

**INTERNATIONAL BESTSELLER  
FOR OVER 20 YEARS**

Revised and  
Updated for the  
21st Century  
Air Traveler

# THE CURE FOR JET LAG

Lynne Waller Scanlon & Charles F. Ehret, Ph.D.

The Amazing 3-Step System Developed at  
Argonne National Laboratory and Used by  
Fortune 500 Executives and  
The U.S. Army Rapid Deployment Forces

“Thank you for your fine contribution to humanity.”

—Office of Public Liaison  
The White House

“Thank you for your good book; it was well written and sorely needed.”

—John D. Lange  
Department of the Treasury

“The [3-Step System] has helped hundreds of thousands of travelers avoid jet lag over the last 20 years.”

—U. S. Department of Energy  
Argonne National Laboratory

“For the vacationer who doesn’t want to miss a minute of sightseeing abroad, for the business executive who must be sharp at a meeting . . .”

—Jane Brody  
*New York Times*

“Even with a little bending, the regimen worked well.”

—Dennis R. Getto  
Journalist, *Milwaukee Journal Sentinel*

“I tried it myself, and . . . [*The Cure for Jet Lag*] worked for one of the most jet-lag-prone travelers in Christendom.”

—William Hines  
Journalist, *Chicago Sun-Times*

“Ehret . . . has testimony from thousands of military and industrial executives who have used it [*The Cure for Jet Lag*] in the past few years.”

—*Washington Post*

“Dr. Charles F. Ehret has found a way to . . . reduce or eliminate jet lag.”

—*Family Weekly*

“Arm yourself with [*The Cure for Jet Lag*].”

—United Press International

“ . . . a plan that’s designed to ease the body into acting the way it should after a long trip by air.”

—*New York Daily News*

“On the basis of a flight from Tokyo to New York, during which I followed the [3-Step System] rigorously, I experienced no disorientation. Previously, I had needed a week to recover.”

—Dorothy Guyot, Ph.D.

“I have traveled the world and followed Dr. Ehret’s system for twenty-five years. I will use it again in February 2008 on a trip to Buenos Aires. It makes a big difference, particularly on the first day.”

—Louis J. Cohn  
Chicago Attorney

“ . . . your [cure] worked well for me and I arrived in Milan ready to go to work.”

—Eugene Callen  
CEO, Callen Manufacturing

“It worked wonderfully! The Detroit-London through-the-night-direct-to-all-day-meetings was never so easy.”

—Maurita Peterson Holland  
Head, Technology Libraries

“ . . . it worked perfectly. I was able to do a full day’s work immediately on arrival in both directions.”

—F. Lincoln Vogel  
University of Pennsylvania

“ . . . I have used your [3-Step System] on two occasions in the last couple of months, both times with great success . . . I have in turn shared it with no less than thirty people.”

—J. D. Weathers  
Engineer

“My wife and I . . . were amazed at the excellent results.”

—Harry Wassail  
Consulting Geologist

“Going on the [3-Step System] is an essential part of preparing for any trip.”

—Arlene Friedman  
Mach II Travel Agency

THE  
CURE  
FOR  
JET  
LAG

By Lynne Waller Scanlon & Charles F. Ehret, Ph.D.



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## **ACKNOWLEDGMENTS**

**Charles F. Ehret, Ph.D.**

This book reflects the industry and experiences of many people over the course of nearly sixty years of work in the field that we now know as Chronobiology. I am especially grateful to Dr. E. L. Powers of the University of Texas, who first suggested to me, in 1946, that cells may have clocks; to Drs. Van R. Potter, the University of Wisconsin, and Kenneth R. Dobra, the University of Louisville, who collaborated with me in the earliest experiments on the chronobiotic action of the methyl xanthine drugs; to Drs. John J. Wille, the Mayo Clinic, Gregory Antipa, San Francisco State University, and Kenneth R. Groh, Argonne National Laboratory, who worked in my lab at Argonne, showing that food plays a role as a circadian clock synchronizer in free living cells and later in whole animals; and to Drs. Richard Wurtman and John Fernstrom of the Massachusetts Institute of Technology, whose studies on the role of nutrition in determining neurochemical changes in the brain provoked much of the work in many parts of the world that followed up on these early studies.

There are scores of unsung pioneers who, since the earliest days of transmeridional travel, monitored resolutely their physiological and performance rhythms on many long distance trips. In the forefront of these pioneers are Drs. Franz and Erna Halberg and Dr. Erhard Haus of the University of Minnesota, Dr. L. E. Scheving of the University of Arkansas, and the late Dr. Howard Levine of the New Britain (Connecticut) General Hospital. For their contributions to our best understandings of psychomotor and psychological performance rhythms, we are indebted to Drs. Peter Colquhoun, Simon Folkard, and Timothy Monk, the University of Sussex. For their experimental studies of larger groups of human subjects in transmeridional flight, I owe a lasting debt to Drs. K. E. Klein and H. M. Wegmann of the West German Institute for Aviation Medicine, to Dr. Takashi Sasaki of Kumamoto University, and especially to Major R. Curtis Graeber of the Walter Reed Army Institute of Research.

