

Nauseated? Have you tried these tricks?

1. Cold water

One of the most reliable ways to relieve nausea is by slowly sipping a glass of ice water.

2. Ginger ale and ginger tea

Ginger is commonly recommended for soothing nausea because it contains substances called gingerols and shogaols, which help relieve inflammation and digestive discomforts such as gas and an upset stomach. Ginger also provides a soothing sensation in the stomach.

3. Peppermint tea

Peppermint is an herb that soothes the stomach and is said to relieve nausea almost instantly.

4. Patient-reported tips

- **Queasy Drops:** This all-natural drop comes in several flavors, including sour raspberry and ginger. A package can be purchased online for under \$10.
- **Gin Gins:** These ginger chews can be eaten or melted into hot water for ginger tea.
- **Reliefbands/motion sickness bands:** Motion-sickness wearables can be purchased on Amazon or through other online retailers.