when going to the loo. Toilets nowadays are just so unnatural and bad for the colon, we must grunt and groan to get it all out. But if we are seated in the correct position, there is none of this, it just all comes out! There are a few companies making special toilet templates, little bits of plastic that we stand on so that we can squat over our normal toilet. This is a great idea and is highly recommended. You can of course make your own. Just a couple of wooden blocks beside the loo and up you jump! Just be sure that these blocks do not fall over at the crucial moment or the shit will hit the fan!

Try this method of 'shitting' and you will feel how good it makes you feel afterwards, "was it good for you too?" This is what we are going to do down at the back of the airplane. No you are not going to shit on the floor! But rather just squat down. There is a certain way of doing this so that you do no damage like giving yourself a hernia.

You should first of all practice this in private before your trip so that you do not fall flat on your face down the back of the aircraft. Make sure that your feet are parallel. This is important in not giving yourself a hernia! Look at any weight lifter and you will see that he or she has parallel footing. Make sure that when you squat down, that your toes do not turn outward. Be sure that you can squat down fully without having your heels lift off the ground, hold your palms out in front of you to act as a counter balance.

You get to the back of the plane, you know, the area where the toilets are and where used to be in the 'old days' the shaving outlets etc. There is usually a hallway across the back of the plane joining up the two lots of toilets. there is a nice larger area just in front of the toilets where the rear door is, and that little sign, 'Do Not Sit Here'. You can stand there quite unobtrusively and usually end up giving directions as to whether or not the toilets are occupied. You will find that people will line up behind you waiting for you to go in, so it's a good idea to let anyone who is waiting for the toilet that you aren't waiting. Of course if you are already squatting, people will think that you have not quite made it to the loo or that you couldn't wait! But that's OK, you can handle that to combat jet lag.

I usually stand facing the rear of the plane as the plane always seems to be going up hill and it makes it easier to squat if you are on the side of a hill facing downwards.

Note that the feet are parallel and the hands are held out in front to counter balance. Slowly sit straight down so that you cannot go down any further. Your arms are on the inside of your knees pressing them outward slightly. Just sit like this for a minute or so, longer if you feel comfortable. When you feel like getting up, slowly feel your thighs come into action pushing your body upward. Keep your chin pulled in lightly so that your back bone is kept straight and not curved, this is also important on the way down. Stand up and then do it again. three times is usually sufficient to cause the old colon to come into action and sometimes it's all good and well that you are near the toilets and know exactly which ones are vacant.

This simple exercise of squatting will revive your tired colon and in doing so will revive you. Next, you have to have something to do while you are standing at the rear of the plane, you can't squat for six hours or you'll end up with legs like Swartzeneger. Now it's time to learn a little about qigong.

# Chapter four

## Qigong

Qigong or Ch'i kung as it is sometimes spelled literally means 'internal work'. This is where we have internal breathing combined with certain movements to enhance the use of this breathing. In all of us there are 12 main acupuncture meridians and 8 extra ones. the qi or ch'i flows around these meridians once in a 24 hour day. the bulk of this qi is stored in a space called the tan-tien which lies about 3 inches below the navel on an internal acupuncture meridian called the 'jung-mei'. When we move, think, eat sleep or do anything that requires the use of energy or qi, and everything we do requires the use of energy, then this energy is routed to the particular muscles so that we are able to do things. So, if we know that certain movements cause this flow of energy to happen and through which meridians it will flow, we are able to make use of normal body movement to cause this flow of energy through certain meridians and their respective organs.

I said before, that we get jet lag because of the time clock being upset and the flow of qi being interrupted because we are continually changing time zones etc. So if we have some exercises that will alleviate this interruption and cause a more balanced flow of energy, then we will lessen the effect of jet lag considerably.

These exercises have been all worked out for us many hundreds of years ago by the ancient Chinese. They worked out that certain movements when combined with certain breathing techniques caused great good health. It is qigong that I have learned from China and now make great use of in combating jet lag. These movements for the most part can be performed at any time in the most restrictive of spaces, even at the rear end of a jumbo jet.

