Travel Tips

What is Motion Sickness?

Motion sickness refers to the uneasiness, nausea, cold sweats, dizziness, and/or vomiting that can be brought on by car, train, plane, boat, or any other form of transportation.

Natural Remedy for Motion Sickness

Ginger

Ginger is one of the more popular natural remedies for motion sickness. Ginger has been used for centuries in cooking and medicinally. Studies say that it may help reduce motion sickness but doesn’t appear to help if nausea is severe.

Dosage is 1 gram 30 minutes to 4 hours before travel. Ginger may be eaten in raw or candied forms, taken as capsules, or consumed as tea.

Other Tips for Preventing Motion Sickness

- Keep your head still. Rest it against your seat.
- Don’t read. Depending on your mode of travel, try focusing your gaze on a stationary distant object.
- Avoid Spicy foods, alcohol, or overeating. Dry crackers or carbonated beverages can help settle your stomach if it is upset.

What is Jet Lag?

Jet lag, also called jet lag disorder, is a temporary sleep disorder that can affect anyone who quickly travels across multiple time zones. Jet lag can cause daytime fatigue, a sick feeling, difficulty staying alert, and gastrointestinal problems. Jet lag is temporary, but it can significantly reduce your vacation or business comfort.

Natural Remedy for Jet Lag

As a jet lag remedy and sleep aid, melatonin has been widely studied. It’s now commonly accepted as a treatment for jet lag. Melatonin aids sleep during times when you wouldn’t normally be resting. The time at which you take melatonin is important. If you’re trying to reset your body clock to an earlier time, you should take it in the evening. If you’re trying to reset your body clock to a later time, you should take it in the morning.

Recommended dose is 5 mg every night for 7 days, starting 3 days prior to flight.

Other Tips for Preventing Jet Lag

- Arrive early.
- Get plenty of rest before your trip. Sleep deprivation makes jet lag worse.
- Gradually adjust your schedule before you leave. This can lessen the effects of jet lag.
- Regulate bright light exposure. Regulating light exposure can help you adjust.
- Stay on your new schedule. Try not to sleep until the local nighttime, no matter how tired you are.
- Stay hydrated. Drink plenty of water before, during, and after your flight to counteract the dehydrating effects of dry cabin air. Dehydration can make jet lag symptoms worse.
- Try to sleep on the plane if it’s nighttime at your destination. If it’s daytime where you’re going, resist the urge to sleep.