

Health And Well-Being

Don't Let Nausea Spoil Your Life

(NAPSA)—If you ever get sick to your stomach due to pregnancy, chemotherapy, surgery, riding in a car, a boat, a plane or an amusement park ride, or even virtual reality gaming, you may be relieved to learn two things:

First, you're not alone. Nausea affects millions of people every day. Scientists are not sure why, but according to a study published in the journal *Aviation, Space, and Environmental Medicine*, there is a significant genetic contribution that may be responsible for as much as 57 percent of the people who suffer from motion sickness.

What To Do

Next, whatever the cause, you can feel better with the help of these four anti-nausea tips:

- Eat light, plain food, such as dry bread and crackers.
- Avoid anything too sweet or greasy.
- Sip certain liquids if you can—ginger ale, ginger tea, mint tea and plain water may all help.
- Get a fast-acting, drug-free, nausea relief band that works without the side effects of medications such as drowsiness and constipation.

How It Works

Featuring a clinically proven technology, it's a specially designed wristband that uses patented scientific knowledge, endorsed by health care professionals, and that emits accurately programmed pulses with highly specific waveforms, frequency and intensity. These pulses signal the median nerve at the P6 location on the underside of the wrist. This stimulation of the nerves, known as "neuromodulation," uses the body's natural neural pathways to send



You can enjoy travel, boating and other activities without nausea thanks to ingenious scientists.

messages to the part of the brain that controls nausea, retching and vomiting. The signals have a rebalancing effect, normalizing nerve messages from the brain to the stomach and quickly reducing symptoms of nausea, retching and vomiting.

The unique band is easy to use and comfortable to wear, even over time, and the attractive design rivals the most fashionable wearables. Called Reliefband 2.0, it features a latex-free band and hypoallergenic surgical steel contacts for efficient transmission of pulses. The intuitive display has 10 intensity settings that can be moved up and down at the touch of a button and a battery that lasts about 18 hours on a full charge and recharges quickly. This adjustable band, designed to control nausea, helps put you back in control so you can live your life in full motion.

Learn More

For further information, go to www.reliefband.com, and to find a community of fellow nausea sufferers and learn how they cope, visit www.nationalstopnauseaday.com.

Editor's Note: Although National Stop Nausea Day is celebrated on the third Tuesday in May, this article can be of interest to your readers at any time.