There are around 2000 types of qigong divided into 3 different parts. Medical; this is where the Chinese doctor not only gives the patient his or her own qigong exercises to do, but also puts his own qi into the patient to speed the healing process. Some pretty amazing recoveries have been recorded in China using these techniques. But we are not concerned with this area. The next area is that of the martial arts. This is where the martial artist will use certain qigong exercises pertinent to the martial arts to enhance his or her own ability in these areas. We gain more power, become more resistant to physical attacks and are able to move with more flow and balance. But we are also not concerned with that area here. The area that we are concerned with is the area of 'Self Healing'. This is where we do the qigong exercises with breathing tech-

niques to boost our own immune systems and our own self healing ability. It is the qigong that we will use to combat jet lag.

Most of the Self Healing qigong exercises basically do the same thing so it does not really matter which ones we chose. In our case, we chose the ones that are the least conspicuous and the ones that take up the least amount of space. If however, one was trying to cure a certain ailment or a certain organ, then there would be definite qigong exercises to help in this area. For instance, every movement from the T'ai Chi form or kata (everyone now knows about t'ai chi, don't you? Those beautiful slow movements that we see thousands of Chinese doing every morning in parks across China) is, in itself a qigong exercise. the posture known as 'Stork Spreads wings' as in photo No. 3 is used for the healing of disease to the central nervous system. While the posture known as 'Single Whip' is used to treat diseases of the bones etc. See Photo No. 4. For those interested in this area, I suggest that you consult my Video No. 22 called 'T'ai Chi Healing'. Or the basic 'Form' video called Video No.1, Yang Cheng-fu form.

So now, you are at the back of the plane ready to start your qigong exercise. We will begin with the simple standing qigong. Now, because you do not want to bring attention to yourself, I have modified this exercise a little. Stand quite still, feel the motion of the plane, go with this movement and try to hold your balance by feeling heavy. Relax your whole upper body and feel the weight on your feet. Now slightly bend your knees making sure that you so not lean forward putting pressure onto your knees. Photo No. 5 shows this posture done incorrectly. Notice how the knees have great pressure put onto them. In Photo No. 6 we see the correct posture, notice how the waist has 'gone in' so that there is a straight line from top of head to middle of foot. The buttocks are lightly tucked under naturally so that a perfectly balanced position is held. the chin is pulled in lightly while the tip of the tongue is placed onto the hard palate just over the teeth ridge as if saying the letter 'L'. Now you simple cup one hand over the other and hold both hands over the tan-tien point about 3 inches below the navel. Right palm on the outside for the men while the females have the left palm on the outside. The key word here is to relax! Relax all of the unnecessary muscles, use only those muscles really needed to hold you in this position. Relax your head, your neck, your shoulders and arms, your back.

## **Breathing**

Most people breathe normally, i.e.; when they breathe in, the abdomen is pushed outward slightly to make room for the incoming air into the lungs. When we breathe out, the lungs contract and the diaphragm is pushed upward again and the abdomen is contracted. This is the normal breathing technique we will use here. Although when one is learning qigong seriously, there are four different types of breathing. But for now, normal breathing.

Breathe so that you fill your lungs, do not force the breath, just breathe until you wish to stop, then wait until you wish to breathe out again. There is a natural waiting period unless we have been running etc. Just breathe naturally, when you want to, don't force anything. Do not allow your chest to rise, this indicates tension, relax your upper chest. Photo No. 7 shows the chest raised while breathing in, the shoulders have also risen as the chest rises. This is wrong. Photo No. 8 shows the correct abdomen type breathing, this is the same breathing that an opera singer or actors are taught.

You do this exercise for as long as you wish or until you 'feel relaxed'. When you finish, don't just stand up abruptly, but rather come out of this stance slowly and calmly. Move around in your restricted space for about 5 minutes afterwards.

Before starting the next qigong exercise we can go into the squats again for 3 times.

