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**Air Travel Tip – How To Avoid And Deal With airsickness**

**By Frank Johnson**

Air travel has come a long way since the Wright brother's first flight in 1903. Planes are now works of technological and engineering genius, screaming across the sky at 600 miles an hour while the passengers inside enjoy in-flight movies and complimentary beverage service. However, as advanced as air travel has become, there will always be one thing that plagues some air travelers regardless of the in-flight accommodations they have. That one thing is air travel sickness.

Airsickness, as it's frequently called, is a form of motion sickness travelers experience when they fly. Motion/air travel sickness is caused when your central nervous system receives conflicting messages from your eyes, inner ear, and muscles. Because of high altitudes, pressure differences, and turbulence experienced when flying, your central nervous system can receive varying messages based on how each part of your body is reacting to your surroundings and the altitude. As a result, your equilibrium can be thrown off and lead to slight nausea and dizziness, the two most common symptoms of air travel sickness.

However, this imbalance doesn't always lead to airsickness. In fact, most people don't experience any sort of nausea or dizziness when they fly. But that's not to say they never will. That's why it's important to know how to avoid and deal with airsickness.

**How to Avoid airsickness**

Although it's not always feasible to avoid airsickness completely, it is possible to lessen the likelihood of it. For starters, it's always better to travel when you're in peak health. Colds and other ailments can leave you vulnerable to slight changes in altitude and temperature, making you more susceptible to air travel sickness. Stress can also make you more vulnerable to airsickness. When you're stressed, your body is not at peak performance, and flying can take a lot out of you. So if you want to avoid the airsickness bag as best you can, try to lower your stress levels before you fly.

Eating a large meal before you fly can also lead to air travel sickness. The more food you eat, the more energy it takes for your body to process it, slightly lowering your body's natural ability to adjust to higher altitudes (it's too busy digesting that triple cheeseburger you ate before takeoff). So, eat a light

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meal before you fly. You should definitely eat something before you fly; just make sure you eat in moderation.

### How to Deal with airsickness

For some people, there's no way to avoid airsickness. They're just prone to motion sickness of any kind and can't avoid the nausea and dizziness. However, that doesn't mean there's no hope for these individuals. There are a few ways to deal with airsickness if you know you're more susceptible to it.

Unfortunately, once you come down with airsickness, there's no real solution to alleviating its symptoms. That's why you need to plan ahead and attack airsickness before it attacks you. Here are some simple solutions to dealing with air travel sickness:

– Don't read if you are prone to airsickness. The strain on your eyes will only add to the imbalance

caused by motion sickness.

– If you're a frequent victim of air travel sickness, take medication. If you don't want to take medication, there are non-medicated solutions available (such as motion sickness bands). In either case, ask your local pharmacist or physician which medication/solution is best for you.

– Keep yourself hydrated by drinking lots of water. Your body needs water to maintain its bodily functions. If you're dehydrated, your body won't function at peak performance.

Air travel sickness is one of the few downfalls of flying. It can easily turn a simple flight into an excruciating experience. However, there are simple ways to combat airsickness before it affects you. If you're flying soon, plan ahead and heed the preceding advice on how to avoid and deal with airsickness. It could drastically improve your flying experience.

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## **How To Have A Grand Time In The Skies**

**By Stanley Emerson**

## Air Travel Tip – How To Avoid And Deal With airsickness

Even in the olden times, the problem of motion sickness had been prevalent. In fact, it was even referred to as "camel sickness" in the Bible, where the camel riders experience nausea due to moderate swaying.

With the advent of technology, motion sickness has evolved into many forms such as seasickness, carsickness, space motion sickness, and airsickness; and the reason why more and more people are now traveling by air is because of its capacity to transport people faster.

Generally, airsickness refers to that feeling of nausea which was triggered by the motion usually experienced when the aircraft escalates to higher altitudes. Some of the common signs of airsickness are loss of appetite, vertigo, burping, stomach awareness, nausea, and increased swallowing and salivation.

Contrary to most popular beliefs, airsickness is not a disorder. It is just a normal response of the body to an unusual stimulus. Simply put: airsickness is due to the disparity between what people see with their eyes and the data that they get from the "vestibular organs" of the ears. So, it is a matter of the discrepancies between what people see and what they feel. Thus, the end result is a confusion of the brain's regular processing of sensory awareness.

For pilots, airsickness is their number one concern. Surveys show that 29% of aircraft pilots experience airsickness. This, in turn, disables them to perform their functions well. That is why people have come up with ways how to avoid airsickness. Here's how:

1. Stress and other forms of anxiety should be stripped out.

Studies show that two of the common causes of airsickness are stress and anxieties. It increases the probability of experiencing airsickness. This is because the body will have more difficulty in coping up with the sudden change of environment. Emotional factors trigger the brain to get more confused.

2. Before traveling, it would be better for a person to eat light meals only. Large meals, especially those that have high salt content are possible causes of airsickness.

3. While on board, it is best for a person to stay put and avoid too much moving within the aircraft. Motion is the number one factor why airsickness occurs.

4. People should accept the condition and try to get accustomed on the situation. This will happen after a few hours of being in the air.

Indeed, airsickness is not a big problem. It is just a matter of adjusting the body's condition so as to avoid conflict of senses.

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