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Motion sickness.

1. Ginger, an herb used in foods for centuries, is a long-standing home remedy for nausea and motion sickness in both people and dogs.

It has anti-inflammatory properties and promotes healthy digestion while having a calming effect on the stomach.

A 25kg dog can be given a ¼ teaspoon of freshly grated ginger to reduce the symptoms of motion sickness.

Dried ginger can be used effectively as well.

Administer the ginger to your dog 10 to 15 minutes before travel.

Ginger is safe for dogs in small doses.

Always consult your veterinarian for advice on dosage amounts or using ginger for treatment of long-term health conditions in your dog.

2. *Cocculus indicus* is a homeopathic remedy that can alleviate motion sickness, especially in cases where dizziness and nausea are present.

It is particularly helpful in cases where the smell of fresh air or food worsens the motion sickness.

These properties make *cocculus indicus* a traditional homeopathic remedy for motion sickness and vestibular disease.

While there are no known side effects for *cocculus indicus*, it's best to consult an expert before trying this plant-based remedy with your dog. *Cocculus indicus* can be given to a dog shortly before traveling and administered in 6c, 12c, or 30c tablet doses.

Check with your veterinarian for the right amount for your dog.

3. Lavender provides aromatherapy benefits for your dog that can calm the dog down and help address nausea associated with motion sickness. Research has shown that there was a significant drop in anxiety, vocalization, and barking when 0.16 ounces of lavender oil was sprayed on a blanket that was hung up in the dog owner's car.

There are no side effects to allowing your dog to smell lavender oil, and exposure to it has shown that dogs were more likely to rest and sit comfortably on car rides where previously they had been restless and anxious.

Conclusion Motion sickness affects many dogs --- and dog owners --- daily.

Although drugs are always an option to quell the symptoms of motion sickness, there are natural methods that are easy to locate, cheaper, and just as useful.

Herbal, homeopathic, and aromatherapy options might be just what you and your dog need to end motion sickness so you can both hit the road, happily.

Read more at: <https://wagwalking.com/wellness/natural-remedies-for-motion-sickness-in-dogs>