Land, Sea & Air®
Formulated by Dr. James L. Wilson
Travel in Comfort Naturally*

Land, Sea & Air® helps maintain a sense of well-being and comfort during the type of motion experienced in automobiles, boats and aircraft.* The ingredients work synergistically to effectively promote a sense of ease in the areas of the body most adversely affected by motion, such as the stomach and head.* This natural formula works gently and effectively without undesirable side effects in the following ways:*

<table>
<thead>
<tr>
<th>Helps minimize CNS-related vertigo and nausea experienced during motion*</th>
<th>Acts directly in the gastrointestinal system to help maintain GI comfort during motion*</th>
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<td>Cocculus indicus (Homeopathic dilution)</td>
<td>Zingiber officinale (Ginger root)</td>
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<td>• Demonstrated to stimulate adenylate cyclase activity, stimulating nucleotide-signaling pathways and vasorelaxation to help maintain normal microvascular perfusion of the inner ear and vertebrobasilar system, which is important to a stable sense of balance ¹</td>
<td>• Moderated severity of nausea and degree of gastric dysrhythmias induced by the sensation of motion ⁷</td>
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<td>• Found to contribute to normalization of stereoaoustic pathways and their synchronization with vestibular and ocular pathways, resulting in enhanced brainstem functional efficiency and reduction in tendency towards vertigo, giddiness and dizziness ²</td>
<td>• Demonstrated to promote normalization of gastric contractions and the muscular contractions in other parts of the gastrointestinal tract through anticholinergic and antihistaminic actions during experimentally stimulated motion-related changes in those tissues ⁸</td>
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<td>• Reported to help diminish vertigo and nausea, as well as susceptibility to motion-based trigger mechanisms for vertigo and nausea, through action on the brainstem and medulla oblongata (MLF area) ³</td>
<td>• Shown to enhance gastroduodenal motility ⁹</td>
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**Vitamin B6**

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<td>• Shown to help minimize vertigo and nausea, as well as nystagmus and vestibular spinal signs when central equilibrium dysregulation was experimentally induced ⁴</td>
<td>• In a double-blind randomized placebo trial among navel cadets on the high seas, ginger moderated vomiting and cold sweating significantly better than placebo. ¹⁰</td>
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<td>• Helped maintain normal dilation of cerebral vessels during experimental stimulation of the vestibular apparatus, thereby reducing excess blood supply to the related areas of the cerebral hemispheres and minimizing hypoxemia and acidosis developed during sickness in orthostatic position ⁵</td>
<td>• Research studies repeatedly find ingestion of ginger root promotes a decrease in motion-induced symptoms such as nausea, vomiting, sweating and vertigo. ⁷, ¹⁰, ¹¹, ¹²</td>
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<td>• Indicated in clinical reports to help counteract vertigo and nausea related to the inner ear or attributed to central nervous system etiology ⁶</td>
<td>• Widely used internationally in traditional herbal as well as modern medicine to enhance gastrointestinal comfort and help minimize nausea, vomiting and perturbations in homeostasis in a wide variety of situations, including stress, pregnancy, travel and surgery ¹⁰, ¹³, ¹⁴, ¹⁵, ¹⁶, ¹⁷</td>
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<td>• Demonstrated to be beneficial for GI comfort in a variety of situations, including morning sickness and premenstrual nausea ¹⁸, ¹⁹, ²⁰</td>
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*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
Suggested Use
Take 1 capsule with water 30 minutes before travel. Can be repeated every 4 hours, if needed. An additional capsule can be taken before departure, if desired. Pregnant women should not exceed 4 capsules per 24 hours.*

Companion Products Formulated by Dr. Wilson

Travel: To reduce the stress of travel, Land, Sea & Air may also be taken with:

Nat-Stim® for enhanced immune function
Body-Guard® for temporary intestinal immune support
Squeaky-Clean® to promote regularity
Super Adrenal Stress Formula® and Adrenal POWER Powder® for energy, and nutritional and adrenal support*

References

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