



How to Keep Your Health when Flying

Jet Smarter: 2nd Edition
By Diana Fairechild

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Twelve years after publishing **Jet Smart**, air passenger activist Diana Fairechild renews her campaign to upgrade life at 30,000 feet with the publication of the 2nd edition of **Jet Smarter**. This completely revised and updated book has 33 chapters (8 brand new), plus an Index.

Fairechild writes from 21 years' experience as an aviation insider — flying ten million miles as an international flight attendant before being “medically grounded” from the hazards of flying she now writes about. **Jet Smarter** provides everything passengers need to stay healthy, safe, and smart including information on turbulence, aging aircraft, frequent flying, sardine seating, delays, changes in time zones, air pressure, and magnetic fields; and the physical effects of radiation, noise pollution, and dehydration. Although some of these forces cannot be eliminated from the mile-high experience, Fairechild offers many tips for “smart flying” — for example, how to exercise on board, how and when to sleep, how to get less radiation by changing your routing, and even how to dress.

Deep Vein Thrombosis is the most pressing concern for air travelers at this time, often above concerns for security. Fairechild herself suffered a near-fatal blood clot while flying and managed to continue to fly for 20 years after that incident. Her advice on the subject of Deep Vein Thrombosis is untainted by commercial associations and is extremely valuable to readers.

There is a new chapter on Air Rage, another concern that worries air travelers greatly. Fairechild dealt with air-raged passengers when she was flying and, later, she wrote an article on air rage that was syndicated by Reuters, which introduced worldwide her theory that air rage is caused by oxygen deprivation. Her theory has actually now been proven. The Air Rage chapter includes all the latest information, all in Fairechild's immutable style—empathic, witty and poetic.

Today, Fairechild serves as an expert witness in cases of death and injury to passengers and this edition is enhanced by accounts of her legal work involving the airlines and the people who fly.

At this point in her career, Fairechild receives a huge volume of mail from her readership and is frequently asked to comment on aviation issues for national and international media.

In response to CNN who contacted her about a show they wanted to do on gadgets for frequent flyers, Fairechild replied, “The traveler's best gadget is himself. And the best way to use this gadget is to have the most information available. Providing good solid information is what I do.”