



Vacation remedies doctors swear by

You're finally ready to relax and enjoy your family getaway, when your child starts feeling sick. Of course you want to help her feel better fast, so we asked doctors for the natural remedies they rely on when their own children fall ill on the road

MOTION SICKNESS GINGER

"When my son was younger, he used to get terribly carsick whenever we went on road trips," recalls mother-of-three Rallie McAllister, M.D., coauthor of *The Mommy MD Guide to Losing Weight and Feeling Great*. "Ginger was one of the very best remedies to help him out. I'd give him a piece of ginger candy every hour or so while we were driving."

Ginger contains natural compounds that help move food out of the stomach and into the small intestine, easing pressure, discomfort and nausea. "Because the ginger candy tasted good, my son never minded eating it," explains Dr. McAllister. The key to reaping the benefits: choosing all-natural ginger. "Many brands of ginger ale and ginger wafers contain only artificial flavors—they don't have any real ginger in them and they don't really help alleviate stomach upset with nausea," she says. One of her favorite picks: The Ginger People Gin-Gins Ginger Spice Drops; \$3.50 for 3.5 oz., amazon.com.

quick
take

How often moms feel overscheduled

60%
3+ days
a week

19%
2 days
a week

12%
0 days
a week

9%
1 day
a week

SOURCE: Philosophy Beauty



SLEEPLESSNESS MAGNESIUM OIL

"I'll never forget the Caribbean trip with the kids where their sleep routine was completely altered—partly because of the flight and partly because we're not super strict about bedtime when we're away," remembers Tasneem Bhatia, M.D., a mother of two and medical director of the Atlanta Center for Holistic & Integrative Medicine. Fortunately, Dr. Bhatia had packed magnesium oil for this very reason. "I put a few drops of the oil into 1 Tbs. of coconut oil and gave the kids a foot massage before bed," she explains. Magnesium relaxes muscles and calms the nervous system while the coconut oil dilutes the magnesium, sidestepping skin irritation. "It's often difficult to get children to swallow a pill or magnesium powder, so this is an easy solution," says Dr. Bhatia. "Sleepy eyes always quickly follow!"

"AIRPLANE EAR" SIPPING THROUGH A STRAW

"Thanks to the change in air pressure, my daughter has had bad ear pain during flights," says mother-of-two Nina Shapiro, M.D., director of pediatric ear, nose and throat at the Mattel Children's Hospital UCLA. Her easy Rx? "I had her drink water through a straw." Dr. Shapiro explains that swallowing against some resistance, like a straw, creates movement in the muscular tube between the middle ear and the back of the nose. "The pain comes from the ear drum 'sucking in' toward the center," she says. "Creating this movement enables air to get to the ear, instantly relieving pressure." ❀

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