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# Travel Healthy: A Road Warrior's Guide To Eating Healthy



## Synopsis

Travel. Health. Business. Business travel is challenging enough with stress, work commitments, delays and time scarcity. Eating well is usually sacrificed under these circumstances. This book will help you make healthy food choices and find nourishment while traveling. The book is designed for busy business travelers and those who prefer to read short books that get to the point quickly. There are a series of tools that are easy to use that will inspire you to think differently about food.

## Book Information

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## Customer Reviews

This book is far from being another diet-fad bible. It's a practical, fact-based and empathetic guide, written by an experienced business traveler for her traveling colleagues. In unpretentious no-frills ways, the author shows us that it doesn't take that much effort to eat well, feel well and do well when we travel. To do that, the book gives us cheat sheets that keep us from doing harm to ourselves as we are confronted by mass-produced food in a speed-and-efficiency focused travel world. It also gives us a language system that is easy, plain and fact-based - no marketing jargon here. And, most importantly, the book gives us useful tips on how to train our brains to make good choices: What do you need to ask yourself when you're starving as you step off the plane? How can you get quick but healthy comfort for your late-night appetite as you settle into your hotel room? When and how do I engage in nutritional compromise? It's so simple that it's almost trivial: In business, we are trained to put quality resources into our businesses to get quality products out - why would we do anything different with our bodies?

Natasha Leger is one who "walks her talk". She has been researching, experiencing, and living (!) THE HEALTHY LIFE for as long as I've known her (about a decade now). As a colorectal cancer survivor (and the Founder of a community of cancer survivors called COLONTOWN), I'm more than slightly interested in helping (me and) others learn how to nourish our bodies with the foods that can honestly make us feel better, fight off disease, be more productive in our work, and to pass along the good news to those who seek the better life. Leger has done this work for us! Read the book *lerika hanson brown* mayor: COLONTOWN[...]

This book starts with a made up term "nouri" which is okay since it is asking one to look for a certain set of qualities in what we consume. Okay, I can deal with that. An author can make up a word to get you to reframe your thinking and encourage a new perspective. And from there the book has some good suggestions for making decisions about what to consume and how to weigh the consequences. This was fairly sound advice and if that is all that folks get out of this book then I would give it three stars. Before reading the rest of my review, if you are looking for a new belief to get you beyond where you are currently, then this book could work for you. It does not have bad ideas, just ideas that are not based on scientific evidence. And in my long journey for optimal health and weight loss sometimes I do just need to change my beliefs for a little bit to be able to move on. Okay, so after the part about weighing the consequences to decide what to ingest, all the redeeming qualities in the book were outweighed by things that I cannot accept with my methodical and analytic science mind. The next topic of the book goes on to show that one can measure their antioxidant level. Yeah, not the antioxidants in food, but the antioxidants in one's own self. I was also a bit turned off by the fact that GMO food falls between fast food and processed food. Hmmm. While GMO food may not be sustainable, I'm not sure GMO foods are going to have negative health effects equivalent to fast food and processed food. In the appendix in section I. called "Beware of Slow Poisons: Top GMO Foods" the second GMO food listed is aspartame. This is curious. I always believed that aspartame was an artificial sweetener, made in a laboratory, not a genetically modified organism that is grown. Also, there are supposedly superfoods that we should be consuming that are the best types of foods out there. I think that they are found in juice bars according to this author. I guess those might be healthier than fast food, but I'm pretty sure that juice bars remove a lot of the fiber in fruits and vegetables so that they really are very high in sugar and may have some vitamins and nutrients that are not found in cake or candy, but I would not consider this the healthiest food to consume. And then there was this couple of sentences about airport food. "Airport food is the biggest challenge. Not only is it mostly processed food that is available -- it is also

x-rayed, which reduces any nutrient value of the food." Huh. I surely was not aware of this phenomenon. There are not any footnotes in this book or an official bibliography. There are documentaries and a lot of websites cited. I did not see any peer-reviewed articles cited. I have considered writing a travel and diet book. I am so relieved that I do not actually have to write the book based on any scientific research. That will make it so much easier!!

I very much enjoyed reading this book and so many times said to myself: thank God there are people like the author on our unhealthy business planet! Very refreshing, always extremely useful, with lots of practical tips and some scary warnings too. My food culture is deeply rooted in the southwest of France-- where I was born and raised in the religion of fresh and tasty products, the pleasures of cooking and sharing meals, and where health and food were always intricately related, from the raw product to the way kids were supposed to enjoy the dishes on their plates. Food and pleasure are so close to one another. When we make a decision, and it is obviously true when we choose to eat one thing rather than another, it is based more on emotions than on any rational thinking. As a matter of fact, our decisions regarding food may not be decisions at all as marketers and politicians have known for a long time. When the book asks the question "is it worth the damage?", I do not think it is a question of a rational nature. Instead it is really the counterpart to food industry marketing messages of "indulge yourself", which actually means: eat crap and enjoy the sheer pleasure of transgression. This is a real guidebook to thinking about food--oops nouri. This new word nouri, which is introduced in the book, is most helpful in thinking about how we should be eating, and what we should be looking for when hungry, or looking for a restaurant. I would like to see more discussion of the role of pleasure in eating. We should reconcile pleasure, transgression and healthy food since healthy can certainly be good, tasty, savory and a tremendous source of pleasure. People in North America appear to dissociate their head/mind from their body. I have heard so many people say "I need food" like "I need gas". It is quite pathetic and it always leads to choosing the cheapest gas station, aka fast food. As a matter of fact, just travelling across the US makes you realize the relationship between cars and food, gas station and fast-food places along the highways etc., or as described in the book, along our travel paths: airports, hotels, train stations (Re: the Up in the Air movie). An important aspect of eating habits is consistency, not only when you are alone in your hotel room, or with customers in a restaurant but at home with family and kids. I would love to read about the consistency of a business man or woman coming back home and keeping the same habits described in this book, while in a different social setting, in particular with family. The healthy

habits must be a lifestyle, compatible with all social settings and not just a strategy for when you are on the road. The book has a section on food as a business (restaurants, agri-business, corporate farms, brainwashing power of marketing wizards in the food industry, etc., etc.) that I particularly liked. It is a societal question of the utmost importance. The book avoids controversy whilst clearly stating a clear opinion. The tables and figure are very well done, and directly helpful. Kind of cheat sheets when you are on the road.

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