

## Nausea and vomiting in pregnancy

- Keep some small packages of crackers in your purse in case nausea strikes while you are away from the house.
- Chew on licorice-tasting fennel seeds to calm queasiness. Fresh grated ginger and fennel seeds make a comforting tea to settle your stomach. Ginger can be purchased at your grocery store in the fresh vegetable section.
- Try eating your favorite foods from childhood, like ginger ale, Jell-O, or whatever your mother fed you when you weren't feeling well.
- Always get up slowly in the morning and take small breaks throughout the day with your feet elevated.
- Hot teas may help, especially spearmint or peppermint which is known to be good for indigestion, or try the excellent "women's tea" known as red raspberry leaf tea. If cold is more appealing, make popsicles or ice chips with the teas.
- Take short walks in the fresh air whenever possible.
- Drink bottled or purified water to flush your system.
- Try increasing your water intake to six glasses a day. If you feel as though your stomach is not digesting food well, increase your consumption of raw, enzyme-rich foods. Fresh cantaloupe, papaya and pineapple have the highest naturally occurring enzymes of all foods and help a great deal with digestion.
- Make sure you are napping at least once a day to allow your body to recharge. Even a short nap can help you to feel stronger
- Take one 50 mg to 100-mg tablet of Vitamin B6 taken before bed. Single B vitamins should only be used for short periods of time. Switch to a B complex vitamin after a two-week period.
- There is a strong connection between nausea during pregnancy and low blood sugar levels. Make sure you are eating small meals throughout the day to keep your blood sugar level up throughout the day and evening
- **A high-protein snack before bed can help to alleviate some symptoms.**
- Slippery elm is a soothing and strengthening herb for the stomach. It has as much nutrition as oatmeal and is so gentle that the most sensitive stomach can retain it. It can be taken in powdered form in capsules or made into a gruel.
- Carry raisins, raw almonds, rice cakes or whole-wheat crackers with you so you can keep your blood sugar level up.

- Blue green algae, such as spirulina, is very high in protein and very easy to digest. Spirulina powder can be mixed with mashed bananas or other fruit and provides excellent nutritional support. It can be taken in tablet form as well.
- Ginger can be purchased as a tincture or capsules also. (You can take up to 60 capsules a day allowed)
  - Eat small amounts through out the day, before you feel hungry to keep the blood sugar from dropping too low before eating.
  - Do not take supplements on an empty stomach.
  - Eating before arising from bed each morning may help.
  - Eat something every two to three hours.
  - Eat foods you know will settle the stomach; yogurt, cottage cheese, cereal, toast and crackers are a few suggestions. Sharp cheddar cheese is tolerated by some women.
  - Include many high protein foods.
  - Carbonated drinks may help initially to settle the stomach, but should not be taken regularly or lived on.
  - Avoid dehydration. Women may find plain water more tolerable if they add lemon or drink it very cold.
  - Moderate exercise will assist the body in mobilizing toxins and high levels of hormones through the liver and out of the body.
  - Avoid constipation with plenty of fluids and high fiber foods such as fruits, vegetables and whole grains.
  - Avoid spicy or greasy foods.
  - Eat a high complex-carbohydrate food such as crackers followed by a high protein food 20 minutes later.
  - Eat eggs. They are a perfectly balanced protein.
  - Peppermint or Spearmint leaf infusion or tea helps some women.
  - Drink Third Wind, Recharge or another natural foods brand electrolyte balanced liquid before eating or when nauseous (Gatorade is full of chemicals)
  - Many women get relief by wearing Sea Bands, a form of acupressure used for sea or motion sickness
  - There is a product now called "Preggy Pops" for nausea. It is either a lollipop or hard candy with a lot of ginger in appealing flavors. Nice for labor also.