

Non-Toxic Dad's Summer Travel Guide & Checklist

BY NON-TOXIC DAD

This guide is intended for informational purposes only and does not replace professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or treatment.

Introduction

Wondering why your summer travels feel so tiring? From constantly being surrounded by EMFs to sleeping in a new place every night and trying hard to keep the mosquitos away, it can be difficult for the body to adjust. But instead of feeling exhausted from all those trips and activities, what if you could easily travel this summer?

All you need is a few easy-to-follow tips and tricks! In this jam-packed guide, we share important hacks for anyone hitting the road this summer: nontoxic sunscreen, airplane electromagnetic field (EMF) protection, resetting your circadian rhythm wherever you are traveling, natural insect repellents, and sunscreens that work wonders while not causing damage to the environment or health the way store brands do. So let's get started...

01

Minimizing Airplane EMFs

Reduce your exposure to electromagnetic fields during air travel.

03

Effects of Alcohol Consumption

Drink responsibly and understand alcohol's impact on your body while traveling.

05

DIY Recipes for Non-Toxic Travel

Homemade sunscreen, sunburn relief spray, and bug spray.

02

Navigating Circadian Rhythm Changes

Combat jet lag and adjust to new time zones quickly.

04

Sun-Safe Exposure & Non-Toxic Sunscreen

Get the benefits of sunlight without the harmful chemicals.

06

Non-Toxic Summer Travel Checklist

A comprehensive checklist to keep your travels safe and healthy.

Minimizing Airplane EMFs

Electromagnetic fields (EMFs) are a form of energy that surrounds us in our daily lives. While EMF radiation is created by the electrical systems and communication devices on airplanes, exposure to these fields becomes a significant concern for frequent air travelers. In addition to the health risks, there is growing awareness about the potential for EMF radiation to interfere with electronic devices on planes, leading to flight safety concerns.

The International Agency for Research on Cancer (IARC) classifies EMF radiation as possibly carcinogenic to humans. Studies suggest prolonged exposure to EMF radiation could lead to various health issues, including headaches, fatigue, sleep disorders, and cancer. The effects of EMF radiation on human health are still not fully understood, and more research is needed to identify the potential long-term health implications.

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EMF Exposure: What Airlines & Passengers Can Do

Exposure to EMF radiation during air travel is a significant concern for flight crews, who spend prolonged periods on the plane. Airlines have taken various measures to reduce exposure, such as grounding the aircraft when not in use and implementing crew scheduling that reduces the time spent on the plane. Some airlines also provide radiation protection products such as shields, blockers, and neutralizers that absorb or deflect EMF radiation.

Passengers can also take measures to reduce their exposure to EMF radiation during air travel. One way to minimize exposure is to turn off electronic devices when not in use. Another way to reduce exposure is to sit away from electronic devices such as the communication system, cockpit, and in-flight entertainment systems.

Minimizing EMF Radiation Exposure Checklist

Turn Off Devices

Turn off electronic devices when not in use. Although designed to emit low levels of EMF radiation, it's still better to turn them off when unnecessary.

Sit Away from Electronics

Avoid sitting near electronic devices such as the communication system, cockpit, and in-flight entertainment systems.

Use Wired Headphones

Wired headphones are a better option than wireless headphones, as they emit less EMF radiation.

Avoid Devices at Takeoff & Landing

During these times, electronic devices emit higher levels of EMF radiation due to the increased power needed to connect to cell towers and Wi-Fi networks.

Use Protection Products

Some airlines provide radiation protection products such as shields, blockers, and neutralizers. Consider using these products if they are available.

EMF Protection Clothing

Some companies sell clothing designed to block EMF radiation. Consider wearing this type of clothing if you are concerned about EMF radiation exposure.

Choose Health-Conscious Airlines

Look for airlines implementing crew scheduling that reduces time spent on the plane and provides radiation protection products.

By following these tips, you can minimize your exposure to EMF radiation while on an airplane. However, it's important to remember that the research on the health effects of EMF radiation is still evolving, and more research is needed to identify the full extent of the risks associated with EMF exposure.