## **Qigong Walking**

This exercise will be the main part of your standing up at the back of the plane. It will be like as if you have taken a long invigorating walk. This exercise was invented by the Chinese Government who got together all of their leading qigong experts and told them to invent a simple form of qigong that the whole population could learn easily and one that anyone at any age could perform. There is an acupuncture point at the base of the foot called the 'bubbling well' point and it is the main or beginning kidney point in the body. This is where our qi is said to 'spring' from in order to do work for us. So therefore if we activate this point then we activate the whole body. And this is what this exercise is all about. To any onlookers you will be just standing there rocking back and forth, something that would be considered 'normal' on an airplane, something that one would do to get a little exercise to combat the boredom of sitting down all the time. Of course, we see people stretching, walking, standing on planes, so why not rocking from foot to foot!

## **The Method**

You stand with one foot in front of the other as if you have just taken a step. Your weight at the moment is on the rear foot. See Photo No. 9. Move your weight onto your front foot and allow your rear heel to come off the ground as if walking. Photo No. 10. However, you do not just change your weight, there is a catch. As you change your weight, you should push your front foot into the ground and feel the weight changing across the whole of your foot. Now, as the rear heel comes off the ground, you should not only lift the heel but also roll the foot as it leaves the ground so that the ball of the foot is now pressing into the ground. So this must be done fairly slowly and deliberately.

After this has been done successfully, you now roll your rear foot back onto its heel as you again change weight back onto the rear foot and as the weight comes fully back, your front toes lift off the ground or rather 'roll' upward so that the front foot is now on its heel with the toes off the ground. See Photo No. 11. As with the forward movement, you have deliberately rolled your weight onto the rear foot feeling the weight change under your foot and now your front heel is pressing into the ground, or rather the floor of the back of the aircraft. You repeat this exercise counting each forward and backwards movement as one, for sixty times. Then you change feet so that the foot that was rear is now forward. Do this again for sixty times and then change back. I can go on doing this for four or five hours but you may not wish to. When you have had enough you can go and have a sit down for a while and then stand up and repeat these exercises. I have found that the in flight movie takes on a whole new meaning when you only look at it rather than hear it as well. Standing down the back of the plane, you do not have access to ear-phones and so you can only look at the movie and this also helps to wile away the time.

## **Breathing**

The breathing for this walking is a natural breathing, discussed earlier and you must breathe in on the forward movement and out on the backward movement. So you would normally do the movements in tune with your own breathing which dictates how fast you should do this walking.

There is another movement involved in this walking but it is not absolutely necessary but does enhance the effect. I guess it depends upon whether there is much traffic to the rear of the plane and whether you like people staring at you. The walking is fine, people just think that you are doing a little exercise and is quite acceptable. But the arm movements, ... well, do them if you wish.

Supposing you have your left foot forward. As you rock forward onto it, your arms are swung up and out to your right as in Photo No. 12. This swing is a loose arm swing and not controlled at all, the arms just flop downward and out to the side naturally with the movement forward. Now, as you sit back onto the right foot, the arms are swung out to your left side in the same manner as in Photo No. 13. the reverse swings happen if your right foot is forward of course.

## Chapter Five

### Other Anti Jet Lag Exercises

In all of the above, you now have what I have found to be the best way to combat jet lag. even if you are only able to do some of the above routines while on a long flight, you will benefit greatly in combating jet lag. Keep in mind that I am naturally a radical person and believe that if a method is too easy then it is not really worth it. In order to have great gain (Yang) you must have great yin (work, or loss). My book, 'Food For Spirit' is quite a radical book but I do explain that one needn't do everything that I have advocated in the book as being useful for myself. In fact if one takes all of the information in that book and sticks to it then one will probably have an adverse effect rather than a good one because my method is radical. I say in that book that one must gradually change and not all at once. By the same token, please take from this book what you wish to take and try different ways of combating jet lag, use this book as a guide. But if you wish, try the full method and you will indeed be successful in combating jet lag. A little jet lag is better than a great amount, so try out some of these exercises and diet methods and see which methods suit you the best.

