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Fast and Feast to Avoid Jet Lag Problems One of the main problems that is experienced by those who fly over long distances is jet lag. As a matter of fact, this is something that keeps many people from traveling all too often, simply because it is such an uncomfortable sensation to get over. You might be surprised to learn that there are some ways for you to be able to get over jet lag, provided you go on a diet and stick to that diet faithfully. It is typically known as the feast and fast diet, and it is very effective at doing this.

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