

THE Migraine Relief PLAN TRAVEL GUIDE

STEPHANIE WEAVER, MPH, CWHC



THE Migraine Relief PLAN: Travel Guide

Copyright © 2016 by Stephanie Weaver

All rights reserved. No part of this guide may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without express written permission from the author.

This guide is intended to supplement, not replace, the advice of a trained health professional. If you know or suspect that you have a health problem, you should consult with a health professional. The author specifically disclaims any liability, loss, or risk, personal or otherwise, that is incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this guide.

The field of migraine medicine and research is always changing. This guide reflects the state of knowledge when it went to publication. Check MigraineReliefPlan.com for updates and corrections.

dedication

*For my intrepid parents, who gave me the love of travel early.
And for Bob, the best travel partner in the whole wide world.*

ABOUT THE AUTHOR

Stephanie Weaver is health and wellness coach, writer, and recipe developer. She loves walking, growing greens, and her morning meditation routine. She lives in San Diego with her husband, Bob, and their Golden retriever, Daisy. [The Migraine Relief Plan](#) is her [third book](#).

Find more than 325 of her ridiculously yummy recipes, suitable for a variety of special diets, on her website [Recipe Renovator](#).



foreword

Thank you so much for pre-ordering *The Migraine Relief Plan*! I can't wait for you to receive it. It's the culmination of two years of research, starting when I was diagnosed (late in life) at age 53 with migraine and migraine-associated vertigo. I didn't want to just rely on medication. As a health and wellness coach I believe that lifestyle changes are huge part of feeling better. So I looked for a book or program that offered what I needed and couldn't find one. After developing and testing a program that greatly helped me and my testers, I knew I needed to offer it to others to help them too.

I created this travel guide to tide you over until the book comes out on February 14. What I offer you here is more planning guidance—not found in my book *The Migraine Relief Plan*—on preparing for and managing all kinds of travel.

I have always loved to travel. It started as a kid, when every summer we would take two week vacations in our camper when my dad's plant closed. We saw nearly every state east of the Mississippi, in addition to all of the eastern Canadian provinces.

When I was 28 I set off on a Circle-the-Pacific trip for two months, visiting friends in Hong Kong, Thailand, Indonesia, and Australia. I have been hooked ever since.

While traveling with migraine isn't fun, I have learned some tips that help me limit my attacks and truly enjoy and look forward to travel.

Don't let migraine sideline you! With planning, travel can still be possible for people with migraine. Enjoy your life.

travel planning

The number one thing I have learned about travel is that I have to plan more for it with migraine. I can't just show up and expect everything to go smoothly. In this guide I'll provide tips for the run-up to your trip as well as packing, airport food, and more.

General tips:

Decide what's important to you. What will make or break your enjoyment of this trip?

If you will be **traveling with family**, spend some time thinking about whether this adds or reduces stress for you. Is it easier to take care of yourself or more difficult when family is involved? This should help you plan accordingly.

Family or friends not supportive of your efforts? **Engage one ally** who will be with you on the trip (or at home) who will support you and talk through exactly what you can do to make it all work.

Research the food where you are going. I always have a sense of how easy or challenging it will be to eat where I am going. I research two to three restaurants I know will work for me. I often have a specific plan to stop at a particular restaurant or grocery store upon arrival. This helps me relax and enjoy the actual travel to my destination without stressing out about food. If traveling overseas, use food blogs (and Google Translate) along with travel sites to learn about the food.

Consider non-hotel alternatives. I have found AirBnB to be much easier than hotels in terms of having kitchen and refrigerator access.

Want more personal guidance? I offer **one-on-one health and wellness coaching** for a limited number of clients. Contact me to learn more.

Have more questions? Check out my regular **Facebook Live broadcasts**.

Bon voyage!

7 days prior

If you are changing time zones, consider shifting over your sleep and wake schedule in 15 minute increments every day to make the transition easier. For example, if I am traveling to the east coast from California, I need to get up at 4 am. So I will go to bed 15 minutes earlier each night and set my alarm to get up 15 minutes earlier each morning. Then that 4 am wake-up on travel day isn't so rough, and I am already adjusted to east coast time when I arrive.

Research where you can buy groceries, and two or three restaurants near where you are staying that have foods you know you can eat. If you can't get enough detail about the menu online, call ahead to ask if they can accommodate you.

3 days prior

Start hydrating

Eat trigger-free as much as possible

Get regular gentle exercise

Buy or prep your travel food (see packing list on page 11). For me this includes tea, stevia, home-made granola, store-bought bars, and possibly one can of sardines for protein. If you can eat eggs, hard-boiled eggs are excellent.

