

Travel via the Moon

May 2016

A lot of travel in your plans for the next couple of months, but your biggest problem is **motion sickness**.

Well, how about a couple of tips that some folks with this problem use to make this less of a chore or even do away with the problem altogether.

Some folks visualize this as being on a ship in high seas, but it can happen to many in a car or a bus and to many in a plane, with or without turbulence. The effect may be dizziness, nausea or even vomiting for those with severe effects while many will experience only drowsiness, headache or cold sweats. Normally your eyes, muscles and the balance mechanism in your inner ear send messages to your brain about your movements.

The neural mismatch that causes motion sickness follows one or two patterns. The first is when your body experiences motion that your eyes can't see, like below deck on a rocking ship...everything in the room looks stationary to your eyes, but your body can feel the motion of the boat. The other mismatch occurs when your body is not actually moving, but your eyes tell you it is.

Whatever the reason, motion sickness is *not fun!*

If you're planning, travel on an **empty stomach**, and on the plane, try to get an aisle seat near the middle of the plane where you don't see the clouds around you and turbulence is slightly less. The same on a ship...lower level and mid-ship doesn't move as much as upper levels, fore and aft. **Avoid odors** such as perfume, cooking or smoke. Fresh air is *great* and on the plane, turn on *your air vent*. And you certainly don't want to read or watch videos while travel is going on. This may be the hardest part to do...*avoid alcohol*, although many people believe they feel a lot better with a couple drinks on that ship/plane.

Any finally, you did all of the above and you still feel motion sickness...well, go see "doc" and tell them about this problem (either the one at the drug store or your own doctor). They can recommend a prescription or something on the shelf at your nearby drugstore...**caution**...if you're the driver, or pilot, many of those prescriptions *may cause drowsiness* which also will be a problem.

The night before, get a good night's sleep, stay away from the alcohol for one day, and then, have a **great day of travel**...you deserve it.