

Relief for Morning Sickness

Diet: Low blood sugar will aggravate your symptoms. Eat dry toast or crackers immediately *before* or upon rising. Eat 4-6 small frequent meals throughout the day and eat something before going to bed. If you awake at night have a snack. Some women carry a bagel, toast or crackers with them in their purse to snack on throughout the day. Eat what is appealing and avoid foods that aggravate your nausea. Avoid simple sugars, eat complex carbohydrates. High protein foods also help. You may find drinking your food to be easier; sometimes smoothies are easier to tolerate than eating.

Fluids: Minimize the intake of fluids with meals. Instead drink small amounts of fluids frequently between meals. Warm baths (not hot that would cause you to sweat) allow you to absorb fluids and keep you hydrated.

Prenatal Vitamin: A good prenatal formula has many vitamins your body needs. Do not take your prenatal vitamin on an empty stomach; take it after a meal. Some women find that they need to wait until their nausea has resolved to resume their prenatal vitamin. Your vitamin can't help you if you will throw it up! **Rainbow Light Good Mornings** are very helpful to some women-follow directions on bottle.

Vitamin B6: An important vitamin to help break down and eliminate increased levels of hormones in pregnancy. It is effective in most cases and has been well researched and used for decades. 25mg 2-4 times a day. (You need more than what is in your prenatal vitamin). In severe cases women may need B6 injections.

Vitamin C and K: Both these vitamins used in combination have been shown to reduce nausea in 72 hours; used separately they showed little effect. Vitamin C-250mg 2-3 times a day combined with Vitamin K: 5 mg/day. Can purchase liquid Vitamin K-1 from our office if desired.

Ginger: Has a long tradition in alleviating symptoms of gastrointestinal distress including nausea and vomiting of pregnancy and has been researched. Has been shown to be effective even in the most severe cases when women are hospitalized. Can buy ginger tea bags in some stores. Can make ginger tea fresh from fresh root sliced or grated and simmered for approximately 10-15 minutes. Some women try sipping on ginger ale or eat ginger cookies. Dry ginger can also be made into tea. 1-2 grams of dry ginger per day is a reasonable dose. Take at the slightest hint of nausea.

Lemon: Fresh lemon in water is used by many women; lemon helps the liver cleanse. Some women like lemon so much they suck on lemon wedges!!

Herbs: Yellow Dock: 25-50 mg. per day. This is one midwife's first remedy to try. Milk Thistle (standardized to contain at least 70-80% silymarin) 2-3 tablets per day.

Accupressure: Seabands are an elastic band with hardened plastic balls that continuously stimulates the accupressure point on the wrist that helps reduce nausea. You can purchase them at local pharmacies. For even more effectiveness you can wear a "Relief Band" which sends tiny amounts of electrical stimulation to this same Accupressure point. You could also go for accupressure or accupuncture sessions but be certain to tell the practitioner you are pregnant so they know the points that need to be avoided in pregnant women.

Aromatherapy: A drop of lavender oil in the bath can be helpful; also single drops of ginger, fennel and peppermint oils mixed in an ounce of vegetable oil and massaged into the skin can help settle your stomach.

Homeopathy:

Pulsatilla 6C -for nausea later in the day accompanied by intolerance to heat and a dry mouth

IPECACUANHA 6C - For constant nausea, not relieved by vomiting. Clean tongue, needs to keep swallowing an excess of saliva.

SEPIA 6C - For nausea at sight, smell or thought of food. Morning sickness before eating, vomits on rinsing mouth. Craves vinegar.

GLOSSYPIUM 6C - For nausea and vomiting worse before breakfast, movement or standing up. No appetite, sensitive stomach with a lot of gas.

If these don't work, ask a homeopathic practitioner for other suggestions.

Preggie Pops or Drops: These are available via internet.

Emotional issues to consider- Women with severe symptoms especially if they go past the 14th week of pregnancy may wish to consider emotional or psychological issues that can be worsening their symptoms. Women with unplanned or undesired pregnancy or women with poor relationships with their mothers are known to often have more severe symptoms that last longer. If your symptoms are severe or last past the 14th week consider exploring these issues to help you find relief. These women are advised to enter counseling to help resolve these internal conflicts.

Medical Intervention: If you aren't able to keep anything down for 8-12 hours, or your urine is you should call your physician or midwife. There are currently some prescription medications that doctors will prescribe in some cases. In very severe cases women may need IV therapy or be hospitalized.