

Motion Sickness

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Motion Sickness can occur during traveling or other types of motion like riding on an elevator or swinging. Other factors that may cause motion sickness include genetics, anxiety, and eating close to traveling.

Black Horehound- Internal Purposes: Decreases Nausea

Butcher's Broom, Kudzu and motherwort-Internal Purposes: Aids in easing vertigo.

Ginger- Internal Purposes: Prevents upset stomach and nausea.

Peppermint tea- Internal Purposes: Settles the stomach. Dosage: Also in lozenge form.