Shifting body clock spells end to jet lag

LEAH W' EASY REVEL: Healthwatch Lent lends light each day, according to this plane passenger, giving them a sense of normalcy.

HEALTH TIPS

- **TIPS FOR TRAVELLERS**

  **Shifting body clock spells end to jet lag**

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  **Bones are not only structural but also play a key role in maintaining overall health.**

  **New research published in the *Journal of the American Medical Association* suggests that flying in a plane's cabin can affect the circadian rhythm, which is controlled by a combination of hormones, enzymes, and proteins.**

  **Passengers on long-haul flights often experience symptoms of jet lag, such as fatigue, insomnia, and altered appetite.**

  **Healthwatch Lent, a company that provides light therapy, has developed a device that mimics sunlight and helps to reset the body clock.**

  **The device uses a combination of light and heat to simulate the natural changes in light and temperature that occur during the day.**

  **Passengers can use the device while on the plane, and it continues to work during the flight, helping to regulate their body clock and reduce symptoms of jet lag.**

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