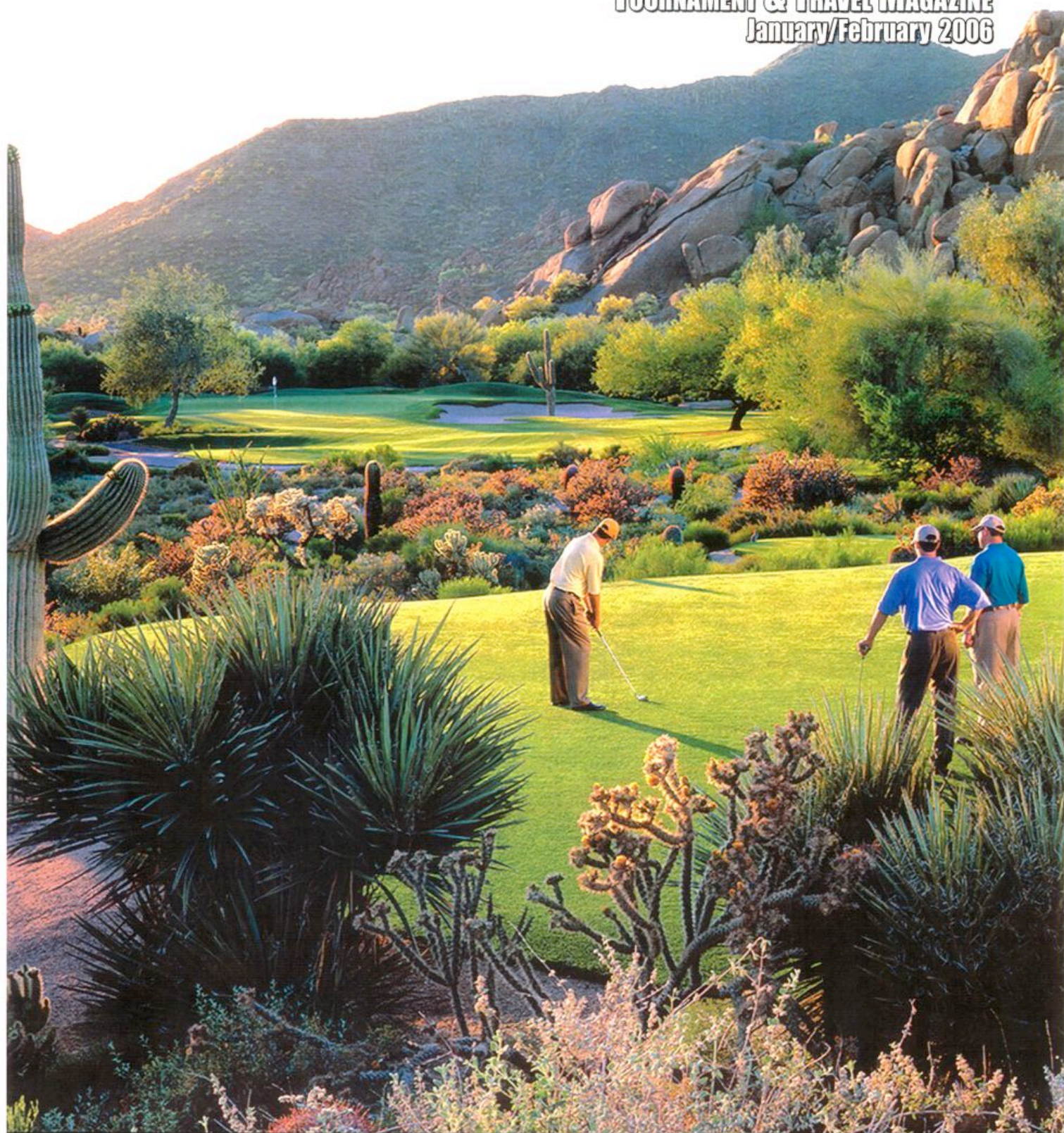


KANSAS CITY GOLF

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▼ Arizona Golf ▼ Champions Tour Returns To LionsGate ▼ KC Golf Expo

Fairway In Fiji

By Dr. Lynn McIntosh

Golf is a wonderful year-round sport – if you are in the right location! For many Midwesterners, the winter months include traveling to a favorite course in a sunny, warm climate. Traveling can be anxiety-provoking and physically exhausting OR the preparation and travel time can be intentionally designed to enhance your play upon arrival in that ideal location.



