



Ask The DOCTOR

Easing Upset Tummies

(NAPSA)—Doctors are taking a new look at an old remedy to help travelers, mothers-to-be, cancer patients and others with digestive distress.

According to health care experts at the University of Maryland Medical Center, ginger can help prevent or treat nausea and vomiting.

That's just as well, considering that 53 million Americans suffer from motion sickness and up to 80 percent of women experience nausea during pregnancy.



Driving away motion sickness may be easier than many people realize.

Ginger is a drug-free option that has been used as a medicinal herb for thousands of years. Now its natural soothing properties are in a fast-acting, great-tasting chewing gum. While you should consult your doctor before trying it, it has none of the side effects associated with anti-nausea medication, such as drowsiness, disorientation and dry mouth, and it's easy to take anywhere.

Ginger Gum is available from Sea-Band in major drugstores such as CVS. Learn more online at www.sea-band.com.