



Item: Fast Lane 3rd in 2023 Petergram (#150 since 2020)
Date: **Saturday, January 14th 2023**
From: Peter writing back in our office in Oldsmar, Florida
To: **Our Fast Lane Travel Customer Family and Friends** at home in Australia, Canada, Europe, Iceland, New Zealand, Singapore, South Africa and in the USA!
Subjects: Jet Lag . . . Facts and Advice; Trip of the Week: the 12 Alpine Passes; and a classic, a Tourist's Prayer

I. How to Cure Your Jet Lag: 5 Tools to Outsmart Your Body

Expert-approved strategies for preventing, easing, and eliminating your travel-related sleep issues. **Source:** Excerpts from the WSJ, By Perri Ormont Blumberg Dec. 29, 2022

Rick Hough, 53, has suffered from jet lag since his first trip to Paris in 1988. The CEO of an asset management company in New York City would try to get as much sleep as he could before, during and after flights, to no avail. In 2019, he discovered an App called Timeshifter, which uses your flight itinerary to provide a personalized schedule of when you should sleep, drink caffeine and avoid light. Now, even multi-leg trips don't faze him—last summer, he went through Copenhagen, Greenland, San Diego, New York and Alaska in three weeks. Despite shifting forward six time zones, then back another four from New York, “I missed nothing,” he said.

Despite success stories like Mr. Hough's, some seasoned globe-trotters maintain there is not much you can do to solve your jet lag. Bob Robotti, 69, an investment adviser in New York City, has been traveling regularly for business since 2004 and surpassed a million in-flight miles a decade ago. On one trip to London, Mr. Robotti recalled, he fell asleep three different times in a one-on-one meeting that lasted all of an hour. “You know it's going to be hard,” he said of dealing with sleep issues while traveling internationally. “But it's just a matter of buckling down. I power through.”

Powering through is certainly admirable, but is it necessary? These days, there are plenty of tools available to alleviate the suffering. Some are apps, but there are also painstakingly formulated circadian-supplement powder packs and glasses that blast you with blue light to help keep you awake. For a trans-Atlantic flight to Germany, the management of the **Tampa Bay Buccaneers** even went as far as to offer its players [Firefly Portable Recovery Devices](#), knee straps said to increase full-body blood flow, as part of a comprehensive plan to lessen the effects of jet lag. These kinds of products are under new scrutiny as the appetite for travel begins to return to pre-pandemic levels. Transportation Security Administration checkpoint numbers show that the number of travelers making their way through airports this December is pretty close to the number who did so the same month in 2019.

In clinical parlance, “jet lag” is the specific, temporary condition that occurs when you travel across several time zones in a brief time span. Our individual circadian rhythm—the mental, physical and behavioral changes we go through within a 24-hour cycle—

usually aligns with the natural light-and-dark cycle of our environment. When we travel to new locales, we confront a “mismatch between what time your body thinks it is at the time that it actually is,” said Mr. Olson. Because our exposure to light plays such a central role in establishing our circadian rhythms, it’s key to bridging that gap.



“The best thing to do for jet lag is to rapidly synchronize your clock through proper light exposure,” said Jamie M. Zeitzer, professor of psychiatry and behavioral sciences at Stanford University and co-director of the school’s Center for Sleep and Circadian Sciences.

“Travel fatigue,” by contrast, is a more general term researchers use for the exhaustion that can accompany any travel, even if you never change time zones, said Wendy Troxel, a sleep expert and adjunct faculty in the Department of Psychiatry and Psychology at the University of Pittsburgh. Travel fatigue and jet lag are related, even experienced together, but they are distinct.

Some products don’t address the causes of jet lag itself but might reduce travel fatigue symptoms. For example, it’s hard to move

around much while you’re in a plane, which can limit your circulation. A pair of massaging recovery boots from Therabody or Normatec can help get blood flowing again.

If what’s making you feel sluggish on arrival is flagging circulation, these boots might help you feel more alert. But you’ll still feel jet lagged. “Until [your] internal clock is synchronized to [that of] the outside world, you will still suffer the consequences of the misalignment,” said Prof. Zeitzer.

For the full article, please go to: <https://www.wsj.com/articles/how-to-cure-your-jet-lag-5-tools-to-outsmart-your-body-and-take-back-your-vacation-11672340432>

Peter’s Comments: Prior to the departure of any of our PORSCHE trips, we send you our legendary “goody box” with a plethora of trip materials, including our Who’s Who of your trip, pocket itinerary, key contacts, shirts, caps and lots of information to stoke your anticipation. Furthermore, with your final invoice we provide you with our **FYI Advice Document**. Back when I was the founder and CEO of the 3rd largest travel company in the US, with about \$2.4 billion in sales, when I crossed the Atlantic for the 300th time, BA awarded me a ticket on (the) **Concorde**. Believe me, I know jet lag! We include the information below for you in Fast Lane Travel’s **FYI** pre-trip Info Document.

