

# Nature's Inexpensive Motion Sickness Remedy

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## **Sample of Content:**

Known as the Sailor's Secret, ginger pills have been used for years by sailors, fishermen, and even flight attendants to ward off an upset stomach.

## **Content:**

A lot of people buy motion sickness pills to take while traveling. What most people don't know is that taking a simple, inexpensive ginger capsule works just as well and has some extra health benefits that motion sickness pills don't.

Known as the Sailor's Secret, ginger pills have been used for years by sailors, fishermen, and even flight attendants to ward off an upset stomach.

Clinical trials suggest that ginger supplements can relieve the nausea associated with motion sickness, chemotherapy, the aftermath of surgery, and the first trimester of pregnancy.

The American Phytotherapy Research Laboratory in Salt Lake City has conducted a classic study on motion sickness. By spinning motion sickness-prone students in two groups-one group was given Dramamine, the other group ginger. It was discovered that the group given the ginger was able to withstand the full 6 minute "spin" with less nausea and dizziness, while the other group stopped the ride within 4 1/2 minutes.

For over 5000 years ginger was revered as the "universal medicine" by the ancient Orientals of China and India and highly sought after by spice traders.

In Asian societies, ginger has always been known for its healing powers. Japanese researchers believe the gingerols found in ginger, may be responsible for blocking the body's reflex to vomit.

Denmark researchers have discovered that ginger can block the effects of prostaglandins. These are substances that cause inflammation of the blood vessels in the brain, which leads to migraines.

Ginger is considered a useful aid to digestion, a good circulatory stimulant and has been shown to be effective in helping to lower blood pressure and reduce blood clotting. The main active ingredient is thought to be a compound called gingerol, which helps to relax blood vessels and stimulate blood flow. Ginger tea is a warming and soothing remedy for coughs and colds, acting as an expectorant, loosening catarrh and phlegm. In fact, it could be said to be a great all round revitalizing health tonic.

Ginger is reputed to have qualities that may prevent heart attacks, arthritis pain, aid digestion, prevent colds and flu, skin cancers and aid weight loss.

The best example of ginger's anti-inflammatory potential is in the treatment of arthritis. "According to Paul Schullick's in 'Ginger, Common Spice or Wonder Drug', "trials in Denmark showed that more than three quarters of those tested experienced relief in pain and swelling" Other conditions associated with inflammation are asthma, painful menstruation and migraines.

Many women claim that ginger tea helps rid them of menstrual cramps. It has anti-inflammatory properties that can lessen the pain of rheumatoid arthritis.

Respiratory infections - it is well known for its warming action on the upper respiratory tract, so it has been used to treat colds and flu.

It has been found to be effective in cramps caused by stomach gas. Ginger also stimulates digestion.

It has a wholesome effect on the circulatory system as it makes the platelets less sticky and is of great benefit in case of circulatory disorders.

As a mood enhancer, ginger's cineole content may help contribute to stress relief.

It is a great mouth freshener and ginger tea has vastly refreshing properties.

Ginger speeds up your metabolic rate and is an effective aid to weight loss.

So there you have it. Instead of buying motion sickness pills for your next trip, why not try inexpensive ginger pills instead. They work just as well and give you a whole lot more for your money.

#### CITATIONS

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About the author: Brad Bahr is the author of many health related articles and websites. He has been testing and reviewing health supplements for many years. Try his new health article search engine at <http://www.findustuff.com> where you can browse and search by keyword over 6,000 interesting health related articles.

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