Maximizing your game away from home requires paying special attention to diet, exercise, hydration, and sleep.

Jet-lag (that very real experience of having left your digestive system, internal clock, and mental alertness in another time zone) can severely compromise your vacation time. Several simple suggestions can minimize your experience of jet-lag. Three days before traveling begin drinking more water than you are used to. Remember, the recommended daily intake of fluid is 64 ounces (preferably water or juices). Try actually taking in that amount, or even a bit more.

If possible, avoid sustained static body position before spending time on an airline. For example, try not to sit at your computer for hours the day before flying into another time zone. Stretch. S-t-r-e-t-c-h. S-T-R-E-T-C-H (see May/June edition of *Kansas City Golf Tournament & Travel Magazine* for instruction in specific stretching exercises).

A trip well planned is a trip well taken. Do your best to minimize unnecessary anxiety. Keep your passport, prescriptions, emergency contact information, and luggage selection up-to-date. Try not to risk injury while en route. This is the time for golf equipment with wheels, or hired valet service. When packing, include traditional first aid supplies: antihistamines, antidiarrheals, motion sickness remedies, multi-vitamins, insect repellent, sunscreen, lip balm, analgesic and antibiotic ointments, bandages, moleskin, painkillers, etc. Also remember to include melatonin, an antioxidant supplement proven successful in effecting regular sleep, enhancing energy level, and preventing jet-lag. (Be sure to consult your health-care professional to review potential drug incompatibilities.)

Unfortunately, many travelers experience motion-sickness, which is the mismatch of signals between the eyes and the inner ear. Well-known traditional suggestions really do help. Direct your gaze to and focus on the farthest visual point possible, avoid close-up handwork and reading, stay away from heavy meals, snack as needed, and

replenish electrolytes as your travel concludes. A simple, less-known hands-on technique is highly successful in reducing nausea. Placing pressure on a specific point on the inside of your wrist stimulates the acupuncture point related to motion sickness, nausea and morning sickness. This pressure point is located between the two primary tendons approximately two inches up the arm from the wrist crease. (More accurately, the measurement should be determined by the width of three fingertips of the person on whom the pressure is to be applied.)

If only we could beam down! At some point, arriving at that dream destination means time in your seat on the airplane. Relax and, when you can, keep moving. In-your-seat exercises will help prevent muscle cramping. Try placing both feet flat on the floor. Gently rock your feet back and forth, stretching the muscles of your feet, ankles, calves, and thighs. Try mobilizing your hips by bending forward as you pull in at the navel, then rise up and arch your back to bring your shoulder blades together. Use exercises of the head and neck to relax into a nap. Push your chin to the chest and hold three seconds. Roll your head moving your right ear to your right shoulder and hold three seconds. Now roll your head, moving your left ear to your left shoulder and hold three seconds. Repeat this series five times.

Now, breathe! Deeply... using your diaphragm. Inhale slowly through your nose, expanding your upper abdomen as the air moves upward into your chest and throughout your upper body. Exhale slowly and effortlessly through your mouth. Use this pattern of breathing consciously and repeatedly as each breath becomes more fluid and relaxed.

The air can be calm up there! Proper preparation, preventive care and attention to your body's needs while traveling will contribute to a satisfying recreational experience at your destination. Bon Voyage! Enjoy the game of golf in your own corner of paradise!

Health Segment brought to you by:

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