JET LAG: We recommend that you arrive a day early, if at all possible, to get acclimated to the time difference. Some people take a nap upon arrival – **DON'T DO THAT**. The recommendation from physicians and from Fast Lane is that, after arrival in Stuttgart, you should, check-in, take a shower, freshen up, get out and walk up the Königsstrasse to the Schlosspark to get as much daylight, fresh air and mild exercise as possible. Stay awake, have an early dinner, be in bed by 8:30 – 9:00 pm and get a good night's sleep. Please contact us if you would like to arrive a day early and take advantage of our Early Arrival Program that includes hotel, dinner, and breakfast. Remember that check-out time in European hotels, like in the US, is noon. Flights from North America arrive very early in the morning. Thus, there's a chance that you won't be able to check-in until 2:00 or 3:00 pm. This happens rarely because of our 50-years relationships with key hotels. But if you want a 100% 7:00 am check in guarantee, we'll be happy to book your room for the night before at a discounted rate – it'll be ready for sure when you check in from your flight. This is particularly important for West Coast travelers.

II. The 2023 Fast Lane PORSCHE Trip of the Week: The 12 Alpine Passes, starting, of course, in Stuttgart to pick up our PORSCHEs, and from there we head to Austria and Switzerland. This trip actually has a fascinating history. About a dozen years ago we had a call from a gentleman in **Singapore** who told us that he had about a dozen PORSCHE friends, all CPA's, who want to drive the twelve most challenging Alpine Passes possible. Thomas, in our office went to work and created this amazing itinerary starting with the Hahntenn in Austria and ending with the Weissenstein in



Switzerland. When we added all the elevations of the twelve passes it turned out to be substantially higher than the 29,000 ft. Mt. Everest. **Perfect!** Well, this year, we will conduct this adrenaline luxury trip now for the **10th time**, this year! The scenery is unequalled; the hotels are all 5-star – all have spas; the cuisine is remarkable; shopping is

delightful; and the driving is truly what POSCHES are designed for. If a dozen fun accountants from Singapore can conquer the Alps in Europe, so can you... So go ahead and **register NOW** – **Wed. May 31st to Fri. June 9th 2023** – the best time of year!

And yes, there is a town by that name: **Carrera**. We had lunch there on one of our trips in the local Graubünden Canton. Their specialty is a noodle dish that kind of looks like a cross between dolmades, a veggie wrap and German Spätzle. It's Yummy.



I. **Final Thoughts the Week: A Tourist's Prayer**

Source: The Authors' Billboard, by New York Times & USA Today Bestselling Author [Mona Risk](#)

Heavenly Father, look down on us your humble obedient tourist servants, who are doomed to travel this earth, taking photographs, mailing postcards, buying souvenirs, and walking around in drip-dry underwear. Give us this day divine guidance in the selection of our hotels, that we may find our reservations honored, our rooms made, and hot water running in the faucets. We pray that the phones work and that the receptionists speak our tongue.

Lead us, dear Lord, to good, inexpensive restaurants where the food is superb, the waiters friendly and the wine included in the price. Give us the wisdom to tip correctly in currencies we do not understand. Forgive us for undertipping out of ignorance or overtipping out of fear. Make the natives love us for what we are and not what we can contribute to their worldly goods.

Grant us the strength to visit the museums, the cathedrals, the palaces, and castles listed as 'musts' in the guidebooks. And if perchance we skip a historic monument to take a nap after lunch, have mercy on us for our flesh is weak.

For Husbands Only

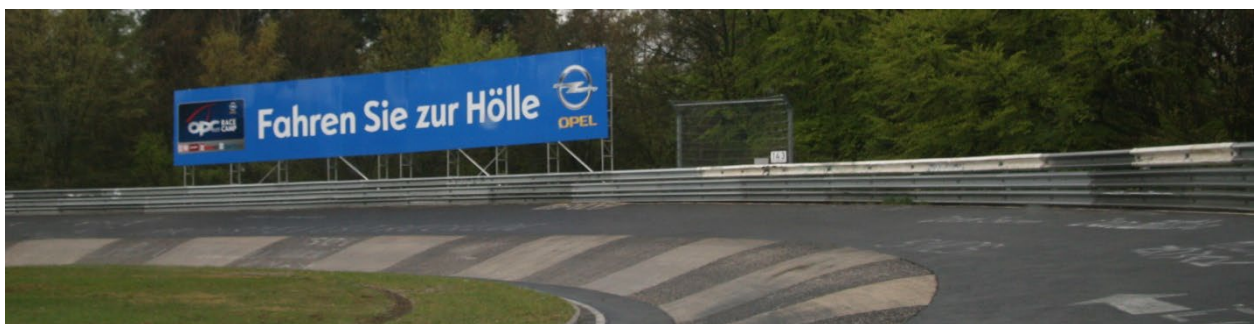
Dear God, keep our wives from shopping sprees and protect them from 'bargains' they don't need or can't afford. Lead them not into temptation for they know not what they do.

For Wives Only

Almighty Father, keep our husbands from looking at foreign women and comparing them to us. Save them from making fools of themselves in cafes and nightclubs. Above all do not forgive them their trespasses for they know exactly what they do.



Please stay healthy and happy. I hope you are looking forward to the great times we will have together again on one of the fabulous PORSCHE tours in 2023 and help us plan for 2024. I can't wait to get back to Europe in April. All the best to you,
Peter



Where did I take this picture? There is only one Nürburgring!