

OPTIMAL PERFORMANCE AT ALTITUDE

Monday 23rd May 2016 / 15.45 - 16.15

Presented by: Sarah Wilson Director & Registered Nutritionist



Departure Lounge





















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Challenges around Aviation Nutrition





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Diabetes

DISEASES

Cancer

Arthritis

Heart disease

Obesity

Fibromyalgia

Auto-immune diseases

Structural imbalances

UNDERLYING CAUSES

Inflammatory imbalances

Hormonal imbalances

Immune imbalances

Detoxification imbalances

Mitochondrial dysfunction

Digestive, absorptive & microbiological imbalances

Toxic emotions (anger, fear, resentment, etc.)













Eat According to your Genes...

...When Flying at Altitude

Your nutrient needs

Your level of tolerance to lactose

Your ideal way to eat

How well you detoxify

 Your sensitivity to weight gain based on your fat intake

Your antioxidant needs

Your salt and caffeine sensitivities

 Whether you are at risk of being Coeliac or gluten sensitive What type and amount of exercise best suits your genetic make-up to ensure you achieve full potential



"Even though only about 1% of the population has celiac disease, gluten-free meals have had a 30% increase over previous years in what passengers are ordering. The combination of improved quality and variety of gluten-free products with better-trained chefs on gluten-free ingredients has taken these meals to new heights and flavors."

AirCulinare

"Over the last five years we've seen an increase in requests for gluten free, or meals that account for people's allergies. There has definitely been a rise in demand for diabetic diets worldwide."

On Air Dining

(Resource: Fly Corporate 2016)

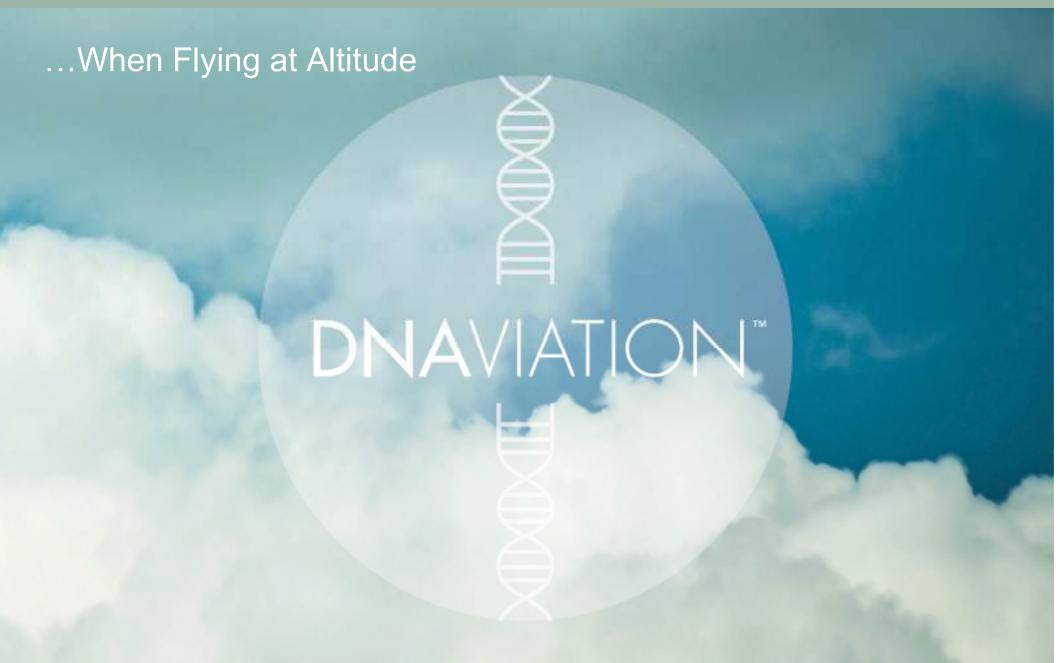
3 Things to Know

Tailoring + Eating according to your genes at altitude

Competitive Edge



Eat According to your Genes...











Contact us to make an investment in your body that can change your life

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