

Natural Help 4...

Sea Sickness



What is Sea Sickness?

[Sea Sickness](#) is a form of motion sickness that many people experience when **traveling on a boat or ship**. Telltale signs of [Sea Sickness](#) usually start with a feeling of nausea, cold sweats or sweating, fatigue and loss of color.

Some travelers may even be **incapacitated by seasickness** from setting foot on a boat in dry dock. Although [Sea Sickness](#) is not a serious condition, it can lead to complications such as excessive vomiting, dehydration and low blood pressure.

Diagnosing Sea Sickness

The common symptoms and [signs of Sea Sickness](#) include:

- Nausea
- Vomiting
- Dizziness
- Cold sweats or sweating
- Pallor (loss of color)
- Fatigue
- Malaise (general feeling of discomfort)

What Causes Sea Sickness?

[Sea Sickness](#) occurs when the central nervous system receives **confusing messages from the inner, ear, eyes** and other areas of the body. [Sea Sickness](#) relates to the body's sense of balance and equilibrium, or spatial orientation.

The inner ear monitors and controls balance and motion while the eyes observe the directions and where the body is in space. The skin and **muscle and joint sensory receptors** are able to sense which parts of the body are moving and where they are in relation to each other.

Motion sickness occurs when the parts of the inner ear that help control balance (including the semicircular canals) are stimulated too much, as can occur when motion is excessive. It can also occur when the **brain receives contradictory information from its motion sensors**—the eyes, the semicircular canals, and the muscle sensors (nerve endings in muscles and joints that provide information about body position).

Help for Sea Sickness

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

There are a number of treatment options that can help to **reduce the symptoms of Sea Sickness**. Over-the-counter medications such as Dramamine may be used for mild symptoms. Sucking on ginger capsules, drinking ginger ale, eating gingersnap cookies or peppermints can also be quite effective.

Wearing an acupuncture wrist band may also prevent nausea because of the **pressure to a certain point of your wrist**. If symptoms are more severe, your doctor may prescribe scopolamine (transdermal patches and tablets) to **control Sea Sickness**. Unfortunately, this medication does have some harsh side effects such as dizziness, drowsiness, blurred vision, confusion and short term problems associated with loss of memory.

Natural and holistic treatments such as herbal and homeopathic remedies have been used for centuries to prevent all forms of motion sickness. Herbs such as *Zingiber officinalis* (Ginger) and *Mentha piperita* (Mint) **provide digestive comfort**. Homeopathic ingredients such as *Kalium phosphate*, *Cocculus* and *Pulsatilla vulgaris* act as a restorative and nerve tonic and helps to promote harmony in the digestive system while traveling.

Tips to prevent Sea Sickness

- Eat light meals, and avoid spicy and greasy foods
- Avoid drinking large amounts of alcohol
- Stand on the deck and get fresh air
- Drink plenty of water to remain hydrated
- Sip on ginger ale or ginger tea to relieve nausea
- Keep one finger over your ear as this will stop the balancing liquid near your ears from moving around
- If you suffer from [tinnitus](#), a condition that affects the inner ear, take added precautions
- Avoid staying in the cabin and enclosed spaces
- Lie on your back on a deck chair with your eyes closed
- Practice taking deep breaths
- Keep your mind occupied by training your brain to think of other things
- Allow your eyes to gaze at the horizon but avoid locking onto it
- Keep warm and comfortable preventative measures can be taken to control Sea Sickness

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by

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producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

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