

Seasickness - Relief is Just a Drop Away

Seasickness. It's not something we want to talk about in the cruise industry. But it does happen, and it can negate all the effort that goes into making a cruise a pleasant and memorable experience.

Dramamine, Dramamine II, and Bonine are the drugs most commonly used to ease the nausea associated with seasickness. All are over the counter anti-histamines that cause drowsiness. This is certainly the case with Dramamine. But even "non-drowsy" Dramamine II and Bonine can cause drowsiness and all of these drugs are known to interact with alcohol, pain medications, anxiety medications and muscle relaxants.

A better solution has found its way to the retail market. Queasy Drops are lozenges that users suck like a cough drop. They're non-drowsy, use all natural ingredients and are not known to interact with common prescription drugs, over the counter pain relievers or alcohol.

Seven years ago Queasy Drops were developed to treat morning sickness in pregnant women. The requirements for the drops were difficult, to say the least. They couldn't affect the health of mother or child, and had to be effective without interacting with any other medications. The doctors who developed the original product (marketed as Peggie Pops) started by looking at natural remedies known to provide nausea relief such as ginger, sour flavors and mints. They found that by concentrating the ingredients their effectiveness was improved dramatically.

The drops also turned out to be an incredible asset for chemotherapy patients who often suffer from nausea ranging from mild to severe. As a result Three Lollies, the maker of Queasy Drops has a long term relationship with the National Children's Cancer Society, donating a percentage of profits as well as product for patients.

But until January of this year Queasy Drops were virtually unknown outside of oncology centers and obstetrician's offices. For some time the healthcare professionals at Three Lollies had known that Queasy Drops provided relief from motion sickness. According to Three Lollies CEO Jim Pathman "There has been an increasing demand for a retail



version of the product. It reached a point where we could no longer ignore that demand, but moving into the retail market has entailed some real challenges and a very different distribution model". The move to retail meant new packaging, new flavors and a new consumer oriented approach to the product - which has just been picked up by retail drug giant Walgreens.

Queasy Drops are available in Cola, Ginger, Green Tea with Lemon, Sour Raspberry and Banana flavors. Pomegranate flavor will be available later this year. They're available as Queasy Drops for adults and as Queasy Pop Kids (lollipops) for children. But do they work?

We were initially skeptical, but the drops work surprisingly well. They're most effective if you take one before you get sick. If you know you're prone to seasickness your best bet is to pop one before you leave the dock and then pop one periodically throughout the day. If you're already starting to feel a little queasy sucking on a Queasy Drop will settle your stomach in about ten minutes or so. But if you wait until you're physically ill it can take up to an hour and a couple of drops before you're feeling yourself again. So the earlier you take the drops the faster you'll get relief.

Because the drops use natural ingredients you will also find that different flavors may be more effective for some people. According to Dr. Pathman "We recommend that you start with a variety pack to determine what flavors work best for you, then buy a pack of just that flavor if you still need them".

The drops will provide relief for just about any kind of motion sickness, upset stomach or nausea. Users have reported some relief from a stomach virus and even from a queasy stomach caused by a hangover.

The best news is they're inexpensive. A box of 10 Queasy Drops retails for around \$3.49, and a twenty pack for around \$5.99. They taste good, and in a few minutes passengers can be back to enjoying their cruise.

For more information on Queasy Drops go to their web site at www.QueasyDrops.com, or contact their marine sales office at 856-665-3045.