When you've planned a holiday, you don't want anything to ruin it, especially problems like jet lag and motion sickness. Whether you are travelling by plane, going on a cruise or taking a road trip, there are things you can do to prevent these problems.

I go on many overseas business trips and used to suffer badly from jet lag. I had difficulty adjusting to the new time zone after a long flight. I felt tired, sleepy and sometimes just plain ill for days. I've learnt to deal with it and have managed to reduce the symptoms. Here's what I do. When I get on an aeroplane, I always set the time on my watch to the new time zone. I sleep according to my new schedule and not when my body feels like it, which means you should stay awake during the daytime. Food is important, too. Don't eat whatever they serve you. You should eat very little and lightly, and only when you're hungry, not because you're bored. I eat lots of fruit and drink plenty of water. Avoid coffee, tea or soft drinks with caffeine. They mess up your wake/sleep patterns and cause dehydration. Also, during the flight you should get up and walk around often. It helps.

Motion sickness is another problem some travellers have when travelling by car or boat, and can make them feel nauseous or dizzy. I used to take motion sickness medicine, but it wasn't a good solution because it didn't really work and it had a lot of side effects, including drowsiness. My advice? Well, even before you start feeling sick, you should try to focus on a distant point on the horizon, and avoid reading. Sitting in the front seat of a car can help and when on a boat, try to find a seat near the middle on the lower levels. I like drinking a lot of coffee, but I have noticed that it makes the symptoms worse, so you'd better avoid it. You shouldn't eat too much food, but the truth is that travelling on an empty stomach doesn't help much either. There is one thing that seems to work for me: green apples.

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