

Motion Sickness and Nausea

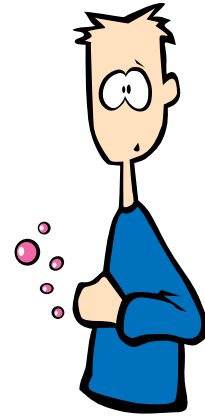
Cause: Variety of causes.

What May Help: Watkins Ginger

How to use:

Capsules: Place 500 to 1,000 mg into a caplet and take every 4 hours as needed for nausea. For travel, take 3 caplets per day one to two days prior to traveling. For short trips, take 4 hours prior to travel.

Tea: Ginger-Cinnamon tea can help to relieve the discomfort associated with nausea and diarrhea. Mix 1 tsp Watkins Cinnamon and 1/4 tsp Watkins Ginger to 1 cup boiling water and steep for 10 minutes. Strain and drink. For relief of nausea and cough, pour 1 cup of boiling water over 2 tsp. of Watkins Ginger and let steep for 10 minutes. Strain and drink 2 or 3 cups of tea throughout the day. Taking a warm bath with ginger tea added, at the onset of a cold, may help speed the healing process.



Helpful Hint: Ginger can also help to relieve the nausea associated with morning sickness, but consult your doctor during pregnancy.

What May Help: Watkins Resist Plus and Superfood Multiple (Super Multi)

Why: Contains Lactospore, FOS and other nutrients that help to combat foreign invaders that may enter the intestinal tract, leading to nausea.