



Waves? Feel Better

(NAPSA)—Staying on the road to comfort the next time you travel may be simpler—and more natural—than you realize.

That's because doctors are taking a new look at an old remedy to help travelers, mothers-to-be, cancer patients and others with digestive distress.

According to health care experts at the University of Maryland Medical Center, ginger can help prevent or treat nausea and vomiting.



Ginger has been used as a medicinal herb for thousands of years. Now its natural soothing properties are in a fast-acting, great-tasting chewing gum. While you should consult your doctor before trying it, it has none of the side effects associated with anti-nausea medication, such as drowsiness, disorientation and dry mouth, and it's easy to take anywhere. Ginger Gum is available from Sea-Band in major drugstores such as CVS.

The FDA has also approved an acupressure wristband from the company for nausea relief. Clinically tested and reusable, the bands are designed to work immediately, at the onset of nausea, and, not being a drug, have no side effects, such as drowsiness. The knitted, elasticized wristbands apply pressure on the acupressure point of each wrist. They even come in kid-friendly colors and sizes as well as for adults.

Learn more at www.sea-band.com.