Navigating Circadian Rhythm Changes

Traveling across different time zones can be mentally and physically exhausting. It disrupts our body's internal clock, which regulates our sleep-wake cycle, leading to symptoms of jet lag such as fatigue, insomnia, and difficulty concentrating. However, there are some things you can do to minimize the effects of jet lag and adjust to the new time zone more quickly.

Gradually Adjust Your Sleep Schedule

If you are traveling to a time zone several hours ahead or behind your normal schedule, adjust your sleep schedule gradually a few days before your trip.

Stay Hydrated

Air travel can dehydrate you, so drinking plenty of water during your flight is important. Dehydration can exacerbate the symptoms of jet lag.

Avoid Alcohol and Caffeine

Alcohol and caffeine can disrupt sleep and make adjusting to a new time zone more difficult. Avoid these beverages, especially during your flight and in the evening after you arrive.

Get Outside & Get Sunlight

Exposure to sunlight can help regulate your body's internal clock and help you adjust to a new time zone more quickly. Try to get outside and expose yourself to natural sunlight, especially in the morning.

Exercise

Exercise can help combat fatigue and improve your mood. Try to exercise during the day, especially in the morning, to help regulate your body's internal clock.

Take Naps Strategically

If you need to nap, keep it short (20 - 30 minutes) and take it early in the day. Taking a nap later in the day can make it harder to fall asleep at night.

Use Sleep Aids Carefully

If you have trouble sleeping, sleep aids such as melatonin may help. However, these should be used with caution and only under the guidance of a healthcare professional.

Sleep Checklist

- Try to stick to your regular sleep routine before, during, and after the trip.
- Adjust your sleep schedule to the new time zone beforehand.
- Try to expose yourself to sunlight during the day, and avoid bright screens and light exposure at night.

Effects of Alcohol Consumption

When traveling, indulging in a few drinks to unwind and relax can be tempting. However, it's important to be aware of how alcohol affects your body and drink responsibly. Here we discuss the impact of alcohol on your health and tips for responsible drinking while traveling.

How Alcohol Impacts Your Health

Dehydration

Alcohol is a diuretic, which increases urine production and can lead to dehydration. This can be particularly problematic when traveling in hot and humid climates.

Disrupted Sleep

Alcohol can disrupt your sleep patterns, leading to poor quality sleep and fatigue. This can be especially challenging if you're traveling across different time zones.

Impaired Judgment

Alcohol can impair your decision-making skills and reaction times, increasing your risk of accidents and poor choices.

Risk of Alcohol Poisoning

Drinking too much alcohol can lead to alcohol poisoning, a potentially life-threatening condition. Symptoms include confusion, vomiting, seizures, and slow or irregular breathing.

Tips for Responsible Drinking While Traveling

01

Set Limits

Before drinking, decide on a reasonable limit for yourself and stick to it. This could be a specific number of drinks or a time limit for drinking.

02

Stay Hydrated

Drink plenty of water before, during, and after drinking alcohol to stay hydrated and avoid dehydration.

03

Eat Food

Eating food while drinking can help slow the absorption of alcohol and reduce the risk of alcohol-related issues.

04

Pace Yourself

Sip your drinks slowly and alternate with non-alcoholic beverages to pace yourself and reduce the risk of overconsumption.

05

Know Your Limits

If you start feeling dizzy, lightheaded, or unwell, stop drinking immediately and seek medical attention if necessary.

If You Experience Alcohol-Related Issues

Stay with the Person

If someone is experiencing alcohol poisoning or other alcohol-related issues, don't leave them alone. Stay with them and monitor their symptoms.

Seek Medical Attention

If someone exhibits symptoms of alcohol poisoning or other serious issues, seek medical attention immediately. Either call local emergency services or take them to the nearest hospital.

Support the Person

If someone feels unwell after drinking, offer them support and assistance. This could include helping them to a safe location, contacting their family or friends, or arranging transportation.

