

Stephanie  
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Podcast Episode # 14

**The Beyond The Food Show**  
**Q&A: Travel Tips for Cravings Time**



*the*  
BEYOND THE FOOD  
*Show*

WITH STEPHANIE DODIER

## Disclaimer

The podcast is an educational service that provides general health information. The materials in The Beyond The Show are provided "as is" and without warranties of any kind either express or implied.

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Always work with a qualified medical professional before making changes to your diet, prescription medication, supplement, lifestyle or exercise activities.



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Stephanie: Welcome to episode 14.

And today's episode, we answer Sandy's question about why she is struggling with craving when she travels. And I know a lot about that. I travelled for years when I was in the corporate world. So, can't wait to tackle my five biggest tips to make your travelling journey easier.

Just before we get there, I just came back from a promotional tour in Toronto, Canada. I was absolutely blown away by you guys welcoming. I had two-evening seminar with full room and the passion that was coming out of people was awesome. The question that were being asked were like, wow, you were blowing my mind away.

So, thank you for those that attended the seminar or that listened to the radio show that I was on. The name of the show was "What She Said Talk," and I was interviewed by Christine Bentley and Kate Wheeler, which are two powerhouse female leader in the Canadian community. And we discussed all about craving. So, I'm going to put the link of the show in the show notes. So you got to check this out. It was a great experience.

And for those that are thinking of maybe going to conferences in 2017, I have just confirmed my attendance to Doug at the Low Carb USA West Palm Beach Event in January 2017. So I will be there. So, if you are there hit me on social media. Let me know you're there and we'll meet up. And there's a possibility for me that I will also be doing a conference about the relationship between food and how it can impact the ability for you to maintain a healthy lifestyle. So, I'll put the link in the show note as well.

So, I have a great news today. We are launching a amazing contest for podcast review. So we've been now about a month into this podcast business, and it's time for you to let us know how we are doing. So, to celebrate the launch of the podcast, I will be drawing two (2) \$50-gift card for my favorite and most amazing beauty product company, it's called Primal Life Organic beauty product, and these are the best organic natural skincare and cosmetic product that I use personally, and I have also interviewed Trina, their CEO, go back to episode 13, if you want to know more about Trina and her company.

But two (2) \$50-gift card for Primal Life Organic Beauty and a power hour session with me, value of \$200. So, we will randomly select three (3) people who will leave a review on iTunes before Saturday,

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January 15, 2007 (sic) [2017 0:03:58]. If you want to leave me a review and participate in the contest, go to [stephaniedodier.com/review](http://stephaniedodier.com/review) and that will take you directly to iTunes.

On that note, I want to share with you a review of the podcast by Carla and she says, “I have followed Stephanie for years, almost two years now. Her passion for health and wellness from the inside out, along with her captivating personality, makes the wisdom she shares so much more meaningful and impactful. Always backed by science and a ton of class, Stephanie is my go-to health and wellness guru and I’m so thrilled she’s expanding her reach in sharing that knowledge in a podcast.” Well, thank you, Carla. And, again, please go to iTunes, leave me a review and you will be entered into the podcast review contest.

So, you’re ready to dive into the Travelling Craving? Let’s do this.

Sandy asked, “I love the Keto Connector Program. Stephanie’s program changed my life. I can now see why dieting never worked for me and I always found my way back to eating junk food. I’ve discovered a new way of living and thank you so much.”

Now my question is with regards to travelling with the holiday period coming up. It’s always a big trigger moment for me. Don’t know why but the travelling trigger my craving monster. Why is that?

Well, Sandy, let me say this to you, you are not alone. I know that for me, it was a huge issue for many years. And the main element that is common to most people who experience craving while travelling is stress. And I know I’ve talked about stress in a number of episodes before today. And I bet you I’m going to talk about stress in many upcoming episodes as well.

But it’s just the reality. Travelling is stressful from many perspectives. It is stressful from the simple emotional connection with the stress of travelling, of getting there on time and making it on time to the airport, and the emotional connection to the people we are visiting for the holiday going back home and expecting some tough relationship with maybe some of our family members, right? And that constant thought about the situation will give us a stress reaction, and will make us crave food as a way of making us feel better.