There are many methods that I use to combat jet lag and the above has been the easiest that I have come across. However, there are some other exercises from the Chinese way that I will also include here. You might like to try these also as some might suit you better than others.

#### Standing Qigong

I have already covered the very simple standing qigong earlier but many people will like to experience the full standing qigong not only as a way to combat jet lag but also as a way to better all round health.

The breathing is the same as is the basic standing. The arms will do something different though. As you stand in the basic position the arms will now raise up to in front of you. Notice how the elbows are dropped and not raised, this will assist in keeping the chest relaxed. the palms are held so that there is a straight line of skin between the thumb and forefinger, And slightly turned out as if offering something to someone. The index fingers are about upper chest height and about two to three inches apart. As you experience this posture with the natural deep, slow breathing, you will notice that you begin to rock back and forth as you breathe. Do not stare nor should you focus on anything in particular, just look straight ahead and slightly downward. Without going in to a whole book on Qigong which would be quite long at an advanced stage, we will only cover the basics here. Try, on each out breath, imagining something, (a pot of honey etc.) running down the front of your body, some people like

to imagine a marble or a pea etc. This thing just rolls down the front of your body and finishes up about 3 inches below your navel. Just breathe long and softly and eventually you will begin to feel things happening. It is not my job to tell you what you will experience here as you might begin to feel things that are not really happening. But things will happen.

## **Time**

You should practice this upper posture for about ten minutes with bent knees. Then, after ten minutes or 2 thirds of your total qigong time, you should lower your arms to the lower position as in Photo No. 16. the palms or arms have not changed their shape in any way, you have just done a shoulder rotation to lower your arms. There is always about a fist distance under your axilla (armpits) for both postures. This position should take 5 minutes or one third of the total qigong time.

## **To Finish**

Slowly allow your arms to raise up and out to the sides. Breathing in. Bring your palms over in front of you palms facing downwards and then breathe outward as you push down with your palms and slowly straighten up finishing up .

## **The Triple Warmer Qigong**

As I have already said, part of the problem is the imbalance of yin and yang energies within the body. The 'triple warmer' qigong is the one that we use to rectify this imbalance. This will work whether you are five miles high or just getting ready for a day's work and feel that you have 'gotten up on the wrong side of the bed', or in other words, out of balance with just about everything.

The triple warmer qigong works on the 3 'heating' spaces within the body. There are 3 spaces in the body that create heat. Elimination, digestion and respiratory (or the mind). In Chinese medicine, respiration and the mind are linked.

So we begin by balancing the elimination organs or the 'lower heater' then we go to the digestive organs or the 'middle heater' and we finish with the respiration organs or the mind, or the 'upper heater'.

This exercise has an easy way of doing it or an extended way. the extended way is technically the correct way while the 'easy way' is for those people who are unable to squat down. I will begin with the proper way and then cover the easy way. The only difference between the two ways is that we begin the easy way by not squatting down but rather just start from the standing position. We perform 9 things during this exercise. We do each of the 3 parts 3 times which makes 9. You stand as if for the normal standing qigong. Using the normal breathing way, you

breathe in as your both palms raise upward and inward. Notice how the abdomen is pushed outward lightly for the in breath. Now, continuing that circle made by the palms, both palms go outward past either side of your body and as you breathe out, you squat down and breathe outward as both palms scoop down as if scooping up some sand at the beach, Now, without stopping (this whole exercise is continuous) the palms turn upward as if allowing the sand to all drain out of your palms as you stand up and raise your palms up to your upper chest level, You breathe in. Continuing, you keep standing up and come up onto your toes as your palms further lift up towards your chin. this is all on the in breath. While up on your toes, you turn both palms over and push downward towards your lower abdomen with both palms, breathing out as you sit back down onto your heels, see Photo No. 24. This is the first part of this exercise for the lower heating space. You now continue that down movement and again scoop as you squat and repeat that part another two times, 3 times in all. So on your out breath, you don't stop when you arrive back at photo No. 24, but rather keep on moving down to again squat.

