

Media Contact:
Donna Jones Pelkie
(630) 252-5501
djpelkie@anl.gov

For immediate release

Diet plan helps travelers avoid jet lag

ARGONNE, Ill. (May 22, 2006) — With the summer travel season beginning, travelers who need to beat jet lag can learn how by visiting www.AntiJetLagDiet.com online. This Web site offers the most comprehensive free information anywhere on the Internet about how to use the famous Anti-Jet-Lag Diet, developed by biologists at the U.S. Department of Energy's Argonne National Laboratory.

For a small fee, travelers can also use Argonne-developed software to compute an individualized Anti-Jet-Lag Diet tailored to their specific itinerary. Argonne has licensed the software exclusively to AntiJetLagDiet.com LLC.

AntiJetLagDiet.com recently upgraded the software to produce plans in the form of a chart that is easier to understand. The chart provides daily, side-by-side time and date comparisons between home times and destination times for the duration of the plan.

-more-



Argonne National Laboratory
is managed by the
University of Chicago for the
U.S. Department of Energy.

Anti-Jet-Lag Diet — add one

The Anti-Jet-Lag Diet has helped hundreds of thousands of travelers avoid jet lag over the last 20 years.

Research shows that travelers who use the Anti-Jet-Lag Diet are seven times less likely to experience jet lag when traveling west and 16 times less likely when traveling east.

The free online information expands on older, publicly available versions of the Anti-Jet-Lag Diet by providing a full, frequently-asked-questions page that includes detailed information about food choices, caffeine use and the Anti-Jet-Lag Diet's origin and history.

The online software will calculate a detailed, easy-to-follow Anti-Jet-Lag-Diet plan tailored to an individual traveler's itinerary, for a small fee. The tailored Anti-Jet-Lag-Diet plan calculates time differences between departure and destination cities and specifies key meal times to help travelers experience more enjoyable vacations and productive business trips, free from the debilitating fatigue and sleepiness associated with jet lag.

A study published in the medical journal *Military Medicine* proved the effectiveness of the Anti-Jet-Lag Diet: In a test involving 186 National Guard troops flying across nine time zones, soldiers who used the Anti-Jet-Lag Diet flying west were 7.5 times less likely to experience jet lag. On the return trip east, soldiers who used the Anti-Jet-Lag Diet were 16.2 times less likely to have jet-lag. The study can be read online at www.AntiJetLagDiet.com/docs/mmarticle.pdf (1.6 MB PDF file).

-more-

Anti-Jet-Lag Diet — add two

Anyone traveling across three or more time zones can use the Anti-Jet-Lag Diet plan to eliminate or reduce jet lag – feelings of irritability, insomnia, indigestion and general disorientation that occur when the body's inner clock is out of synchronization with time cues it receives from the environment. Time cues include meal times, sunrise and sunset, and daily cycles of rest and activity.

The Anti-Jet-Lag Diet uses nature's time cues to help the body adjust quickly to a new time zone.

Hundreds of thousands of travelers have requested copies of the Anti-Jet-Lag Diet from Argonne over the years. Examples include President Ronald Reagan, the U.S. Army and Navy, the U.S. Secret Service, the Central Intelligence Agency, the Mormon Tabernacle Choir, the Chicago Symphony Orchestra, the World Bank, the Federal Reserve System, the Canadian National Swim Team, and dozens of corporations, scout groups, church groups and other travelers.

AntiJetLagDiet.com LLC is a limited liability company based in Downers Grove, Ill.

The nation's first national laboratory, Argonne National Laboratory conducts basic and applied scientific research across a wide spectrum of disciplines, ranging from high-energy physics to climatology and biotechnology. Since 1990, Argonne has worked with more than 600 companies and numerous federal agencies and other organizations to help advance America's scientific leadership and prepare the nation for the future. Argonne is managed by the University of Chicago as part of the U.S. Department of Energy Office of Science national laboratory system.