It could be stress from a physical perspective. We’ll talk in our tips we’re going to share later the impact of dehydration. On a dehydrated is a body that’s very stressed. And stress, again, will trigger cortisol release which we talked about in previous episode. And that cortisol and some-

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times even adrenaline, those two hormones of stress will trigger carbs craving because of the insulin release that is also alongside cortisol and adrenaline. So, stress is, Sandy, the number one reason why the craving monster, as you say, is awakened when you travel.

So what I'm going to share with you today, and what all the listeners is my five basic steps/tips that I personally take when travel to reduce my stress which, therefore, will reduce craving.

So let's go with tip number one. Planning and organizing and knowing the details is a key element in reducing your stress. So, as much as you can, you need to organize your travelling arrangement wherever be it by car, by plane, by train, at least a couple weeks, maybe even a month in advance, so you are secure and you know what the arrangement will be and what the time will be. Keep a paper copy with you of your arrangement. Keep a backup into your email into your phone so that element of having the necessary document, arriving on time, all of that is logistically taken care of and you are not "stressing" with regards to the details.

Now another big element of organizing and detail is actually leaving early. I always give myself an extra 15 minutes, no matter how I travel, so I can have build-up time for traffic jam, line up at the security gate when I fly, or even simple road travel where I need to stop to either walk around, to loosen up my legs or even to go to the bathroom. So, always give yourself an extra 15 minutes per one hour of travel. It may seem a lot. However, arriving somewhere early is always stress-free compared to arriving somewhere late.

Tip number two. Bring your own food. You can't rely on gas station on the road or airport when you're flying to feed you real healthy food. You have to take the ownership and the responsibility of bringing your travel food with you. Now I'm not talking about taking a whole week's worth of food with you, I'm talking about the in between point A and point B food.

So, I'm going to link in the show notes to a couple of my favorite travel snack food that I always have with me. One of them is FBomb. FBomb is a absolutely amazing family-based business that produce little packet of pure sources of fat. So we're talking about here coconut oil, we're talking about Macadamia oil and even the amazing Macadamia Butter. And nutritionally, we know that fat keeps us sustained for longer periods of time because of the amount of time it takes to digest and the satiety feeling that it brings. So I always have some of those little packets

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of pure fat source with me that I quickly can ingest on the road, in a plane that I can take to a security gate without any issue.

The number two travel food that I always have with me is EPIC Bar. EPIC Bar are clean, delicious, source of pure protein. No crap, just strict animal protein. Again, it will be linked in the show notes, but I would highly recommend that you buy some of those products; keep them in your house; keep some in your purse. So when you travel short distance or long distance, you always have food with your readily accessible and you won't need to rely on the junk food stores and restaurant you find in travel accommodation.

The other thing you can do is bring nuts, seeds, little baggies in your purse, dry fruits; even canned fish. Those are all item that, yes, you can carry with you on a car, but they go through security without an issue. I will link also in the show notes to an Epic long, ultimate blog post that I had done on travelling that gives you even more details about travelling regulations on what you can and cannot bring with you. So, that will be in the show note.

Tip number three. Find non-sweet rewards. When we go through challenging times such as travelling, and if it's a very stressful event for us, we may go to a place in our head that after we go through this, we are going to reward ourselves with XYZ. And, for many of us, sugar or carbohydrate are part of that reward system that we have established in our head.

For a multitude of reasons, A, because carbohydrate and sugar is a comfort food. It actually activate parts of your brain and neurotransmitter reaction in your brain that activate your reward center, that activate that feeling good sensation in your body. So, it's not just you, the actual biochemical reaction in your body.

The other thing is we have a lot of emotional attachment to sugary food, to carbohydrate. And, for some of us, we have labelled those food as "bad". And because we have done such a thing, we feel like we deserve a treat because we can't have it on a regular basis, and we desire it, when we are in a situation of stress where we need to reward ourselves, we deserve it. Both of those sides are reality and those are element that, A, we must be educated on. And then, 2, we need to rewire that pathway in our emotional body and in our mind to find other ways of rewarding yourself. You don't have to be a victim of those who reaction or believe you can create new associations.