Organic & Mold-Free Wine

Organic mold-free wine can be a healthier option for those who enjoy drinking alcohol. Traditional winemaking processes can involve pesticides, herbicides, and fungicides, which can leave residues on the grapes and wine. Mold can also sometimes grow on grapes during the winemaking process, producing mycotoxins that are harmful to human health.

Organic winemaking practices avoid using synthetic pesticides and fertilizers and prohibit the use of genetically modified organisms (GMOs) in the vineyard. Organic winemakers also use natural methods to control pests and diseases, such as crop rotation, cover crops, and beneficial insects. This reduces the risk of exposure to harmful chemicals in the wine.

If you want organic mold-free wine, look for certified organic wines by a reputable organization, such as the USDA or the European Union.

Furthermore, some organic winemakers take additional steps to prevent mold growth on grapes – for example, harvesting earlier or using ozone treatments to kill mold. These certifications ensure that the wine is produced according to strict organic standards. As always, it's important to drink alcohol in moderation and follow responsible drinking practices.

If You're Planning to Consume Alcohol While on Vacation

- Drink plenty of water alongside your alcoholic drinks.
- Limit your alcohol consumption to avoid dehydration and poor sleep.
- Plan activities and transportation before drinking to avoid impaired judgment.

Safe-Sun Exposure & Non-Toxic Sunscreen

Culturally, we fear the sun. Mainstream medicine warns over and over that the sun will give us cancer and will age us. As a result, we tend to avoid the sun and cover up or apply sunscreen before sun exposure. Although extreme amounts of sun exposure may lead to certain types of skin cancer, research shows that the vitamin D we synthesize through sun exposure protects us from many forms of cancer.

Unfortunately, when we use high SPF sunscreens, we not only block our photoreceptors (which help to regulate our sleep cycle) but also inhibit the production of Vitamin D. Many sunscreens on the market contain neurotoxins and hormone disruptors that can contribute to hormone imbalances.

Evidence shows Vitamin D from healthy sun exposure reduces the incidence of and increases the survival of many forms of cancer, including breast, colorectal, lung, ovarian, pancreatic, and prostate cancer.

Vitamin D deficiency has been associated with many other health conditions, including reproductive health, diabetes, multiple sclerosis, autoimmunity, and arthritis, to name a few. Every tissue in our body contains Vitamin D receptors.

Grab my favorite sunscreen [here](#)



The Sun is Healing — Safe Exposure Without Burning

One of the best aspects of getting adequate sunlight is that the sun increases our well-being, boosts our immune system, and helps relieve pain. UVB exposure activates the hypothalamic-pituitary axis, regulating homeostasis and helping to keep our hormones in check. Lack of sunlight contributes to cognitive impairments and depression. Our 'feel-good hormones' serotonin and melatonin are both regulated by the sun.

The World Health Organization and the Surgeon General recommend avoiding the sun during peak times (10 am - 2 pm). However, this peak sun time is when Vitamin D is most highly synthesized. Although neglecting the sun during this peak may reduce the risk of certain skin melanomas, we are blocking our ability to synthesize adequate Vitamin D by completely avoiding exposure.

Tips for Safe Sun Exposure Without Burning

Gradual Exposure

Go outside during peak sunlight hours (10 am - 2 pm) for about 15 minutes (more or less depending on the fairness of your skin). Then, gradually increase your sun exposure so you do not get sunburned.

Use Covers

Cover with large hats and light-colored clothing rather than using potentially hormone-disruptive sunscreens. Or try our homemade sunscreen recipe in this guide!

Eat Healthy Fats

Consuming healthy fats increases your intake of vitamins A, D, E, and K. Cook with avocado oil, coconut oil, lard, grass-fed butter, egg yolks, and liver to help decrease inflammation associated with sunburns.

Carotene & Lycopene

Increase your intake of carotene and lycopene-rich vegetables and fruits. These components help to protect the skin against damage from too much sun exposure.

Although getting burned by the sun can increase the risk of melanoma, adequate sun exposure without burning decreases your risk of getting many different cancers. So don't avoid the sun; focus on small amounts of sun exposure during peak times.