The second part for the middle heating space begins where the 3rd part of No. 1 left off with you lowering your heel and pushing down. Now, the three parts all begin the same way, by squatting and scooping with the hands. So we again go down exactly like the previous exercise and scoop. Come back up as before standing up onto your toes exactly the same way. Here is where it becomes a little different for the second part. This time, you should turn your palms outward away from yourself as in . Now, push both palms out away from you . and then take them out to your sides to push down again. Breathe out as you again lower your heels squatting right down again and scooping in with your palms as before. You now repeat the 2nd part two more times which again makes 3 in all.

The 3rd part begins again exactly the same as for 1 and 2. Scoop down from the last part of part 2 and scoop up again standing up onto your toes. This time, you allow your both palms to 'flop' over your head. Hold your breath in as you push upward with both palms and out to the sides. And now push downward to both sides as you again lower yourself onto your heels. Continue this downward movement, squatting and scooping until 3 progressions of the 3rd part have been completed. After the 3rd time just bring both palms down to your sides and don't squat down.

Now, I'll admit, this one can be a bit tricky on the airplane but then haven't we all seen people on flights stretching upward etc.? I have so I guess it is not that silly and really, most people on long flights know how difficult it is and so anything that you do, they will know is obviously to try and keep your body alive for such a long flight.

## **Colon 10**

You know that rotten feeling when you have just had a mushy flight meal (have you! Haven't you been reading this book!) OK so we're not all perfect and I realize that some of you will not be able to resist the free food, mostly out of sheer boredom! So supposing that you have that full, yucky feeling in your stomach because you have not only eaten, you have also eaten too much of this gunk they feed up to you. The squatting will help greatly in this area but also we have quite an amazing acupuncture point called Colon 10. This point is situated on the upper forearm on the outside just below the elbow joint. Feel around with your thumb pressing with medium pressure until you feel it. You'll feel it when you have it, it will be quite sore and sensitive. You will be able to take quite a lot of pressure on this point after the first few tentative attempts. Push it. This will activate the colon so that the food in your stomach has somewhere to go. This not only works on an airplane but also if you are at the cinema and you have eaten too much. If you are by yourself of course be discrete as people might think that you are doing something else! These points are on both arms in the same spot.

## **For Altitude Headache**

Altitude headache occurs when you are out of your depth in being high up. And it does not matter if the cabin is pressurized, you will after a long flight have some form of height sickness even if only a mild headache. This of course will happen if you happen to go to Denver Colorado on business and have to perform. Denver is one mile high with some of the outlying towns still even higher.

You still have to perform so apart from taking coca leaf, no not cocaine but an homeopathic remedy made from crystallizing the leaf of the coca tree, I guess that it is like cocaine but not illegal, you can buy it in health stores across the US and most western countries. You only take four or five grains of this stuff though and just to be on the safe side, leave the bottle with these white tiny grains in the country you were just in, don't try to take it through customs when you get back home. It will come up OK of course when tested as there is very little coca in this stuff but you will be tied up in the customs office for some time while they test it.

We have an acupuncture point also a colon point called colon 4. This usually helps with any headaches caused by heights. Feel around on your palm just up from the 'V' that your thumb and forefinger make when looking at the back of your hand, feel a sore spot? OK you have found Co.4. Press this point on and off while breathing in on the pressure and out on the release. This should help. Of course we have aspirin, if you are that way inclined but then this also dulls your senses somewhat.

# Chapter Five

## Conclusion

In this book I have tried to convey some of my own methods for combating jet lag. They work for me and I know that anyone that I have given them to have found them to help greatly as well. So hopefully they will also work for you. Don't expect these methods to work however, if you have only done them half heartedly. You get what you pay for and if you have only 'dabbled' then you might have half the jet lag that you would have normally. In any case, some is better than none when it comes to these exercises and a little jet lag is better than a lot.

The human body and what ever lies inside is a wonderful thing, more wonderful than we could ever imagine, we, none of us know ourselves fully, if we did, then we would know God.

Happy flying my flying friends and if possible, don't do it too much, it tends to catch up on you after a while even with these wonderful Chinese exercises.