



Ginger helps ease travel sickness.

Ginger is a classic remedy for motion sickness. Make your own herbal remedy using fresh ginger root, purchase ginger capsules or use the essential oil of ginger.

How to use fresh ginger root:

- Slice a piece of fresh root 1/8-inch thick, remove skin and slice into 5 pieces.
 - Simmer ginger slices in 1/4 cup water for about 5 minutes and strain, reserving the ginger slices.
 - Mix liquid with about 1/2 cup wet dog food, and feed to your dog about 30 minutes before leaving.
- OR
- Wrap slices (2 slices per 25 pounds of body weight) into a slice of meat, and feed to your dog about 30 minutes before leaving.

How to use ginger capsules:

- Be sure to use capsules that contain pure ginger: 100mg per 25 pounds of body weight 30 minutes before leaving, at 8-hour intervals as needed.
- You can wrap the capsules into a slice of meat or a little wet food, and feed to your dog about 30 minutes before leaving.

How to use essential oil of ginger:

- Essential oil of ginger can be used in a spray (such as Earth Heart's Travel Calm) and has the benefit of taking effect more quickly than the ingested herb, especially when combined with relaxing essential oils such as lavender, tangerine and rose geranium.
- It can be used within minutes of departure, and throughout the trip.
- The mist can be massaged onto the outer ears or abdomen of the dog, and sprayed onto a favorite blanket as needed.

