3. Motion Sickness Overview

Motion sickness is a relatively common issue for both children and adults, which results in an upset stomach, dizziness, and potentially other symptoms as well. These symptoms are temporary, but unfortunately for those who get motion sickness while traveling, they only stop once motion has ceased.

Many describe motion sickness as a feeling of unease, followed by sweating and dizziness. If persistent, this can lead to pale skin, headache, fatigue, and even increased saliva production. For most people, these symptoms will eventually transition into full-blown nausea and vomiting if the motion doesn't stop or medication isn't taken.

When our bodies are in motion, the central nervous system is using signals from the nerves to help keep us balanced. Motion sickness is the result of conflicting messages within our nervous system between nerves and the brain, which results in impairing effects.

For many, motion sickness can occur if they are reading a book in the car, as the signals between your eyes and inner ears won't match. Motion sickness may also occur suddenly, leading to cold sweats and vomiting.

The most common risk factor for motion sickness is, naturally, being in motion. This can include anything from cars, boats, trains, planes, and amusement park rides. However, even the sensation of moving, such as with virtual reality, is known to cause motion sickness.

Other than that, risk factors include being between the ages of 2 and 12, being a woman, lack of sleep, drug abuse, poor ventilation, and even pregnancy can all significantly raise your risk of experiencing motion sickness.

Motion sickness is widespread, with research suggesting about 1 in 3 are very susceptible. That said, anyone can have motion sickness if the motion and dissonance are bad enough.

Seeing a doctor is not generally needed for motion sickness unless you're someone who travels a lot and desperately needs some medication. Even in those cases, most people find that using any number of remedies can mitigate nausea caused by motion sickness. However, it may not be a bad idea to speak with your doctor during your next check-up about what they think you can try.

4. Potential Benefits Of CBD

4a Direct Research Treatment Overviews

Motion sickness, stress and the endocannabinoid system - https://www.ncbi.nlm.nih.gov/pubmed/20505775 - 2010 - Ludwig-Maximilians-University

In this study, researchers seek to understand any potential connection between motion sickness and endocannabinoid deficiency. Using human volunteers, researchers measured blood samples before, during, and after parabolic flight maneuvers. Volunteers who had experienced acute motion sickness had elevated stress scores and lower endocannabinoid levels. The authors suggest these findings demonstrate that motion sickness could be associated with impaired endocannabinoid activity.

Dexamethasone alleviates motion sickness in rats in part by enhancing the endocannabinoid system - https://www.ncbi.nlm.nih.gov/pubmed/24508383 - 2014 - Second Military Medical University

Researchers wanted to determine whether dexamethasone and the endocannabinoid system have any anti-motion sickness effects. Using rat models, researchers measured plasma levels before and after exposure to a motion sickness protocol. The results showed that dexamethasone not only lowered the motion sickness index but restored endogenous cannabinoid levels and expression of the CB1 receptor, which declined after the induction of motion sickness.

The Effects of Cannabidiol and Tetrahydrocannabinol on Motion-Induced Emesis in Suncus murinus - https://onlinelibrary.wiley.com/doi/full/10.1111/j.1742-7843.2008.00253.x - 2008 - University of Calgary

In this study, researchers investigate the action of phytocannabinoids against motion sickness in Suncus murinus, a type of shrew. Suncus murinus were injected with various cannabinoids before exposure to a motion stimulus. The study concludes that while THC holds anti-emetic potential, CBD had no visible effect on motion sickness.

4b Indirect Research For Treatments____

Plant-based medicines for anxiety disorders, part 2: a review of clinical studies with supporting preclinical evidence - https://www.ncbi.nlm.nih.gov/pubmed/23653088 - 2013 - University of Melbourne - Anxiety

A comprehensive review of all the plant-based medicine which has had both preclinical and human clinical trials conducted about their anxiolytic-like effect. An analysis of over 1500 papers identified 21 plants which had been adequately tested, with one of the most successful of these plants found to be CBD enriched Cannabis species.

Interaction between non-psychotropic cannabinoids in marijuana: effect of cannabigerol (CBG) on the anti-nausea or anti-emetic effects of cannabidiol (CBD) in rats and shrews - https://link.springer.com/article/10.1007/s00213-010-2157-4 - 2011 - University of Guelph - Nausea suppression

CBD was shown to suppress vomiting in lab rats and shrews significantly. Researchers used another substance, known as cannabigerol (CBG) to reverse this suppression. Moderate doses of CBG and CBD are opposing each other at the 5-HT1A receptor, which is known to play an essential role in regulating nausea.

Control of pain initiation by endogenous cannabinoids - https://www.ncbi.nlm.nih.gov/pubmed/9685157 - 1998 - University of Naples Federico II - Pain Relief

Researchers concluded CBD significantly reduces discomfort and pain, in part, due to the interaction between two substances, PEA and anandamide. According to tests, they "act synergistically, reducing pain responses 100-fold more potently than each compound alone".

