

The  
**Original**  
**SEA-BAND**®

## Acupressure Wristband for Nausea Control

Based on the principles of acupressure, the Sea-Band wrist bands are a clinically proven drug free alternative treatment for the control of nausea and vomiting associated with anesthesia and chemotherapy. They can be used on their own or in combination with antiemetic drugs. The Sea-Band has no contra-indications and no side effects.

A plastic stud incorporated into the wrist band exerts pressure on the **P6 acupuncture point** situated on the wrist. Pressure on this point is known to relieve nausea and vomiting. The patient simply wears the pair of wrist bands for as long as needed.

## Post-Operative Nausea

If placed on the patient before surgery, or afterwards in recovery, the Sea-Band can prevent the onset of nausea and vomiting. It is particularly useful in day-surgery for patients experiencing continued nausea.

## Nausea Associated With Chemotherapy

Patients undergoing chemotherapy can wear the Sea-Bands to control anticipatory nausea as well as nausea induced by chemotherapy drugs. They can wear the bands for the duration of the treatment both in hospital and at home.

## Using Sea-Band

Simple to use, the Sea-Band does not need specialist handling. Care should be taken however to position the bands according to the instructions provided with the product. They become effective within 5 minutes even if nausea has already started. They can be worn continuously.

The Sea-Band is made of mixed fibers and does not contain latex. It is soft, comfortable and fits all wrist sizes. Sea-Band can be re-used. Wash in a gentle cycle. No special storage conditions needed. Shelf-life unlimited.

## Morning Sickness

The Sea-Band applies continuous pressure on the **P6** (or **Nei-Kuan**) point on each wrist using a plastic stud; the point is very easy to find. Sea-Bands can be worn on each wrist whenever you feel nauseous. The Sea-Band is comfortable, washable and discreet. One size fits all.

That acupressure can prevent and ease morning sickness was first scientifically proven in the UK by the late Professor John Dundee from Queen's University, Belfast. In 1988 his report in *The Journal of the Royal Society of Medicine* showed that the women in the trial who used acupressure had suffered significantly less nausea and vomiting than those who didn't.

### **A more recent study in Italy found that morning sickness was reduced in 70% of women who used Sea-Bands.**

What's more, one study conducted by an American midwife showed that women wearing Sea-Bands also reported less anxiety, depression and hostility!

**Take care ... take control** Each year up to 80% of women who become pregnant will at some point suffer from morning sickness. Most mothers-to-be find their symptoms ease around week 14 but for an unlucky few, the nausea and vomiting may continue throughout the pregnancy. Controlling your nausea can be a big step towards feeling positive about your pregnancy. Here are a few points to remember about taking care of yourself:

**Food:** it's quality rather than quantity that counts. Your baby depends on you for the nutrients it needs to develop, so follow a good, balanced diet. Avoid raw or lightly cooked eggs, soft and blue-veined cheeses, which could lead to bacterial infections: and pate and liver products.

**Beverages:** drink lots of water, milk and juice during your pregnancy, with tea and coffee in moderation. Plenty of liquids will help you avoid constipation and piles. It's best not to drink alcohol at all, particularly in early pregnancy.

**Hygiene:** be scrupulous about cleaning and food hygiene in the kitchen, particularly if you have cats or other pets. Pamper yourself, too, with relaxing baths and body lotions.

**Exercise:** swimming, yoga and walking will help you keep fit. Join a local class and meet other expectant mothers.

**Smoking:** give up as soon as you can for your own and your baby's health.

## **Sea-Band for Travel Sickness**

**PLANES, TRAINS, BOATS, CARS, COACHES AND EVEN AT THE FUNFAIR! Try them - they really work!**

**Traveling the world - for business or pleasure - is now easier than ever. But whether your journey is by air, road, rail or sea it can be a miserable experience if you suffer from travel sickness.**

The nausea, dizziness and vomiting caused by any form of transport are triggered by a confusion of messages received in the brain. Although you may be sitting motionless in a seat, your senses tell you that you are actually moving. Contrary to common belief, the resulting nausea is not "all in the mind" and is experienced by children and adults alike.

Early signs of travel sickness include quietness, headaches and lethargy, often followed by uncontrollable vomiting.

### **Drug-free remedies**

Anti-sickness drugs may have unwanted side-effects such as drowsiness and may not be suitable for children or for some adults. Yet there are other ways to help prevent nausea:

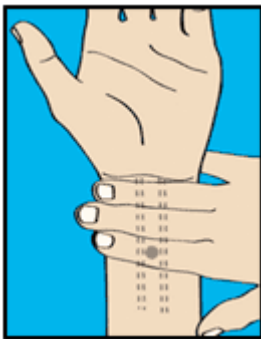
- In cars or buses, sit at the front and always face the direction in which you are traveling. Don't look out of side windows and focus on the horizon.
- Breathe in fresh air - open a window or stay outside on a ship's deck.
- Don't eat a heavy or greasy meal before traveling.
- Keep children occupied - play an "I spy" game for example.
- Most importantly, wear Sea-Bands during your journey.

