

Morning Sickness:

General Remedies:

- Avoid warm places as heat can increase the nausea feelings.
- Take naps during the day (but not right after eating). Tiredness plays a big part in morning sickness.
- Get enough sleep at night.
- Get out of bed slowly in the morning.
- Try eating plain crackers or dry cereal before you get out of bed in the morning.
- Try wearing Sea Bands, bio bands, or other motion sickness bracelets.
- Research at Penn State University suggests that applying a cold-pack to your forehead may alleviate the symptoms.
- Try to keep active, moderate exercise will assist the body in mobilizing toxins and high levels of hormones through the liver and out of the body.

Smells:

- Open windows or turn on exhaust fans when cooking and after meals.
- Silly as it sounds, carry a handkerchief with a few drops of a non nausea causing essential oil (lemon for example) in it and breath through it if you can't get away from the smell that is bothering you.

Food and Drink:

- Avoid greasy or spicy foods as they often cause nausea or heartburn.
- Eat what you want when you want it. Your cravings will not lead you the wrong way.
- **Have frequent protein snacks.** (Low fat meats and seafood, nuts, eggs and beans are high protein.)
- Eat smaller meals every two hours or so.
- Eating something salty before a meal can help you "make it through" a meal.
- Eat an unrefined sweet food (such as fruit) followed by a high protein food shortly afterwards (the sweet will begin to bring the blood sugar up and the protein will help to stabilize it).
- Eat a high complex-carbohydrate food such as crackers followed by a high protein food 20 minutes later.
- Eat foods you know will settle the stomach; Yogurt, cottage cheese, cereal, toast, and crackers are a few suggestions. Sharp cheddar cheese may be well tolerated by some women as the sharp smell and taste increases salivation and digestion, placing less burden on the stomach.
- Do not drink fluids with your meals.
- Non-caffeinated teas like peppermint, pregnancy tea, red raspberry leaf, peach leaf, or ginger can help tame nausea.
- Drink small amounts of fluids regularly though out the day to avoid dehydration. Morning sickness is a thirst signal of both the mother and the fetus. Be sure that you are drinking enough water. Normally, people should drink eight 8 oz. glasses of water a day. Consult your doctor to discuss the proper amount for you if you have morning sickness. You may find water more tolerable if you drink it VERY cold and with a lemon in it.
- Do not skip meals if you can help it.

http://www.village.co.uk/pregnancyandbaby/pregnancy/tri/articles/0,1_168940,00.html

http://www.health911.com/remedies/rem_motion.htm

<http://www.morningsicknesshelp.com/>

http://mywebmd.com/hw/being_pregnant/in9085.asp?lastselectedguid={5FE84E90-BC77-4056-A91C-95378CA348}

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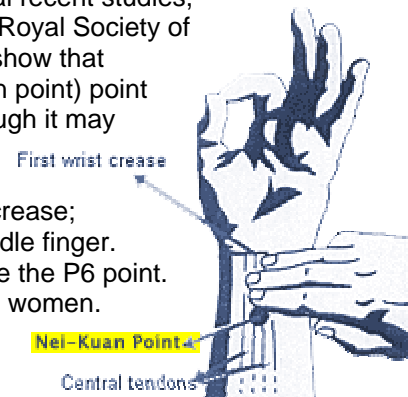
Holistic Midwifery, Volume 1 Anne Frye, El Halta, 1989, Varney's Midwifery, Helen Varney

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- Avoid spicy and fried food - both eating and smelling it can increase your nausea.
- Cold food may have less nausea inducing smells associated with them.
- Eat a boiled egg. While this may sound awful, eggs are perfectly balanced protein and can calm the nausea quickly in some cases.

Supplements:

- Try taking your prenatal later in the day. Do not take on an empty stomach.
- Talk to your midwife or doctor about:
 - Vitamin B6 - 100-mg. daily. Vitamin B6 has been shown to help with pregnancy-induced nausea. Take 50 mg in the morning, 20 minutes before rising, and once again at night.
 - B12 in 50mcg doses daily.
 - Zinc deficiency is also implicated in pregnancy nausea – aim for 20mg daily.
 - Ginger capsules: 250 mg. three times daily. Ginger has long been associated with alleviating nausea. (Remember drinking ginger ale when you felt sick when you were little?)
 - Ask your doctor if you can stop taking your Prenatals temporarily to see if the nausea diminishes. You may still need to take a Folic Acid supplement to help protect your baby.
 - Talk to your doctor about not taking iron supplements unless you are anemic. Iron supplements can be hard for your stomach to deal with. Look for a chelated iron supplement, avoid slow-fe, and similar brands. (Sun-Down makes a great one that you can find easily at Wal-mart, Acme, and many pharmacies.)
 - Papaya Tablets, available at most health food stores and even at some Wal-Marts and Pharmacies, Take as needed.
 - Preggie Pops <http://www.morningsicknesshelp.com/preggiepop.html>
 - Emetrol...this is basically coke syrup without the caffeine. It will up your sugar levels and can help alleviate symptoms because of this. For adults take 1-2 tablespoons every 15 minutes until the symptoms subside (no more than six doses in a 24 hour period).
 - Acupressure can also be very effective. Several recent studies, including those published in the Journal of the Royal Society of Medicine and the Journal of Nurse Midwifery, show that pressure on the pericardium 6 (or P6, Nei Kuan point) point can provide fairly quick relief from nausea, though it may not help to reduce vomiting. To find this point place your hand palm up and measure two thumb widths below the most prominent wrist crease; P6 is just above this point, in line with your middle finger. Some chemists sell wristbands, which stimulate the P6 point. These have also been shown to work for some women.
 - Try taking two or three teaspoons of apple cider vinegar (not any other kind) in warm water first thing in the morning. Apple cider vinegar is pH neutral and may help to neutralize excess stomach acid.
 - Electrolyte imbalance is often a key factor in morning sickness and hyperemesis gravidarum, Drink Third Wind, Recharge or another natural foods brand electrolyte balanced liquid before eating or when nauseous. (Gatorade should be avoided because of its chemical additives.)



Homeopathic Remedies:

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- ☞ **Ipecacuanha 6.** For nausea accompanied by hot or cold, clammy perspiration and retching. Or, if you feel better for open air, cool conditions, rest and keeping still, but worse for excessive heat, damp weather, after vomiting, movement and strong smells.
- ☞ **Colchicum 6C.** If you crave food but feel nauseous, feel better when bending forward but are worse in the evenings, with the smell of food, after mental exertion or loss of sleep.
- ☞ **Natrum mur 6C.** If you are vomiting frothy mucous, craving salt and thirsty. If you are better for being in the open air, taking rest, going without regular meals, peace and quiet; but worse in the late morning, hot atmospheres, dampness, after mental exertion, eating fatty or starchy food, with noise, music, touch or pressure.
- ☞ **Sepia 6C.** If you're vomiting, irritable, exhausted, indifferent and have hot flushes. If your symptoms are better for exercise, keeping busy, elevating your legs, eating small amounts and getting fresh air, but worse during the afternoon or with the smell of food, fasting and the emotional demands of others.

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