Going green around the gills isn’t black and white

Seasickness affects each person differently. Picking the right ship size, dates and location can help limit queasiness on the water.

By Melissa D.G. Kaplan

“It’s a very different take and no button and a window lowers, cabin, this ship actually incor-

more tickets

Newburyport, said seasickness general-

Feb 16

laughing about it now that he

344x121

indoor/outdoor dining and

cocktail; and Norwegian Break-

seasick at some point during the

Scientifically proved to help allevi-

not too long ago.

Stoffregen recommends putting

elderly

people. “I don’t want to scare

Baja, you get winds in November

bogus, and they can all gather

clubs, and if grandparents want to

share the helm and steer. Michael Jacobs, a lifelong sailor and consultant for the U.S. Sailing As-

enough sleep and avoid heavy

nausea, a tactic sometimes used

Stoffregen recommends putting

Taking your head over your shoulders and knees, take the helm and steer.

American Seafood, an

nutrition. Michael Chang, a 

northern Hemisphere, an agent with AdventureSmith Explorations, said, “It’s a challenge to

travel@washpost.com

Kaplan is a freelance writer in the

Gulf of Mexico. “It’s very hard to

Clark, and everyone general-

to be this great vacation, so

summer’s end, too. But it’s too

Nelson was optimistic about the

part of the reason that I’ve

the drug’s negative side effects.

and grandparents want to

clubs, or you can make another

parents who have

in the roughest conditions, even

people. “Some people feel like this

taking a ride from mainenance

Jacobs said. “Balance your head

Enoch Kaplan

“Balance your head over your shoulders and knees, take the helm and steer.” Michael Jacobs, a lifelong sailor and consultant for the U.S. Sailing Association, says, “One of the most effective ways to reduce symptoms is to go fast and stay focused.”

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To me, holidays are a time to slow down and experience the world around us. Whether it’s through cooking meals, exploring new places, or simply being present in the moment, I find that taking time for myself is incredibly valuable.

The whole family is going along for the ride. Toddlers are relatively sea- sick, so plan accordingly. For some families, vacationing together is a way to bond that they won’t experience on their own. Of course, having a babysitter along is a plus, especially when trying to keep the kids busy.

The Cruise issue