DIY Non-Toxic Sunscreen Recipe

Ingredients

- 1/4 cup coconut oil
- 1/4 cup shea butter
- 1/4 cup beeswax pellets
- 2 tbsp non-nano zinc oxide
- 1 tsp carrot seed oil
- 1 tsp vitamin E oil
- 1 tsp raspberry seed oil

Equipment

- Double boiler or heat-safe bowl and saucepan
- Whisk
- Measuring cups and spoons
- Glass jar for storage

Instructions

01

In a double boiler or heat-safe bowl set over a saucepan of simmering water, melt together the coconut oil, shea butter, and beeswax pellets.

02

Once melted, remove from heat and let the mixture cool for a few minutes.

03

Add in the non-nano zinc oxide and whisk until fully combined.

04

Add the carrot seed oil, vitamin E oil, and raspberry seed oil, and whisk again until fully combined.

05

Transfer the mixture into a glass jar for storage.

06

To use, apply a generous amount to your skin before sun exposure. Reapply every 2 hours or after swimming or sweating.

DIY Sunburn Relief Spray & Bug Spray

Sunburn Relief Spray

Ingredients: 1 cup distilled water · 1/2 cup aloe vera gel · 1/4 cup witch hazel · 1 tsp vitamin E oil · 10 drops lavender essential oil (optional)

01

In a small bowl, mix together the aloe vera gel, witch hazel, vitamin E oil, and lavender essential oil (if using).

02

Gradually add the distilled water, stirring well to combine.

03

Pour the mixture into the spray bottle. Shake well before each use.

04

Store in the refrigerator for up to one week. Spray directly onto the affected area of skin as needed.

❏ Avoid spraying onto open wounds or broken skin. Discontinue use if redness or itching occurs. Seek medical attention for severe sunburns.

DIY Bug Spray

Ingredients: 1/2 cup distilled water · 1/2 cup witch hazel or apple cider vinegar · 30 drops essential oils (citronella, eucalyptus, lemongrass, lavender, peppermint, or tea tree – one or a combination)

01

Combine the distilled water in the spray bottle with witch hazel or apple cider vinegar.

02

Add 30 drops of essential oil to the mixture.

03

Close the spray bottle and shake well to combine all ingredients.

04

Spray on your skin or clothing before going outdoors. Avoid spraying near your eyes, mouth, or any cuts or wounds.

❏ This homemade bug spray may need to be reapplied every few hours for maximum effectiveness.

Non-Toxic Summer Travel Checklist

When traveling, it's important to prioritize your health and well-being, as there may be hazards you might not encounter in your everyday life. Here are some tips to help you minimize potential risks and ensure a safe and healthy trip:

Choose Healthy Food Options

Trying new foods is one of the best parts of traveling, but it's important to be mindful of what you consume. Aim for balanced and nutrient-dense meals, limit processed or fried foods, and opt for fresh fruits and vegetables whenever possible. Stay hydrated.

Be Mindful of Alcohol Consumption

While it can be tempting to indulge in a few drinks while on vacation, excessive alcohol consumption can negatively impact your health and well-being. Drink plenty of water and consider limiting your alcohol intake to one or two drinks per day.

Minimize Exposure to EMFs

EMFs are present in many areas of our daily lives, but they can be especially prevalent when traveling. To minimize exposure, sit away from electronic equipment on flights, use EMF protection devices, and limit your use of electronic devices when possible.

Manage Jet Lag

Traveling across time zones can disrupt your sleep schedule, leading to fatigue and other negative health impacts. To minimize jet lag's effects, try adjusting your sleep schedule before your trip, exposing yourself to natural light during the day, and avoiding napping when you arrive at your destination.

By taking these simple precautions, you can minimize potential risks and ensure a safe and healthy travel experience!

Learn More About Living a Less Toxic Life

Visit nontoxicdad.com and follow on social media for more non-toxic living tips, guides, and resources for you and your family.

This guide is intended for informational purposes only and does not replace professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen. Never disregard professional medical advice or delay in seeking it because of something you have read in this guide.