

# Natural Help 4...

## Motion Sickness



### What is Motion sickness?

Motion sickness (also known a travel sickness) is characterized by an **uncomfortable, queasy sensation** experienced when traveling by car, train, airplane, and boat, or by using a playground swing or riding some amusement park rides.

This sensation can cause nausea, cold sweats, vomiting and dizziness. Motion sickness is a very common problem that can affect anyone but tends to affect young children in particular. Most symptoms are mild but in some cases, severe complications such as **frequent vomiting leading dehydration** and low blood pressure can develop.

### Diagnosing Motion sickness

#### Symptoms and signs

The common symptoms and signs associated with motion sickness include:

- Nausea
- Vomiting
- Dizziness
- Cold sweats or sweating
- Pallor (loss of color)
- Fatigue
- General feeling of discomfort

### What causes Motion sickness?

Motion sickness occurs when the central nervous system receives **conflicting messages from the inner ear, eyes, and other areas of the body** such as the skin, muscles and joints. The inner ear monitors and controls balance and motion while the eyes observe the directions and where the body is in space.

The skin and muscle and joint sensory receptors are able to sense which parts of the body are moving and where they are in relation to each other. For example, if you traveling in a car and reading a book, your eyes are fixed on the book and not sensing any movement. However, when the car accelerates or stops, your ear detects the movement. This **confuses your central nervous system and causes the motion sickness**.

### Help for Motion Sickness

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Most of the symptoms associated with [motion sickness](#) are mild and easily treatable. However, if motion sickness worsens or symptoms are very severe, consult a doctor. There are certain antihistamine medications that can be very effective in **reducing and preventing motion sickness**. Antihistamine medications such as Bonine, Antivert, or Dramamine are available over the counter and may be used for mild symptoms.

Ginger capsules or sipping on ginger ale also helps to alleviate the nausea and settle the stomach. For more severe [symptoms of motion sickness](#), prescription medication such as TransdermScop, a **medicated skin patch can help to prevent motion sickness**. Keep in mind that these medications may cause unwanted side effects such as drowsiness.

Herbal and homeopathic remedies are an excellent natural alternative to help relieve all forms of [motion sickness](#). Use herbs such as Zingiber officinalis (Ginger) and Mentha piperita (Mint) to **provide digestive comfort**. Homeopathic ingredients such as Kalium phosphate, Cocculus and Pulsatilla vulgaris act as a restorative and nerve tonic and helps to promote comfort while traveling.

## Tips to prevent motion sickness


There are several things that can be done to [prevent motion sickness](#) and these include:

- Seat yourself in an area where you will encounter the least amount of movement – sit over the wings of an airplane or near the middle of a boat
- Look straight ahead of you to keep your eye and body sensations in sync with each other
- Eat light meals such as dry toast or crackers before or during travel (helps settle the stomach)
- Avoid eating large meals or greasy and carbonated foods before traveling
- Avoid drinking alcoholic beverages and smoking before or while traveling
- Sip beverages slowly while traveling
- Apply cold compresses to the eyes and neck
- Get as much fresh air as possible by keeping the car window open or going on the deck of a ship
- Avoid sitting facing opposite the direction of movement
- Get enough rest before going on your trip
- Avoid reading while in motion

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving

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natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## Related Natural Remedies:

**CanTravel**: Maintains digestive balance and calm while traveling by air, sea, or car

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**Easy AirTravel** is a safe, non-addictive, FDA-registered natural remedy containing *100% homeopathic ingredients* selected to address the short-term symptoms related to temporarily **relieve nervousness, anxiety and fear of flying**.

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All Native Remedies homeopathic products and biochemic tissue salts are manufactured in an FDA and GMP registered pharmaceutical facility under the supervision of qualified homeopaths and responsible pharmacists. Individual ingredients are listed in the Homeopathic Pharmacopoeia of the United States (HPUS).

[Learn more about Easy AirTravel](#)

Read the testimonials for these quality products [here!](#)

### **Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

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