To the many volunteers and contributors to our own system, and enthusiasts in reporting on its efficacy, I extend my thanks, especially to Henry Cernota and members of the Automotive Transportation Supervisors of Chicago, to

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This book would never have come to fruition without the professional skill and perseverance of my talented coauthor, Lynne Waller Scanlon of New York City. It was she who guided the project through proposal development, placement of the book, and most important, translation of the esoteric terms and jargon of contemporary biological science into readable and comprehensible form for the general reader.

Special thanks go to my wife, Dorothy Armstrong Ehret, for her indefatigable secretarial help, excellent editorial assistance, and continuous encouragement through all phases of this important project.

## INTRODUCTION

Lynne Waller Scanlon

### Back by Popular Demand

This famous 3-Step System to cure jet lag was developed by the world's preeminent chronobiologist, Dr. Charles F. Ehret, when he was a senior scientist at Argonne National Laboratory, a research facility of the U.S. Department of Energy operated by the University of Chicago in Argonne, Illinois. Almost exactly twenty-five years ago, Dr. Ehret and I collaborated on *Overcoming Jet Lag*, a book that made the 3-Step System to cure jet lag readily available to any and all travelers. *Overcoming Jet Lag* became a bestseller, taking off and selling hundreds of thousands of copies worldwide. *The Cure for Jet Lag* is the updated version of *Overcoming Jet Lag*.

When Dr. Ehret and I discussed a revised edition of our book, he agreed readily that there was a need to “reaffirm on a broad international scale how valid the basic methods are . . .” In one of his last conversations with me, Dr. Ehret said to me that it was evident that millions of people around the world were still unaware that a cure for jet lag existed. Although the outdated and out-of-print version of our old book could be found on the Internet (often at “rare book” prices), a new edition was long overdue. *The Cure for Jet Lag*, back, if you will, by popular demand, will provide the jet-setting traveler with Dr. Ehret's simple, safe, easy-to-follow and convenient system once again.

What's new in *The Cure for Jet Lag* if the 3-Step System existed twenty-five years ago?

- A more detailed explanation of the plan.
- A treatment for caffeine withdrawal when the 3-Step System calls for the avoidance of caffeinated foods, drugs, and beverages.
- Updated examples.
- Requirements by Homeland Security, so that you don't get held up at the gate if you are carrying prepacked foods.
- An Appendix with a long (often surprising) list of caffeinated drinks and drugs.
- Expanded FAQs.

## **Introduction**

Also, the layout and design have changed. Specifically, the pages of *The Cure for Jet Lag* are much bigger and the print is larger than found in the original version in order to make *The Cure for Jet Lag* easier to read in the dim light of an airplane cabin as you wing your way through time zone after time zone.

### **A Word About the Late Dr. Charles F. Ehret**

My coauthor, Dr. Ehret, died at 83 in February of 2007. News of his death resulted in an outpouring of sympathy from friends and colleagues around the world and a Resolution by the Senate of the Ninety-Fifth General Assembly of the State of Illinois in which the Assembly officially joined his family and friends in mourning his passing.

Not only was Dr. Ehret the world's most famous chronobiologist, I could not have asked for a better coauthor. He was an amazing man.

He also was the husband of Dorothy and the father of eight. He served in the U. S. Army's 87th Infantry Division during World War II, receiving a Bronze Star and a Purple Heart for actions during the Battle of the Bulge.

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The rest of the book is hidden from view!

To buy the book, click here

# The World's Leading Authority Presents a Proven, All Natural, 3-Step System for Preventing the Air Traveler's #1 Complaint

## General Comparison of Symptom Duration With and Without *The Cure for Jet Lag!*

### Eastbound Flights

Time Zone Changes in Hours	DAYS WITH SYMPTOMS	
	WITH 3-Step System*	WITHOUT 3-Step System
+2	0	3
+4	0	6
+6	1	9
+8	2	12
+10	3	12
+12	3	12+

### Westbound Flights

Time Zone Changes in Hours	DAYS WITH SYMPTOMS	
	WITH 3-Step System*	WITHOUT 3-Step System
-2	0	2
-4	0	4
-6	1	6
-8	1	8
-10	2	10
-12	3	12+

\* Any jet lag symptoms experienced while on the **3-Step System** will also be greatly reduced in severity.

*"The [3-Step System] has helped hundreds of thousands of travelers avoid jet lag over the last 20 years."*

U.S. Department of Energy, Argonne National Laboratory

*"Ehret ... has testimony from thousands of military and industrial executives who have used the [3-Step System] in the past few years."*

The Washington Post

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