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So, I would encourage you to find non-sweet reward. For example, if you are flying, more and more frequently in airport, you can see little stations of massages, like 15-minute massage. I would encourage you to maybe “treat” yourself with a 15-minute massage in the airport, and, maybe even those little manicure station again that they have again in most airports where you can go and get a manicure for \$20.

Find new ways of rewarding yourself that is non-food associated so you don't, right at the beginning of your travel, fall into that sugar-binge high and lows for the rest of the travel. So, find non-sweet rewards.

Tip number four. Move, moving. The human body is not meant to be sitting for long periods of time. That it is that you travel in a car, that you travel in a train, that you travel in a plane, likely, you will be sitting for long periods of times. Unless for sure you're deciding to travel in a bike, which is a completely different story, but, for most travel, we'll be sitting for a long period of time and the human body is not meant to sustain long sitting periods. So, get up, especially if you're flying with the air pressure it's going to be even more taxing on your body. So, walk to the bathroom and if you're in a flight, walk back and forth in the aisle, go in the emergency [0:15:01] and move in there. Even simply get up in your seat.

Same thing if you're driving. Remember that 15 minutes of build-up time that I recommended you did in Tip number two? I would recommend that you use that 15 minutes every hour to stop at a rest station and just walk around for five minutes. Just move your body, move the blood, move the toxin in your body, just get up and move. And that will reduce your craving tremendously. Because when the body seeks movement, there may be a belief that that craving is actually for food. When in fact, all the body crave is movement. You are simply confusing the two.

Tip number five. Water, water, and water, and, some more water. We must stay hydrated when we travel. We must stay hydrated every single day of our life, but even more when we travel. And particularly, if you're travelling in the air. Did you know that the humidity level in an air cabin is actually 10% to 15% versus a typical home where the humidity level is 50% to 60%? That variation in humidity level when you travel by air is what's causing you dehydration. So you must drink twice as much water as you would normally when you're flying in the air versus just travelling by car.

For many of us, when we don't have yet a great understanding of what our body is trying to tell us through our craving, we sometimes confuse thirst for hunger. We have yet to connect to our craving and instead of drinking, which is really what our body wants because we're thirsty, we're dehydrated,

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we lunge for food, we go and seek food. While the body what it wants is just simply water.

So always carry with you an empty bottle, a refillable water bottle that you can actually take with you through security gate when it's empty, and refill it on the other side. Again, me being an experienced traveler, I can tell you that about 60% to 70% of the airports that I visit, now have water bottle refill stations. So, I just carry my bottle on the other side and refill it and start my travel like this. I usually will drink a whole bottle before getting on a plane, go back and refill it before I get on the plane so I can drink all the way through destination.

And the same thing would apply with car travel. Even if you don't carry a water bottle, a refillable water bottle, carry a big one-and-a-half plastic bottle of water so you can drink all the way through your travel.

With these five tips, Sandy, you are going to rock your holiday travel this year.

So, there you have it. All the links of everything we talked about will be in the show notes which can be found at [stephaniedodier.com/014](http://stephaniedodier.com/014). That's where you can also pick up the transcript and the link to join the community and also the link to the Keto Connector Program that Sandy was talking about, which is my unique program that will allow you to move forward from worrying about food and move on to healing your mind and your body.

I want to take a moment and thank our sponsor for today's show which is GAIA. GAIA is an online space of transformation movie documentary, class interview and an online movement studio. There is more than 7,000 videos in the GAIA Online Movement Studio Space. It is an online studio where you can practice yoga, Pilates, fitness classes, Tai Chi, meditation. And here's the cool thing. You can take it with you anywhere. It has a livestream-based studio. So no matter where you travel, you will have your fitness or yoga class with you and with the best teacher in the world. Trial for the first month is only \$0.99. So, go in the show note, click the link and signup for the trial for the month of January for \$0.99, you're going to have access to 7,000 videos that can get you moving conveniently in the pleasure of being in your house.

Go forward, it is \$7.95 per month for you to have access to all the fitness, yoga, Tai Chi, Pilates class that you want. So give it a try.