MOTION SICKNESS

- **Take 1 piece of ginger root about 1" square, steep in boiled water 10 minutes and drink.**
- **Try chiropractic adjustment in case neck bones are out of alignment**
- **Acupressure wrist bands are in health food stores and drug stores**
- **Peppermint tea also has an anti-nausea effect.**
- **Dehydration in inner ear can cause this - so drinking lots of healthy water might help.**