

*Diana Stobo's*

# Healthy Travel Guide

**My Top 10 Natural Foods,  
Supplements And Snacks  
I Always Travel With So I  
Don't Gain Weight**



I promise to always bring you my best knowledge and most loving guidance so you can feel empowered to live with health, vibrance and beauty every single day!

*Diana Stobo*



EATING FOR HEALTH, VIBRANCE AND BEAUTY

## **1. Who is Diana Stobo?**

*Diana is a raw-food and juicing expert, weight-loss specialist, holistic health practitioner, and mind-body nutritionist.*

*She is living proof that transitioning to a healthful diet can help you lose weight, gain energy, heal your body, and look younger and more vibrant. As a 50-year-old mother of 3, Diana looks and feels better than ever before. Diana is living proof that eating LIVE brings you a life of health, vibrance, and beauty.*

## **2. What exactly is Diana Stobo's "HEALTHY TRAVEL GUIDE"?**

*It is a downloadable ebook with suggestions for foods, drinks, and supplements that can help you maintain your weight, prevent stomach aches, and stay regular while traveling.*

## **3. How will it help me?**

*By following the suggestions in this guide, you can prevent the digestive issues that often arise when you travel. You can also enjoy eating out without gaining weight.*

## **4. How do I know if it's right for me?**

*If you are in general good health and want to maintain your healthful-eating plan while traveling, this guide is right for you.*

The information in this eBook is true and complete to the best of the author's knowledge. All recommendations are made without guarantee on the part of the author.

The author disclaims any liability in connection with the use of this information. Individuals with serious health problems or conditions should consult a physician before following the advice contained herein. The contents of this book are not intended to take the place of professional medical advice and treatment, if needed. The author does not dispense medical advice herein.

# Diana Stobo

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## Introduction

For some of us travel is fun, and for others it is all business. Either way, you must stay healthy and hydrated along the way. When you're away from home, it is easy to fall prey to naughty foods and drinks and make excuses for not taking care of yourself. Then you find yourself suffering from a dehydration headache, irregularity, and/or insomnia. But by bringing along a few extra items in your carry-on bag you can stay on track, fight temptations, and ensure that your body is alkalized, oxygenated, and energetic.

Think about packing minimally and light, but having all the essentials on hand. The following 10 items are small and light and yet very nutritious and alkalizing.





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## 1 Coconut water

You can't bring this onto an airplane, of course, but coconut water is wonderfully hydrating to have on the way to the airport. I always drink a whole bottle before flying and then buy a bottle of regular water to keep on the plane. It's also great to sip while driving to combat the drying effects of air-conditioning or the car heater.

## 2 Sun Chlorella tablets

[Sun Chlorella tablets](#) come in a small, Ziploc-type bag, making them easy to pack. Having them on hand helps curb your appetite and keep blood-sugar levels even. They add great protein to your body and keep you alkalized during travel. They also support your body's natural detoxification process by grabbing toxins and flushing them out of your body, aid your digestion, and improve your reaction to stress. Get the 500 mg pills and take 6 to 18 tablets a day. Spread them throughout your day by taking a few with each meal. You can swallow them with water or chew them.

## 3 Green powder

Many of us are used to having a green juice each day, and it is nearly impossible to find fresh-pressed vegetables in some parts of the world. When we cannot find our fresh green juice, a green powder mixed with water, juice, or coconut



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water will help. Drinking greens adds vitamins and minerals to your blood, strengthens your immune system to help you fight off illnesses you encounter on your trip, and helps keep you regular. I like [Healthforce Vitamineral Green](#), but there are many varieties on the market.

#### **4 Digestive enzymes or bitters**

Digestive enzymes should be in the purse, car, backpack, and suitcase of every person on the planet. They are a must for every meal, especially when eating out. They stimulate the body's production of digestive enzymes, helping your body assimilate and break down foods. They send nutrients to each body part and relieve the digestive system of some of its duties. Take 1 to 2 capsules with a glass of water before every meal. I like [Diana Stobo's Digestive Bitters](#).

#### **5 Chia seed**

Chia seeds are full of fiber, have more omega-3 fatty acids than any other natural source, and have more antioxidants than blueberries. They help keep you full, hydrated, and energized, and the fiber helps keep you regular while on the road. A spoonful of chia seeds each day in a glass of water or juice or on top of a salad will help keep your digestion functioning and happy during your time away from your routine. Honestly, a spoonful of chia each day no matter what you are doing is a benefit to your brain, your skin, your



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digestion, and your life. They don't have to be ground for your body to get all the health benefits, but grinding them does make them easier to drink in liquids. Choose any type of good-quality organic chia seed.

## **6 Electrolytes and vitamins powder packets**

Traveling can be dehydrating. When we are dehydrated we get sluggish and irritable. Drinking water may not be enough to get us back into balance. Electrolyte packages can boost energy by infusing your drinking water with a megadose of minerals and vitamins. I find when I get that afternoon lull, a big glass of water with an [Emergen-C](#) packet gives me instant energy and uplifts my mood. You can find it at most grocery stores in the supplements/vitamins department.

When I travel, I like to start each day with a big glass of water with a tablespoon of Vitamineral Green, a tablespoon of ground chia, and a packet of Emergen-C or [Oxylent](#), and I take my 6 Sun Chlorella tablets with it. That puts me on the right track for my day.

