








Nauseating Solutions

BEFORE THAT QUEASY FEELING SETS IN, BATTLE SEASICKNESS WITH ONE OF THESE REMEDIES.

- 1. Last Call:** Don't overdo it at the bar the night before.
- 2. Food for Thought:** Avoid greasy foods, but don't fish on an empty stomach.
- 3. The Golden Rule:** If seasickness strikes, DON'T GO BELOW.

THE CURE	HOW IT WORKS	WHERE TO GET IT	SIDE EFFECTS	THE FINE PRINT
TRANSDERM SCOP	A dime-size bandage worn behind the ear delivers an effective drug.	Visit your doctor—prescriptions only.	Dry mouth is the most common.	First-time users are advised to give it a test run at home.
SMOOTH SAILING 	Take the proven effectiveness of ginger root, carbonate it and you have Smooth Sailing. Drink at the first sign of queasiness and enjoy "almost instantaneous relief"—not to mention the taste of "tranquil" tropical juices.	Place your order at www.smoothsailing-thebeverage.com .	Got gallstones? Better check with your doctor before you slam a can. 	According to the Smooth Sailing website, the ginger-supplement isn't just for seasickness. It does a number on hangovers, too.
SEA-BAND	Knitted wristbands, Sea-Bands have sewn-in plastic studs that apply pressure on the "Nel Kuan" acupressure point on each wrist, which is said to alleviate nausea.	Available at drugstores or visit www.sea-band.com . 	Richard Simmons called—he'd like his sweatbands back.	The Sea-Band's effectiveness is based on an ancient Chinese practice . Some call it a gimmick, others swear by it.
DRAMAMINE	A pill that should be taken at least one hour before the trip to sea 	Available over the counter at drug stores	May cause drowsiness , and users are advised to lay off the booze while the medicine is in their system.	Dramamine is a brand name for the medicine meclizine. Antivert and Bonine are both comparable over-the-counter pills for seasickness.
QUEASY POPS 	Think Smooth Sailing, only in lollipop form. Available in flavors like ginger and green tea with lemon , these all-natural pops quell a queasy stomach with a "special formulation of essential oils from natural herbs and aromatherapy."	Order a box of 21 lollipops for \$10 at www.threelolies.com .	No Tootsie Roll in the middle 	Is the Mrs. battling morning sickness? The makers of Queasy Pops have your back with Preggie Pops .
COLA SYRUP 	A tablespoon or two is an age-old cure for nausea.	At the general store...100 years ago (or purchase a bottle at www.vermontcountrystore.com)	Pretty soon you'll be rushing to make the early-bird special at the local Sizzler.	Bring a bottle onboard, and your great-grand kids will probably act like they don't know you.