



After a flight from Los Angeles to Hong Kong last year, I was so sick it ruined the whole vacation. We're planning another trip that involves long hours in the air. Can you help me make it through the flight? *BLJ, Malibu CA*

A: Best is to try to set your internal clock on usual hours of sleep and other habits. Get comfy and snooze as much as you can during the flight. Eat lightly whenever you're hungry, and go easy on the booze.

At start of the flight, set your watch to the time it is at your destination, and gradually prepare mind and body to be able to function normally when you get there. During the flight, get at least five minutes of exercise per hour by strolling the aisle, and stand to stretch arms and legs in bulkhead space.