## **7 Raw or dark chocolate**

Raw chocolate is a powerful natural antioxidant, and it contains a chemical called theobromine that enhances energy and mood. I find it to be a blissful snack when I'm overwhelmed by a busy travel schedule. But most often I opt for a nibble when I'm getting a craving for coffee or some kind of "pick me up" that may lead to a naughty treat.



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If you are not a chocolate lover, I understand, I generally wouldn't touch it, but for some reason it really protects my spirits when I'm on the road. It satisfies your craving for sweets while giving you the protective benefits of antioxidants, reducing your risk of cardiovascular problems, and making your cognitive abilities a bit sharper. If you don't have a favorite yet, you might try raw, organic [Sacred Chocolate](#).

## 8 Savory snacks

Potato chips are not an option on a healthful diet, but they are sold in every airport and gas station mini-mart around the world. Pretzels are on the plane, peanuts are in the air, chips are on display — all are a great temptation, especially when you are sipping on water or herbal tea and the smell permeates the cabin. So bring your own savory mix like flax crackers, flavored raw nuts (I like [Gone Nuts!](#)), kale chips, or even fresh-cut veggies. Packaged snacks are light and easy to pack for hotel stays when there are not always food products available at your fingertips when you are hungry, so it is good to have a little something to curb your appetite. This will help you have time to make wise choices on your menu at mealtimes.

## 9 Trail mix

I never leave home without a homemade trail mix. That doesn't mean yours has to be homemade, as long as it's raw



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(and preferably organic and free of sulphur-dioxide and sulfite). Having nuts and dried fruits on hand can be a great benefit, especially if your travel includes activities. I cannot tell you how many times I have concluded an activity and have been grateful for my bag of trail mix. When hunger strikes, we need to be prepared or we might reach for the quickest thing, like junk food.

I like to pack my trail mix with nuts, fruits, and superfoods: raw cashews, raw pistachios, raw pecans, sweetened raw chocolate nibs or organic dark-chocolate chips, goji berries, golden raisins, pumpkin seeds, dried coconut. Go to the bulk section of your local natural market and put together your own creation, or order your ingredients online. Store it in a 1-gallon Ziploc bag.

## **10** Sweet snacks

Medjool dates are a sweet, natural treat that travels very well. They are full of iron and provide amazing amounts of energy for any activity, be it exercise or lugging baggage around. When you find your energy dipping, pop a date in your mouth and get a carbohydrate boost. Other sweet snacks are raw cookies, raw granola, dried fruits (sulfite-free) like mangos or cherries, or other sweet, natural snacks that stay fresh. They can be nourishing and filling. We all need some comfort food, and it's better to eat a familiar and healthful product than one that may leave your tummy a little sore.





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## **Optional bonus items**

### **Mint or chamomile tea bags**

Last time I traveled I found myself hunting down some tea bags to take back to my hotel room. I realized that I do this every time I travel, and it would be best to just pack my own. Warm water aids digestion, and mint and chamomile can ease tummy aches caused from trapped air or indigestion. Both are soothing and create balance in the intestines.

Mint will uplift and is great to have in the morning, while chamomile is relaxing and a great bedtime tea. Sipping warm tea will calm your digestion, reduce heartburn, hydrate you, and create ease, helping you to sleep better while away from familiar surroundings.

### **Oxy Powder**

If irregularity is a “regular” problem for you when you travel, you should bring along some [Oxy Powder](#). The capsules are very effective, so take a dose just as needed or you’ll spend the whole trip in the bathroom.



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## **Additional tips**

For airplane travel, pack:

- Green salad.
- Fresh fruit.
- Water. You can't pre-pack any liquids because of airport security, so you'll have to buy a bottle at the airport.

\*In a pinch, buy a green smoothie from Odwalla, Naked Juice, or Columbia Gorge. They are pasteurized, but they do contain green juices so they are a wise choice over airport alternatives.

For car trips, pack:

- Fresh fruit.
- Green salad.
- Coconut water.
- Water bottles.



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## Daily plan for staying balanced

For optimal health during travel, consider this plan for integrating the 10 essential items into your daily diet.

Upon awakening:

- Water with electrolyte powder, green powder, and chia  
*or*
- Juice mixed with green powder and chia
- Sun Chlorella

Breakfast:

- Try to keep it fresh and light. Stick to fruits and such.
- Digestive capsules

Snack time:

- Fresh juice
- Sun Chlorella

Lunch:

- Big salad
- Digestive capsules



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### Snack time:

- Challenge yourself to find a smoothie place. They are all over the world and quite refreshing and uplifting. If you can't find one, have a snack you brought.

### Dinner:

- If you are on business, where you eat may not be to your liking. Just remember to eat your veggies and take your digestive capsules.
- If you are on vacation, enjoy the experience and culture — this is a once-in-a-lifetime trip.
- If you are visiting family, be careful not to get caught up in the nostalgia. We tend to overeat home-cooked meals from mom and grandma's kitchen.

### Before bed:

- Sip on mint or chamomile tea
- Sun Chlorella tablets

## **To order items**

You can order all of these supplements and superfoods directly from the company or through [amazon.com](https://www.amazon.com) or [vitacost.com](https://www.vitacost.com).