5. **What The Research Says**

These days you don't have to look very far to find plenty of people who have found relief thanks to CBD. In fact, there's been a wide range of conditions CBD is said to improve in one way or another. One of the more recent questions asked has been what value does CBD hold in the treatment of motion sickness? While there still isn't a whole lot of research on this topic, what we do know is presenting us with some interesting questions for the future.

A study called Motion sickness, stress and the endocannabinoid system sought to understand how motion sickness and the endocannabinoid system interact. This trial of human subjects measured blood samples at different points before, during, and after flight maneuvers known to cause motion sickness.

The researchers noted that those who had experienced the worst symptoms had noticeable deficiencies in their endocannabinoid system function. This evidence suggests CBD treatment could potentially reduce the impact of motion sickness.

Another report, called Dexamethasone alleviates motion sickness in rats in part by enhancing the endocannabinoid system, reached somewhat similar conclusions. The team found that treatment with dexamethasone is able to restore the endocannabinoid system function lost due to motion sickness. By the same token, research supports the power of CBD to restore this function.

However, not all the research looking into CBD and motion sickness has yielded positive results. In fact, a study of shrews called The Effects of Cannabidiol and Tetrahydrocannabinol on Motion-Induced Emesis in Suncus murinus concluded while THC may have an anti-emetic benefit, they didn't find any substantial evidence CBD suppressed motion sickness.

Other research, not explicitly concerned with motion sickness, has also provided evidence CBD could offer some benefit. For example, Plant-based medicines for anxiety disorders, part 2: a review of clinical studies with supporting preclinical evidence has shown that CBD is the most powerful plant-based medication for anxiety we have. That's after looking at over 1500 preclinical and clinical human trials on plant-based anxiety meds.

An upset stomach or general discomfort is another common symptom of motion sickness, which research shows can be mitigated by CBD. Studies such as *Control of pain initiation by endogenous cannabinoids* have shown that a combination of cannabinoids commonly found with CBD, such as anandamide and PEA have a pain-relieving effect that is 100-fold more potent than either substance alone.

Finally, nausea is a well-known problem that goes along with motion sickness. Luckily, CBD is known to provide a valuable anti-nausea effect. A study called Interaction between non-psychotropic cannabinoids in marijuana: effect of cannabigerol (CBG) on the anti-nausea or anti-emetic effects of cannabidiol (CBD) in rats and shrews showed CBD is able to significantly suppress vomiting in shrews thanks to an interaction with the 5-HT1A receptor.

6. Tracking Effectiveness

Many people find that it's difficult to determine how well CBD is working for when first starting out. It can be frustrating, but this doesn't mean you're doing anything wrong. Even when working correctly, the effect of CBD is relatively subtle. When it comes to things such as motion sickness, this is less of a problem, but still noteworthy.

The number one thing we suggest to all people who are starting out with CBD is keeping a journal. All it requires is writing down your daily dosages along with the subsequent symptoms for that day. Over a short period, most people find a lot of clarity about what CBD realistically offers them.

Everyone is different and might require a different treatment plan. What works for one person may not be right for the next. As such, it's important that we focus on our own experiences to maximize what we know about its effectiveness. The best place to start is by listening to your body.

Lots of people ask us if they have to keep a journal in order to be successful using CBD. Of course, you could be happy with the results without keeping a journal, but we've yet to meet anyone who committed to the journal and didn't feel like it made things better in one way or another.

Anyone who decides to track their progress with CBD is encouraged to leave those experiences here for the next person. Each person needs a little bit of help when they're first starting with something. This is definitely true for CBD, as all the information out there can make things tough to understand without a base of user-generated experiences. All it takes is a brief overview along with a score for how well it improved your motion sickness, anxiety, and nausea.

8. Suggested Dosages

The most common question we get here at DidCBDwork.com is easily how much CBD should be taken to treat a given condition. Ideally, we could provide a simple answer that would apply to everyone. Unfortunately, life isn't that straightforward. To discover the perfect dosage for you, you simply must partake in some experimentation.

That said, we can still offer users a starting point to begin their journey. According to experts, around 60mg is an excellent place to start when attempting to treat motion sickness. However, most researchers suggest starting slow and ramping up with more CBD over time.

It's also important to mention that while CBD is perfectly legal and commonplace in many areas, this isn't the case everywhere. Plenty of places still treat CBD and THC as basically the same, meaning it can be risky to bring during travel. Just make sure to research the local laws before taking CBD anywhere.

We should also discuss the fact that not all CBD products are going to be THC-free. Some people find this surprising, but many find a bit of THC still in CBD products can bolster the impact. While this is likely true, if you aren't able to get high, you might want to avoid any products that aren't 100% CBD.

However you decide to move forward with CBD, you should seriously consider leaving your personal experience for others to learn off of. Any information is a significant bonus when you're just starting out, especially user-generated experience. A couple of minutes of your time could ultimately be a considerable gain for someone who needs it.