Reduce Motion Sickness With These Tips From NASA

Think motion sickness is annoying in a car, or on a boat? Imagine getting sick **in space!** According to a report we found in *The Guardian News*, nearly half of all astronauts get airsick. That's why NASA has invested millions of dollars over the years, looking for ways to help astronauts conquer motion sickness – **without medication**. Believe it or not, some of their new findings could come in handy during your next road trip on Earth!

- First know this: **Motion sickness is the result of** signals from your eyes and ears being thrown off balance, on their way to the brain. When that happens, your brain basically goes into "panic mode," as if you're in danger.
- The easiest way to stop motion sickness is to: **Control your breathing**. It may sound obvious, but forcing yourself to take smooth and even breaths will send signals to your brain, saying: "Hey, I've got things under control. Stop panicking!" So, try inhaling for three seconds, then exhale for three seconds, and then repeat.
- Another trick used by NASA astronauts: **Warm your hands**. A study found that when migraine sufferers warmed their hands by just **10 degrees** Fahrenheit, their headaches often vanished in minutes. That's because warming your hands relaxes blood vessels, and immediately increases blood flow to the brain. That'll help reduce the nausea and headaches associated with motion sickness.
- A 3rd trick: **Restrain your head**. Rapid head movements, especially in the neck, tend to worsen feelings of disorientation. That's why astronauts have to be strapped tight in their seats during take-off! You can simulate that feeling in a car by pressing your head firm against the headrest. Otherwise, try laying with your head braced between two seat cushions.
- Finally, scientists have found you can reduce motion sickness with: **Ginger**. In one study, cancer patients were able to cut their nausea levels **by half** when they took three grams of ginger capsules, twice a day, before and after getting chemo. Experts say compounds in ginger help increase intestinal blood circulation, which triggers the release of feel-good hormones, like serotonin. As serotonin levels rise, your motion sickness should fade.

Source: Tesh.com