



## **DIZZINESS, VERTIGO AND MOTION SICKNESS**

**Ginger** (*Zingiber officinale*). Ginger has been used for thousands of years by Chinese sailors who chewed ginger root for seasickness. One study of 80 naval cadets showed that taking one gram (a half-teaspoon) of powdered ginger shortly before shoving off reduced symptoms of seasickness--including dizziness--by 38 percent and frequency of vomiting by 72 percent. In earlier studies on land with 18 healthy subjects, one gram of ginger relieved vertigo and motion sickness better than the standard drug, dimenhydrinate (Dramamine).

**Ginkgo** (*Ginkgo biloba*). Ginkgo extract is prescribed extensively in Europe for vertigo, among many other conditions. One French study of 70 people with chronic vertigo showed that 47 percent improved while taking ginkgo. You can try 60 to 240 milligrams a day, but don't go any higher than that. In large amounts, ginkgo may cause diarrhea, irritability and restlessness.

**Raspberry** (*Rubus idaeus*). Raspberry leaf tea is widely recommended for the nausea of morning sickness and it is suggested to work well for motion sickness as well.