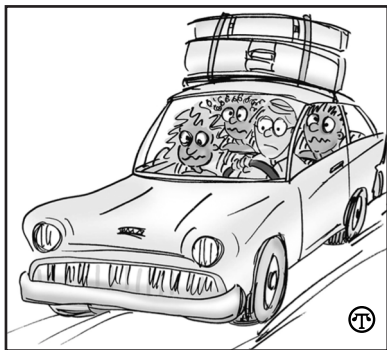


# Tips On Trips

## Relieving Motion Sickness

(NAPSA)—For some people—no matter whether they're traveling by plane, train or automobile—motion sickness is an unpleasant detour. Fortunately, this peril of modern travel may actually be alleviated by a remedy that's thousands of years old.

Ginger—a medicinal herb with powerful yet gentle healing properties—has long been used in Asia to soothe the discomfort of nausea. And now it's available in a great-tasting, fast-acting gum that's especially convenient for travelers.



**A great-tasting ginger gum can help travelers overcome motion sickness, with no side effects.**

Ginger Gum, from the makers of Sea-Band, provides 25 mg of ginger oil in each piece for drug-free nausea relief. It works by quickly delivering the healing benefits of ginger under the tongue while increasing production of saliva, the body's natural defense against nausea. Plus, there are no side effects—making it easier to get back to enjoying your trip.

Ginger Gum is now available at Walgreens and other fine drug-stores. For information, go to [www.sea-band.com](http://www.sea-band.com).