

## **Airsickness**

### **Ginger:**

Airsickness is similar to seasickness. An old herbal remedy was to use ginger. You can purchase a crystallized ginger candy that will provide some relief if eaten thirty-minutes prior to flight. Ginger also comes in capsules and powder. It does not appear on the FAA list of no-no's.

### **Pills:**

JOYRIDES. Available from the British drugstore. A child's travel sickness tablet for children aged 3 to 12. Because of this they don't cause drowsiness and to be honest you forget you have taken them. I have never had to cut a flight short because of illness since using them.

### **Accupressure:**

I finally decided to try the pressure points, within a minute or so the feeling had almost completely disappeared. I could actually look out the window again and appreciate the view, as we circled for the Nth time. Removing the pressure, the feeling would come back, so by the time I landed, I had some sore wrists but I was intact.

There are accupressure points on your wrists that will alleviate motion sickness if you apply pressure. The points are about 1" away from the wrist joint, adjacent to your tendons below your little finger. I'm not making this up.

Of course, you can just apply pressure with a thumb on the other wrist; only one wrist seems to be enough to do the trick. Since this seems to be mostly a phenomenon among students, it can be a helpful stopgap measure if you are flying with someone who can take over. Otherwise, spend a couple bucks for the wristbands.

### **Wrist Band**

I have found great relief from motion sickness with "Sea Bands" which can be found at a marine supply store. They were given to me by the captain after almost losing my lunch on a business meeting on a yacht. I put them on to be nice and after 30 minutes...cured.

They are an elastic band (like a sweat band) with a plastic bulb inside each one which applies pressure to a point in your wrist which controls motion sickness. I know they sound strange and people have told me it's psychological but if you've ever had severe motion sickness -WHO CARES!!!

### **Ginger Ale**

How about Ginger Ale? Seems like that would taste a lot better and probably a lot cheaper too! There's even a new ginger-based soft drink that is gaining popularity on long range fishing boats to combat seasickness. All of this sounds better than taking Marazine or Dramamine. I found that Vernors Ginger Ale works for me. Other Ginger Ale soft drinks that I have tried did not work.