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Daryal mark (author of jet lag relief)

Daryal Mark is the author of Jet Lag Relief (3.00 avg rating, 1 rating, 0 reviews, published 2010)

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Jet lag (meaningless drivel forum at javaranch)

I don't get Jet Lag anymore. Mark which is why nobody complains about jet lag for a one hour time differences. (much to the relief of all around).

Jet lag relief: it's about time

Daryal Mark Jet Lag Relief: It's About Time Category: Tips Publisher: CreateSpace Independent Publishing Platform (June 23, 2010) Language: English

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Apr 15, 2009 Mark Gendreau, M.D., answers reader Travel Health: Jet Lag, I am referring to your suggestion about taking melatonin for jet lag after crossing

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