### **How to Position Sea-Bands Correctly**

Place your middle three fingers on the inside of your wrist with the edge of the third finger on the wrist crease. The **Nei-Kuan point (P6)** is just under the edge of your index finger between the two central tendons.

Position the button facing downward over the Nei-Kuan point. Repeat the process for the other wrist.

One band must be worn on each wrist to be effective. Sea-Bands can be put onto your wrist before you start traveling, or after you have started your journey.



## **ACUPRESSURE**

### **What traditional Chinese medicine says**

Acupressure is one of several techniques used in traditional Chinese medicine. Developed over 4000 years of critical observation and testing, this system is very different in philosophy and practice to Western science.

Western doctors start with a symptom and look for a specific cause or disease. A Chinese medical practitioner will treat the symptom as only one factor in the individual's entire physiological and psychological profile, which must be studied to find 'the pattern of disharmony'.

According to traditional Chinese medicine, illness results from an imbalance in the flow of **Chi** ('life energy') through the body. The original meaning of Chi (pronounced 'chee' and sometimes spelt 'Qi') was simply air, breath or energy, but it eventually came to mean the vital nourishing and protective energy that sustains everything in the world. We receive Chi at conception from our parents, and after birth continue to derive it from food and air.

Chi is animated by a constant movement of energy between yin and yang, two opposing but complementary forces. When one predominates, the flow of energy is disturbed and disease and emotional instability can result. Chi circulates through the body along a network of invisible channels beneath the skin called meridians. There are **12 basic meridians**, paired on

the right and left sides of the body and named after the internal organs to which they are attached, such as the lungs, large bowel and (in the case of P6) the pericardium.

Dotted along the meridians are **2000** or so known **acupoints**, where Chi is said to be concentrated and at which it enters and leaves the body. Stimulation of these points - whether by needles, heat, mild electrical currents or pressure - is said to free the flow of Chi, releasing blockages and restoring depletions, thus returning the body to harmony.

## How the Chinese use acupressure

Tuina, as acupressure is known in China, is the technique of applying pressure with the hands to the acupoints and meridians. Some points are known to be particularly powerful and the Chinese will press or scrape them with a fingernail or the edge of a spoon as a self-help measure.

**Pericardium 6 (P6)** is one of these. P6's functions include the movement of energy in the chest, harmonization of the digestion and stomach, the regulation of blood flow and calming of the mind.

The Chinese use it to treat chest pain, irregular and painful periods, pre-menstrual depression, insomnia and because of its influence on the stomach - to relieve nausea and vomiting, acid regurgitation, hiccupping and belching.

## What Western Science says

When it comes to Chi and meridians, Western scientists prefer to seek other, more medically acceptable, explanations for the phenomenon represented by acupressure and acupuncture. Most likely, in their view, is the involvement of pain-relieving chemicals known as endorphins and the 'gate control theory' of pain relief.

In simple terms, according to this theory, nerves carrying pressure messages reach the brain faster than pain messages. As the brain can receive only so many messages at once, the 'gate' is closed by the time pain signals arrive.

Pressure appears to stimulate nerve fibers running up the spinal cord and ultimately result in production of endorphins, morphine - like compounds which influence the hormonal and immune systems and inhibit the brain's perception of pain, especially when associated with anxiety and stress.

But why, for instance, should the stimulation of specific points and not others trigger certain responses in the brain? And by what means do these responses prompt a reaction in another, seemingly unrelated part of the body?

If neurochemicals are responsible, by what channels do they operate? Neither the nervous system nor the vascular or lymphatic systems can fully account for this flow of information.

Is there a pattern of energy - possibly electromagnetic - based on that of the ancient Chinese meridians, so subtle that modern technology has yet to detect it? Nobody really knows. Scientists cheerfully admit to being in the Stone Age when faced with explaining the complicated interactions between mind and body.

In one study, radioactive tracers injected at acupoints appeared to travel along pathways similar to those of meridians. These seemed to have no relationship to either blood circulation or the lymphatic systems and, according to some researchers, also suggested a neurochemical mechanism of information transmission.

## GINGER GUM

Ginger has been used as a medicinal herb for thousands of years. Now you can enjoy its natural soothing properties in a fast-acting, great-tasting chewing gum.

Drug-free option for the relief of nausea due to motion-sickness and morning sickness.

None of the common side-effects associated with anti-nausea medication such as drowsiness, disorientation & dry mouth

Each piece of gum contains 25mg of ginger oil – equivalent to **8g** of fresh ginger root.

Each box contains 24 pieces of gum in 2 foil packs.