



Vacation remedies MDs swear by

Carsickness, bug bites and other minor health woes don't take a break just because you do! To the rescue: these natural remedies doctors turn to when their own children are sick or injured while they're far from home



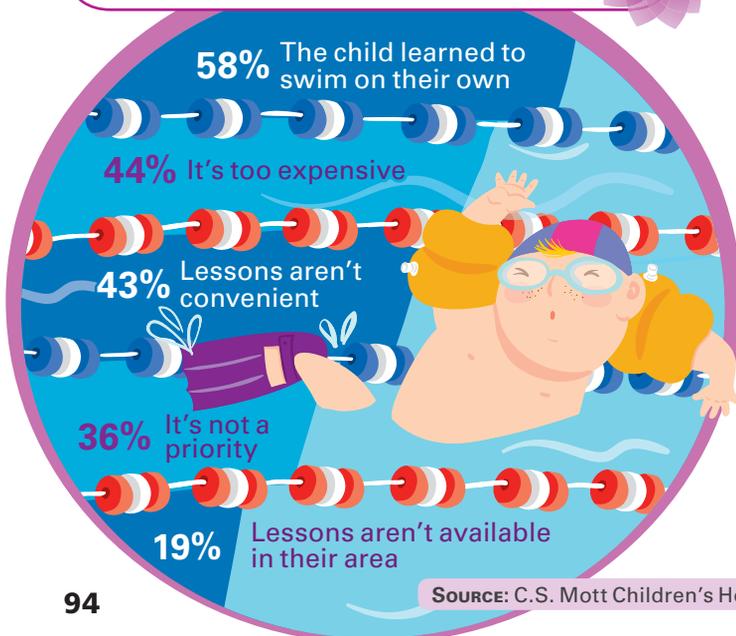
Jellyfish sting Rx *This salve*

"When the family was vacationing in the Bahamas, my daughter got stung by a jellyfish," says father-of-two Alan J. Parks, M.D., founder of DermWarehouse.com. While being stung was scary and painful, Dr. Parks knew his daughter wasn't having a serious reaction. "The affected area was rather small and there wasn't a lot of inflammation," he says. So he simply rinsed off the wound and applied a liberal amount of Sarna lotion (at drugstores), which contains the cooling, soothing combination of menthol and camphor. "While there are other menthol lotions around, Sarna remains my go-to because it always works," says Dr. Parks. "I actually always have it with me on vacation—just in case of sunburn, eczema flares or jellyfish stings." His daughter experienced relief within just a few minutes. "Whenever the itching began to recur, I simply reapplied."

Motion sickness Rx *Ginger*

"Last year while traveling on windy roads, my young son felt sick to his stomach. I first took away the iPad, then I gave him ginger gummies," says mother-of-two Melissa Doft, M.D., a clinical assistant professor of surgery at Weill Cornell Medicine in New York City. Ginger contains *gingerols* and *shogaols*, chemicals that help relax the intestinal tract, relieving queasiness. "Usually just one or two gummies do the trick," says Dr. Doft. Her son's belly felt better in 20 minutes. Cracking a window for fresh air and having her son focus on a distant point on the horizon also helped nix the sensory mismatch that causes nausea. (A brand to try: Tummydrops Natural Ginger, Walmart stores).

Why parents don't sign kids up for swimming lessons *quick take*



Bug bite Rx *Toothpaste*

"Not long ago, my family went to Disney World—and the mosquitos were nasty!" says Heather Bartos, M.D., medical director at *Be. Women's Health & Wellness* in Cross Roads, Texas, and a mother of two. "My 7-year-old's ankles got all bit up, but I didn't have any cortisone or other medicine with me." What she did have: toothpaste. "Toothpaste acts as an astringent to help draw fluids out from under the skin, so it helps with swelling," she explains. "It also contains menthol, which relieves itching and swelling." While Dr. Bartos prefers paste over gel, both work. "Just be sure to leave the paste be for a while," she says. "I leave it on for at least a day before I wash it off with a warm washcloth." *

SOURCE: C.S. Mott Children's Hospital, Ann Arbor, MI

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