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For immediate release

Argonne Anti-Jet-Lag Diet helps summer travelers beat jet lag

ARGONNE, Ill. (May 16, 2008) – As the summer travel season begins, many vacation and business travelers will beat jet lag with the Anti-Jet-Lag Diet developed at the U.S. Department of Energy's Argonne National Laboratory.

A study published in 2002 in the medical journal *Military Medicine* found that travelers who use the Argonne Anti-Jet-Lag Diet are seven times less likely to experience jet lag when traveling west and 16 times less likely when traveling east. A copy of the study is online at AntiJetLagDiet.com.

"Anyone traveling across three or more time zones can use the Argonne Anti-Jet-Lag Diet to eliminate or reduce jet lag," said Argonne's Dave Baurac. "The Argonne Anti-Jet-Lag Diet maintains our healthy cellular rhythms by using the same natural time cues that nature uses, such as meal contents and timing, light and dark cycles and daily activity cycles."

Jet lag symptoms include feelings of irritability, insomnia, indigestion and general disorientation that occur when the body's inner clock is out of step with environmental time cues like meal times, sunrise and sunset, and daily cycles of rest and activity.

Free information about the Argonne Anti-Jet-Lag Diet and how to use it is online at www.AntiJetLagDiet.com/faqs.asp.

Invented by Charles Ehret, an Argonne biologist whose career was devoted to the study of daily biological rhythms in a variety of organisms from paramecia to mammals, the Anti-Jet-Lag Diet has helped hundreds of thousands of travelers avoid jet lag.

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Argonne Anti-Jet-Lag Diet – add one

Since 1982, Argonne has provided information about the Anti-Jet-Lag Diet to 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, travel groups and individual travelers.

For a small fee, visitors to the AntiJetLagDiet.com Web site can also use Argonne-developed software to calculate a detailed Anti-Jet-Lag Diet plan tailored to their specific itinerary. Argonne has licensed the software, written by Baurac, exclusively to AntiJetLagDiet.com LLC.

About Argonne

Argonne National Laboratory brings the world's brightest scientists and engineers together to find exciting and creative new solutions to pressing national problems in science and technology. The nation's first national laboratory, Argonne conducts leading-edge basic and applied scientific research in virtually every scientific discipline. Argonne researchers work closely with researchers from hundreds of companies, universities, and federal, state and municipal agencies to help them solve their specific problems, advance America's scientific leadership and prepare the nation for a better future. With employees from more than 60 nations, Argonne is managed by [UChicago Argonne, LLC](#) for the [U.S. Department of Energy's Office of Science](#).

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