- Travel

Good Health

SUMMER VACATION HASSLES SOLVED!

Outsmart travel health bothers with these fast-acting remedies

BY BRENDA KEARNS



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TO CURB CARSICKNESS

Enjoy a treat

Often feel lightheaded and queasy on road trips? You can keep motion sickness at bay by enjoying an ice pop on the drive. That's the word from Turkish scientists, who found that chilling the blood vessels inside your mouth can quickly calm the brain nerves that kick-start queasiness. And research suggests opting for an orange ice pop can boost the benefits since the sweet, tart citrus flavor calms the nausea center in the brain.

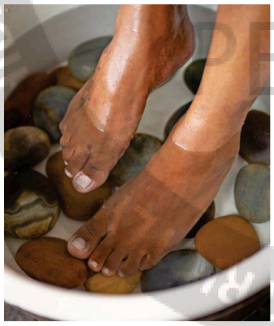
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TO RESTORE STAMINA

Enjoy coffee *this* way

Vacations are fun. But they can also make you feel tired and groggy since you're out of your comfort zone and making a lot of on-the-spot decisions—about routes, meals, activities and more. Fortunately, just inhaling the familiar aroma of coffee (whether you drink it or not!) can provide an instant energy boost. Thai researchers say aromatic compounds in the brew stimulate a series of nerves that make oxygen uptake, stamina and alertness soar.





TO SOOTHE ACHY FEET

Give them a steamy soak

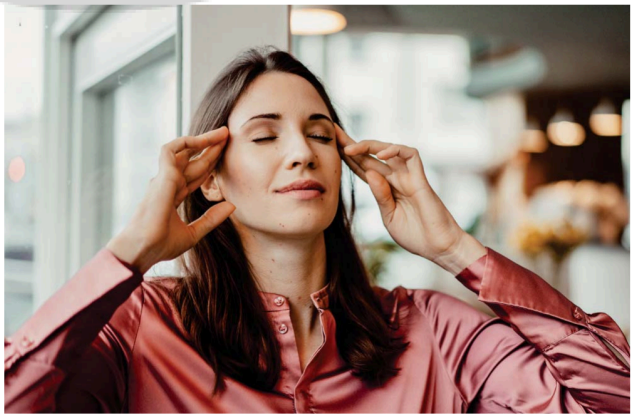
Spending hours exploring, standing in long lines at an amusement park or shopping for souvenirs can leave you with swollen, tired feet by the day's end. For instant relief, slip your feet into the warmest water you find comfortable for 20 minutes (a bathtub, bucket or hot tub will do the trick). Chinese investigators explain that warming aching feet can quickly relax tight, cramped muscles. Plus, water immersion boosts circulation to flush trapped fluids.

GETTY (5)

TO HALT A HEADACHE

Try a mini massage

If you get hit with a fun-sapping headache on your summer vacation, try massaging the muscles supporting your jaw and neck. Doing so boosts your pain threshold to make headache flares shorter and milder, say investigators in New Zealand. To do: Starting at your temples, firmly massage down the sides of your face, then continue down the sides of your neck from your ears to your shoulders.



TO SLEEP DEEPLY

Count your breaths

A different bed, different smells, different sounds… it's no wonder we toss and turn on vacation. The good news? Stanford University researchers say taking six breaths each minute (by inhaling for a slow count of five and exhaling for a slow count of five) can induce sleep as effectively as meditation can. The reason? Taking slow, relaxed breaths prompts the release of calming, sleep-inducing delta and theta brain waves.



TO RELIEVE CONSTIPATION

Sip smart

It's not just you—at least 40% of us have trouble staying regular on vacation since we're away from our bathrooms and not following our usual routines. The simple remedy? Drink 4 oz. of prune juice or snack on four prunes in the evening. A Japanese study finds that this simple strategy can provide relief by morning, making the sweet snack as effective as prescription laxatives. That's because the fruit is nature's top source of the gentle natural bowel stimulant sorbitol.