

5/8/2023

608-238-6001 [TEL]

greg@cruisingreview.com [Email]



Cruising Review

products

Products from Cruising Review for the Traveler and Travel Industry



This webpage QR code

Structured Data

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Cruising Review offers both service review and new innovation into the travel industry to make traveling more streamlined and provides products to enhance the travel experience.

PDF Version of the webpage (first pages)

Red Light Improves Eyesight

Recent studies (June 2020) confirm that for adults over 40, a red spectrum (LLLT or Low level light therapy) light can help the functioning of mitochondria.

There was a 14 percent improvement in the ability to see colors, or cone color contrast sensitivity, for the entire two dozen participants.

The spectrum for this therapeutic red light is around 670 nm. I have been using the Amzcool device (shown to the left and link below) for almost a year now, and love it. I use it for both my eyes, and for knee pain. It works for both eyes and skin healing (verified by NASA).

For more details, please follow the link for our detailed review. Buy link below.

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Learn how to become a digital nomad

Chantal Patton, host of the famous YouTube Channel Growing Up Without Borders has made a course that teaches you how to work while abroad and traveling.

Dometic Portable Electric Cooler

Dometic CFX-28US Blue

Gray CFX28 Portable Electric Cooler Refrigerator/Freezer (0.9 Cubic feet) Description: Dometic CFX-28US Blue; Gray CFX28 Portable Electric Cooler Refrigerator/Freezer (0.9 Cubic feet) 12V or 110V powered portable refrigerator or freezer. Excellent for RV, Marine, Solar Ship, or home refrigeration.

Pro-tip: This brand is the choice of cruisers (sailors) worldwide.

Blackube USB Rechargeable Batteries

Blackube USB Rechargeable Batteries 1.5V/2000mAh Lithium Ion AA Battery with 4-in-1 Micro USB Charging Cable 1.5H Quick-Charge Built-in Integrated Safety Circuit Protection Double A Batteries(4 Pack). Price around \$25.49 (as of April 2021).

Pro-tip: All of my batteries are these AA lithium ion rechargeable. I have been using them for about three years now for all CruisingReview travels.

DJI Mini 2 Fly More Combo

Ultralight Foldable Drone, 3-Axis Gimbal with 4K Camera, 12MP Photos, 31 Mins Flight Time, OcuSync 2.0 10km HD Video Transmission, QuickShots, Gray. Price about \$599 as of April 2021.

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Extreme Ownership: Best Book

In these trying times and extenuating circumstances, a lot of people are wondering how to cope. Read this book. Extreme Ownership. Most influential book of 2020. Get it, read it. Personal friends, I will give you a copy for free. It's that important in your life. Empower yourself, and empower those around you, so they cannot fail you. Prepare, strategize, plan, and execute. You will become more efficient, more determined, more ambitious, and able to deliver on your dreams.

This is my go-to book for developing a plan and strategy.

The gist of the book is to own what you do. Don't make excuses. The nuts and bolts of the book are to plan ahead, build your own bio-feedback loop and review what you've done and how you can improve yourself (with others, life, and how you do things). Before you start a project, visualize what you want to do, and how to do it.

How Not To Die: Fix Yourself From the Inside Out

Best nutrition book. How Not To Die. Do you often wonder if animal products are the cause of more than 90% of our illness?

If so, you are right. And science backs it up. But corporate greed would tell you otherwise. This book goes into great detail with scientific back up and double-blind studies that show you how eating a whole food plant-based diet cannot only prevent disease but also reversed disease.

This is the book your doctor probably won't read. Worse yet, they probably know nothing about it, since our medical system is based on the symptom-based prognostics and prescriptions. Not prevention.

The book is masterfully written, and conveys the simple message of eating whole food plant-based diet will allow you to sidestep many of the diseases that result from consuming animal products.

Empower your genes to provide the best defense against disease. Read this book. Also checkout the YouTube channel [NutritionFacts.org](https://www.youtube.com/channel/UCv3pXjz1n1y1y1y1y1y1y1y) for brief, but informative fun tips on nutritional science.

Gaviotas: A Village to Reinvent the World

This is the book that started my invention interest and how to invent. A description from Amazon:

Los Llanos: the rain leached, eastern savannas of war-ravaged Colombia are among the most brutal environments on Earth and an unlikely setting for one of the most hopeful environmental stories ever told. Here, in the late 1960s, a young Colombian development worker named Paolo Lugari wondered if the nearly uninhabited, infertile llanos could be made livable for his country's growing population. He had no idea that nearly four decades later, his experiment would be one of the world's most celebrated examples of sustainable living: a permanent village called Gaviotas.

In the absence of infrastructure, the first Gaviotans invented wind turbines to convert mild breezes into energy, hand pumps capable of tapping deep sources of water, and solar collectors efficient enough to heat and even sterilize drinking water under perennially cloudy llano skies. Over time, the Gaviotans experimentation has even restored an ecosystem: in the shelter of two million Caribbean pines planted as a source of renewable commercial resin, a primordial rain forest that once covered the llanos is unexpectedly reestablishing itself.

Colombian author Gabriel Garcia Marquez has called Paolo Lugari Inventor of the World. Lugari himself has said that Gaviotas is not a utopia: "Utopia literally means 'no place.' We call Gaviotas a topia, because it's real."

Relive their story with this special 10th anniversary edition of Gaviotas, complete with a new afterword by the author describing how Gaviotas has survived and progressed over the past decade.

Dymo 450 Label Printer

DYMO Label Printer.

I use this all the time. From luggage tags to do-lists, and a host of other things. Best of all, I can print a QR code on the label which can be tagged to a website (put this on the back of your business cards so the person can visit the website as easy as pointing the iPhone camera to the QR code). Also great for developing Buy Now QR code tags for Farmer's Markets, Menu's and other times. Put a QR code on your T-shirt to have people visit your website or to make a donation via the web.

From Amazon: LabelWriter 450 Direct Thermal Label Printer, Great for Labeling, Filing, Mailing, Barcodes and More, Home and Office Organization.

Swiss Riviera Luxury Condo AirBNB

Looking for a wonderful AirBNB to stay while in Switzerland ?

Try this beautiful Villeneuve (Switzerland) luxury apartment, close to Montreux and on the sunny side of Lake Geneva (Lac Léman).

Only one block away from the lake, and a few blocks from the train, which connects east/southeast to Gstaad, Verbier, Zermatt, and southeast to Montreux, Lausanne, Vevy, and Geneva. Take the train northeast to Bern and from there to Lucerne and Zurich.
