



FROM SEA TO SHINING SKI

Photograph © Barsik
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■ BY CHRISTINE A. HANDEL

The winter holiday season is a great time to traverse the landscape of this vast country, and travelers plan trips that promise adventure from sea to shining ski. While Colorado locals may find the altitude acclimatization process a relatively easy transition, few out-of-state visitors to Colorado's high country have the luxury of the time it actually takes to adjust to altitude, which can last two to three days, on average. Altigen™, an effective herbal formula for high altitude adjustment, created by Denver's own Yao Company, offers a simple solution to this tourist's dilemma.

No flatlander wants to be caught flat-footed in the mountains. This is often the case when traveling from sea level to high

altitude – especially for those who come unprepared to deal with altitude sickness. Many winter visitors eager to “catch air” on the slopes, jump in with both feet, but because of the lack of oxygen at higher altitudes, they do more “gasping” than “catching”. The predictable series of declining health conditions often associated with high altitude acclimatization can lead to a spoiled vacation, leaving everyone with the sinking feeling they've been had. Aah, nature!

Unless booking a vacation at a spa resort, most people don't expect to spend the day in bed, and especially not with the added nuisance of a splitting headache. However, close to 30 percent of visitors to high altitude resorts experience altitude-related discomforts, such as nausea,

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ALTIGEN™ OFFERS THESE SIMPLE HIGH-ALTITUDE HOLIDAY TIPS

1. Most traditional holiday meals seem to pay homage to salt. Reduce the salt in your feast, and increase water intake. The body naturally loses water at altitude as part of the acclimatization process, and too much salt will accelerate the loss.
2. When you toast your host, don't toast twice. Alcohol deprives the body of water and oxygen, and both are essential to altitude adjustment. Limit your alcohol intake at altitude.
3. Spend a night at a lower altitude, such as Denver at 5,280, before heading up to the mountains. Altitude specialists recommend a slow ascent for newcomers. Besides, Denver has an exciting nightlife to keep your visitors entertained.
4. Two scoops of potatoes, half a scoop of gravy. Carbs help the body produce energy more efficiently at altitude, while fat slows it down.
5. Take Altigen™ a day before, or upon arrival at altitude to shorten or eliminate the period of altitude adjustment.

Altigen™ can be ordered online at www.GetAltigen.com.

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headache, vomiting and lethargy. Many of these folks choose to forego the activities that drew them to the mountains in the first place: skiing, shopping, dining, and hiking, among others. This is, more often than not, a disappointing return on a pricey vacation investment.

Add to that the stress already associated with the winter holidays, brought on by family gatherings, limited vacation time, travel, and the obvious financial stress in today's economy, and, instead of the fabulous family feast you've spent weeks planning, you have a recipe for disaster.

The acclimatization process is at its most active level within the first few days of arriving at high altitude, which is the best time for visitors to take Altigen™. This adjustment period may be shortened or eliminated by Altigen™, even when symptoms are already present. Altigen™ was carefully formulated to aid in dry, hypoxic conditions, improve athletic performance and reduce fatigue. The six Chinese and Tibetan herbs, some of which are found growing under harsh conditions on the Himalayan mountainsides, unite to invigorate and nourish the blood, and, together, form an ideal remedy for altitude sickness relief and high altitude

adaptation. Altigen™ works quickly to strengthen the body's ability to handle high altitude activity. The adaptogenic herbs, American ginseng and rhodiola, are known in Chinese medicine to help the body effectively recover from stress (induced by exercise or activities at altitude) by binding oxygen to iron more efficiently, keeping the blood oxygenated.

The effects of Altigen™ on the physiological challenges of high altitude sports goes beyond altitude adjustment, and moves into the area of performance enhancement. Hudson recommends Altigen™ for all sports enthusiasts: skiers, mountain cyclists, runners, golfers, hikers and climbers who may be heading to the mountains for an event. "Cruise, don't bruise," says Daniel Hudson, licensed acupuncturist and Altigen™ developer, alluding to fainting spells some high altitude athletes experience. "Altigen can likely give an advantage in major sports events without the use of banned substances or suffering the lingering effects of a doping accusation."

At a mile high, mild symptoms of altitude sickness such as headache, dehydration, nausea, loss of appetite, sleep difficulties, shortness of breath, fatigue, nosebleed,

irritation and lethargy, can set in shortly after arrival, and can last several days. But, as visitors ascend above 6,000 feet into the foothills, and further up into the mountain resort areas, the symptoms can intensify and manifest as hypoxia (lack of oxygen), migraine, disorientation, inability to sleep, delirium, loss of memory, and in the worst cases, unconsciousness.

"No one wants to be light headed at the top of the chairlift," says Hudson. "You've got to get down, one way or another, and when you're staring down the mountain, it's better to have a clear head and steady feet."


Anyone who lives at high altitude and entertains out-of-state visitors knows the drill, and dispenses advice accordingly. "Increase water, take it easy, limit alcohol, and, as you venture uphill, go slowly. When in trouble, descend." But, not all visitors know (nor want) to heed this advice. Avid skiers know the inherent hazards of skiing, but altitude sickness does not always top the list. While novice skiers are more likely to experience this unpleasant illness than their experienced counterparts, neither is immune. So, as you're imparting your words of high-altitude wisdom to your visitors, you might also consider offering them Altigen™.

Sudoku

Answers available at www.insidecherrycreek.com

To solve a SUDOKU puzzle every number from 1 to 9 must appear in:

- Each of the nine vertical columns
- Each of the nine horizontal rows
- Each of the nine 3 x 3 boxes



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	4						7	
					5	2	8	9
	7	6		3			2	8
			8		6			
4	8			9		6	3	
6	1	8	4					
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