

### Morning Sickness

Nausea and Vomiting:

Some women experience this early in pregnancy but it usually goes away after the third month. It can happen anytime of the day or night. Early pregnancy hormonal changes and digestive and metabolic rate changes can contribute to morning sickness. Stress can also contribute, so do whatever you can to minimise sources of stress in your life.

Nausea and vomiting seems to occur most frequently on an empty stomach and when blood sugar levels are low. Different remedies work for individual women. Try several of these suggestions to find the ones that work for you.

- Eat something high in protein before going to bed.
- Keep a thermos of warm milk and honey and have some wholemeal crackers by the bed. Have on first waking and wait about 15 minutes before rising.
- Eat 4-6 small nutritious meals during the day rather than 3 big ones. This keeps your blood sugar levels up.
- Have healthy snacks of e.g. popcorn and yeast, brown rice and miso, wholegrain sandwich.
- Avoid spicy or greasy foods, coffee or alcohol.
- **Vitamin B6** – Stress and overcooked, over processed foods can deplete the body of this vitamin. Food sources include, green leafy veggies, wholegrain cereals, brown rice, corn oil, prunes, egg yolk, brewers yeast, marmite or vegemite and molasses. A Vitamin B supplement with 10-25mg of Vitamin B6 taken 1-3 times a day can help. It should be taken as part of a B complex vitamin rather than separately so not to upset the natural balance of B vitamins.
- **Ginger** – in capsules (3-4 500mg capsules on waking) or, as tea (1-2 tbsp grated or chopped root ginger in non-metal pot can) you can add lemon/honey to taste. Sips when nauseated. Pleasant hot or cold. Spearmint, Peppermint and peach leaf tea – any of these together or separately (1 tsp in glass of water water), steep for 5 mins.
- **Apple cider vinegar** (1 tbsp in glass of warm water). Add honey if desired.
- **Umboshi plums** Available from health food stores. Tea made from ½ teaspoon paste in boiling water and honey. Balances acid/alkaline content of your digestive system.
- **Slipper Elm powder** – From health food stores, add honey to taste.
- Sleep with the window open for fresh air.
- Have a long walk in the day.
- Try sipping soda water.
- Try eating ½ grapefruit before meals to aid digestion.
- Eat yoghurt, preferably acidophilus.
- Wrist bands with acupressure points from the pharmacy (also used for motion sickness).
- **Nausine** – homeopathic remedy.
- Regular rests during the day.
- Try to drink between meals rather than with them.
  - **Cell Salts** – ferrum phos (vomiting undigested food), natrum mur (frothy with watery phlegm, natrum sulph (sour mucous and/or acid stomach).

**IF YOU ARE NOT KEEPING ANY FLUIDS DOWN YOU CAN BECOME DEHYDRATED AND HAVE A CONDITION CALLED HYPEREMESIS. PLEASE CONTACT YOUR MIDWIFE.**