

How to effectively prevent car sickness without taking medicine

Here are some effective tips to prevent drunkenness without taking medicine to help people travel far away comfortably, interesting and safe.

For many people, traveling by car is a scary obsession in life because of unpleasant feelings, nausea, dizziness . For them every long journey becomes a nightmare by motion sickness . Even the drunken passengers make the drivers nervous, distraught to affect the safety of the journey.

Here are some effective tips to prevent drunkenness without taking medicine to help people travel far away comfortably, interesting and safe.



Avoid overeating or hungry stomachs

Eat a snack before boarding the car. Note not to eat too much, drink alcohol or carbonated drinks, some stimulants filled with steam like sticky clothes, soybeans, peanuts . will make you uncomfortable and prone to car sickness.

Some effective anti-drunken foods that you can eat before boarding:

1. Whole grain cereal: works to support the digestive process, preventing the feeling of car sickness.
2. Sandwiches: work to lighten the stomach.

3. Dry fruits: calming sensory nerves, relieving motion sickness symptoms.
4. Soy milk: helps relax the stomach, reduces dizziness, dizziness.
5. Warm water: helps reduce nausea.
6. Crackers: especially salty biscuits that absorb acid in the stomach.

Orange and tangerine are good for people with motion sickness



Eating oranges and tangerines when traveling helps to prevent stomach and intestinal contractions. At the same time, essential oils and mild aromas from orange peels and tangerines help calm and balance the nervous system, so when you get drunk you send them to feel more comfortable. This way is effective against motion sickness.

Apple cider vinegar

Before getting in the car or when you start to feel nauseous, rinse your mouth with a diluted apple cider vinegar solution that can prevent nausea and vomiting.

Ginger



Ginger is a good folk remedy for anti-emetic and cold, and it is also considered a natural medicine to help prevent motion sickness effectively. You can use ginger to prevent motion sickness in one of the following ways:

1. Cut a piece of ginger and apply sticky tape to the navel.
2. Drink a cup of ginger tea before taking the car for about 30 minutes.
3. Pour ginger candy or some grilled ginger pieces.

Do not read



Do not view books or use your phone, including viewing maps. Just glancing at a few words can make you get drunk instantly.

Select the front seat

Car drivers should not sit in the rear of the car but choose the front seat positions for the best shock absorber to be the position next to the driver's seat.

Sleep a bit



Sleep can help you fight off the drunkenness quite effectively.

Use a mask

Wearing a mask helps you to avoid the smell of gasoline and other unpleasant odors on the car, which reduces the discomfort and hangover.

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