Make travel muffins (recipe on page 9) and freeze

travel day

I use nasal spray 1 hour before airport (this may cause nausea, you'll need to experiment)

I may take my medication 1 hour before airport if airports trigger you

Wear hat and migraine glasses if you are light sensitive

Walk as much as possible during your flight day (walk between gates, stand on plane)

Drink as much water as you can

Use crystallized ginger or ginger capsules to deal with travel or light sensitivity
nausea

airport food

Should be okay to eat

Apples

White steamed rice (Asian restaurant)

Hard boiled eggs

Salads (skip the dressing, nuts, cheese)

Sunflower seeds

Popcorn (oil and salt only)

Potato chips (oil and salt only)

Plain grilled chicken

Fries without salt or ketchup

Steak or plain hamburger (no bun)

Scrambled eggs with corn tortillas

Avoid

Cheese, sauces, soups, stir-fries, caffeinated beverages, nuts, chocolate, sugary foods, baked goods, condiments

Ask to taste

BBQ like pulled pork (might be super salty), see if they will give you a little taste without sauce

Airport beverages

Seltzer water

Bottled water

Low-carb green juice without lemon

Steamed milk or coconut milk

travel muffins

Makes 20 muffins

Prep time: 30 minutes

Cook time: 40-45 minutes

3/4 cup coconut flour

1/2 cup arrowroot powder

1 tablespoon psyllium husk powder

1 tablespoon sodium-free baking soda

organic stevia = 4 teaspoons sugar

1/2 teaspoon cinnamon

1/2 teaspoon dried ginger

1/4 teaspoon ground dried cloves

1/4 teaspoon dried nutmeg

1/2 cup sunflower seeds (toasted or raw)

1/2 cup grated carrots

1-2 pears, peeled, cored, and cut into chunks

1/2 cup canned coconut milk (whole or light)

1/4 cup extra virgin olive oil

1 tablespoon vanilla extract

1 cup pumpkin seeds or sunflower seeds

1. Preheat the oven to 350 degrees F. Line 20 muffin tins or use silicone muffin liners.
2. Whisk together coconut flour, arrowroot powder, psyllium husk powder, sodium-free baking soda, stevia, and spices in a large bowl.
3. In a food processor with the S-blade, grind 1/2 cup of sunflower seeds into a fine powder, about 1 minute. Whisk into the flour mixture.
4. With the food processor's grating disk, grate carrot(s). Add to flour bowl.
5. With the S-blade back in place, pulse the pears until they are mostly puréed, leaving some chunks of fruit. Measure 2 cups and add to the flour bowl.
6. Add the coconut milk, olive oil, and vanilla to the bowl. Mix well using a spatula to get the dry bits up off the bottom.
7. Add in the pumpkin seeds and mix until evenly combined.

travel muffins, cont.

8. Spoon the mixture into muffin tins (I use an ice cream scoop) and smooth the top.
9. Put into the oven on a center rack.
10. Check after 40 minutes. Bake until they are firm and starting to get lightly brown on the edges. Let cool completely on a wire rack.

Refrigerate these once you arrive at your destination. If I can't get a migraine-friendly meal, 2 or 3 of these will tide me over.

packing list

Ear plugs

Eye mask

White noise app for phone

Guided meditation (on phone or printed out)

Medications (enough for trip plus 2 days)

Tiger Balm or Salonpas patches or muscle cream

2 tennis balls in a sock (use to release muscle tension)

Nasal spray (may cause nausea, so experiment)

Pepto-Bismol tablets

Feminine products

Boarding pass

License or passport*

Passport holder*

Jewelry

Travel food—checked luggage: Tea, stevia, 1 can sardines, fruit, snacks, seed mix or granola, vitamins / triphala / probiotic pearls, packets of olive or coconut oil

Travel food—carryon luggage: breakfast or lunch, piece of fruit, salty snack, crystallized ginger or ginger capsules, bag of muffins

Sugar-free gum

Hat (for airport) & migraine glasses

Water bottle

Travel pillow(s): I love the J Pillow (Amazon)

Pashmina or scarf

Converter*

Cell phone and charger

Power pack to recharge phone (if traveling for work)

Down slippers or fuzzy socks for airplane

Comfortable plane outfit

Shoes

Clothing

PJs, sleep sox

Underwear

* Overseas travel

Thank you for pre-ordering THE Migraine Relief PLAN!

Please [join our Facebook group](#) to ask questions, share recipes, and be part of a supportive community.

[Follow me on Facebook](#) to catch my regular Facebook Live cooking demonstrations and Q & A sessions.

