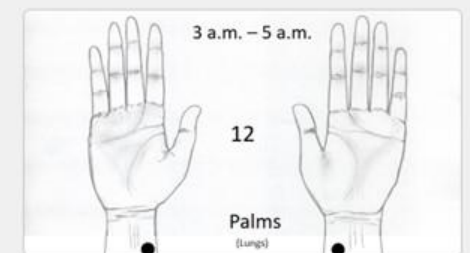
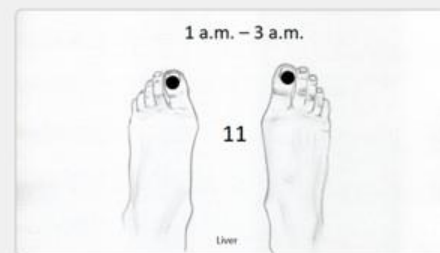
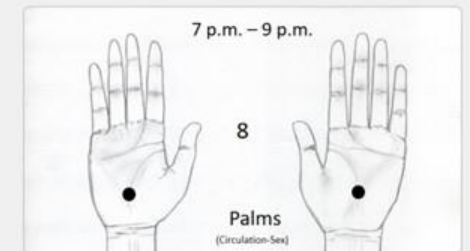
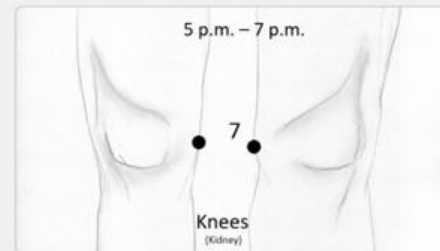
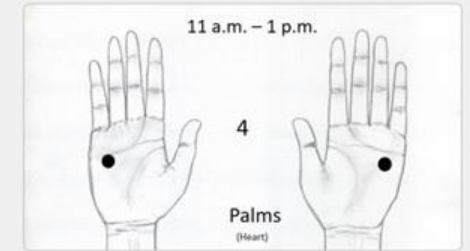
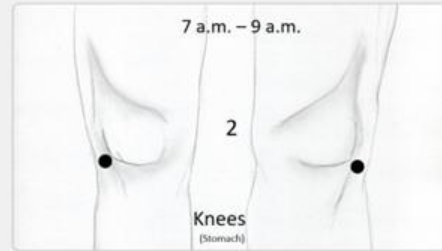
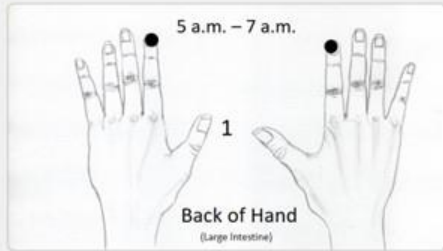


# No Jet Lag Routine



Credits: Donna Eden and Gail Van Kanegan (Information); Karen Crawford (Anatomical Drawings; Suzanne Gieseemann (Chart Design/Layout)