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MOTION SICKNESS

Motion sickness is something that affects many people. It is a sensation of wooziness that typically occurs when one is travelling by car, plane, boat, train or motorcycle. The body's sensory organs get confused and one experiences dizziness, lightheadedness, or nausea.

Here are some tried, tested and true homeopathic remedies to help with your motion sickness:

Arg-n: when the patient is excitable or anxious and is experiencing dizziness, nausea or vomiting. They may also feel claustrophobic.

Borax: worse downward motion (think of putting a baby down into a crib or the landing of a plane).

Cocculus: nausea made worse by the sight/smell of food. Patient might be feeling weak and dizzy and will need to lie down. Symptoms are made worse by cold, moving around (or if something is moving in front of you) or lack of sleep.

Kali-bich: sea-sickness. The dizziness and nausea are made worse when standing up. If there is vomit, it's bright yellow.

Nux-v: patient is irritable and the nausea is accompanied by a headache. Patient may be bloated, gassy and could have a desire to vomit with nothing coming up.

Petr: feeling nauseous with excessive salivation, tummy aches and stiffness in the back of the head/neck. Worse trying to sit up.

Rhus-tox: common remedy for air sickness with nausea and vomiting. Mouth and throat are dry and water does not quench the thirst.

Tabacum: patient is nauseous, pale, cold and tired. Better with cold, fresh air and when closing the eyes. Worse any movement.

CONSULT YOUR PRIMARY CARE PHYSICIAN if you are experiencing a great deal of pain or are not feeling well. The information contained herein is awesome but is not intended to replace the advice of your medical team. It is not intended to endorse or recommend any particular type of medical treatment. No information contained herein should be used to disregard medical and/or health related advice or provide a basis to delay consultation with a physician or a qualified healthcare provider. The Ontario College of Homeopathic Medicine disclaims any liability based on information provided herein; it is for educational purposes only.

