

Did you know that the average moisture content of the air in the Sahara Desert is about 20%, while the moisture content of Aircraft Cabin Air averages between 1% and 15%?



Recommendations for Flight Crews based on 15 years of experience

(Buy at VitaminShopper.com or any good Health Food Store)

	RIGHT BEFORE YOU FLY	UPON ARISING	WITH BREAKFAST	WITH LUNCH	WITH DINNER	BEFORE SLEEP
WHEN YOU FLY <u>To Help Prevent Radiation Damage</u> Vitamin C Vitamin E	3000 mg 400 units					
<u>For External & Internal Dryness</u> Flax Seed Oil (in 1000 mg capsules)			6 capsules			
<u>For Glands and Joints</u> Primrose Oil (in 1300 mg capsules)			3 capsules			
<u>For Solid Nutrition</u> Greens Plus			10 capsules			
EVERY DAY Multi-Alive by Nature's Way			1 pill	1 pill	1 pill	
<u>For Brain and Liver Function</u> Carlson's Fish Oil (in 1000 mg capsules)			3 capsules			
WHEN AT HOME <u>For Joints and Spine Support</u> Glucosamine Chondroitin Sulfate with MSM (liquid)		2 tbsp				2 tbsp
<u>For Solid Nutrition</u> Greens Plus (powder) - Try the Berry Flavor			3 tsp in Juice			
<u>For Optimum Health</u> 14 tablespoons of Flax Seed Oil 1 lb. Cottage Cheese (this makes the oil water soluble) 1 cup of water Mix thoroughly in a blender.			3 tablespoons			

We are in the Lower Lobby of the Sherry Frontenac Hotel
6565 Collins Ave., Miami Beach, FL 33141 305.867.7716

Please complete our surveys at FlightAttendantHealthSurvey.com and PilotHealthSurvey.com
and visit our website - HealthForFlightCrews.com