

These Are The Best Nausea Remedies You Can Buy, Based On What's Making You Feel Sick

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That queasy "I think I'm about to be sick" feeling is probably one of the most uncomfortable sensations there is. Exactly no one enjoys feeling nauseated. And while some people are more prone to this issue than others, pretty much everyone will have to deal with it at least on occasion.

"The GI tract is always in motion with normal contractions that help food to move in the right direction, and to stay down," explains Jacqueline Mayo, MD, clinical assistant professor of medicine and assistant attending physician at [New York Presbyterian/Weill Cornell Medicine](#). "Nausea is caused by a change in the normal pattern of this motion. For example, you might have faster and more intense contractions of the stomach and esophagus, or a slowdown that doesn't allow food to empty from the stomach as quickly as it should."

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As for what causes this change, there are, unfortunately, a number of things that can factor in. Motion sickness, pain, viruses, bacteria, and even emotional stress can all wreak havoc on

your stomach. And once nausea kicks in, it often goes hand-in-hand with symptoms like dizziness, headaches, vertigo, heartburn, and vomiting. (Suffer from heartburn? Here are 11 effective solutions.)

Of course, nausea caused by pregnancy and morning sickness requires different care than nausea resulting from, say, food poisoning or the flu (scroll to the bottom if you're an expectant mother). Regardless of the cause, though, being nauseated can really cramp your lifestyle. Who wants to go to work, board a plane, or meet up with friends while expecting to hurl at any moment? To help curb this nasty feeling and get on with your life, we asked our experts to share the best remedies for nausea by underlying cause.