

NAUSEA IN PREGNANCY

Nausea, with or without vomiting, is known as morning sickness but frequently occurs at other times of the day or evening. The cause of nausea in pregnancy is not known, although the rapidly rising hormone levels in early pregnancy are believed to be a factor. Fortunately, it usually only occurs during the first three months. There are numerous techniques to reduce nausea, which are listed below. Not all of them work for all women. Try any one, or all, or any combination, until you find what works best for you.

1. Don't let your stomach get completely empty. Many small meals are tolerated better than large ones. If you get up at night to go to the bathroom, eat a little then.
2. Keep some crackers, dry toast, popcorn, or other dry carbohydrate food at your bedside and eat a little before you rise in the morning.
3. Avoid fats, spicy foods and those with strong or offensive odors in your diet.
4. Suck on lemon, lemon drops, lemon water, mint candy or lifesavers throughout the day.
5. Peppermint tea settles the stomach and can relieve nausea. Peppermint oil on a tissue or cloth and smelled is very helpful.
6. Don't drink liquids at the same sitting with solid foods. This prevents overfilling.
7. Take Vitamin B6 (pyridoxine) in large doses. 100 mg AM and PM.
8. Unisom, an over the counter drug, comes in 20 mg tablets. Take one half in the AM with the B6 and a whole one in the PM with the second B6 tablet.
9. Ginger root has been found to prevent motion sickness. It can be purchased in capsules or taken as tea. If capsule form, take 800-1000 mg 2-3 times a day. Ginger, dried and candied, can be chewed. Ginger ale may work.
10. Try eating more acid foods and see if it helps. If not, try eating more base (alkaline) foods.
11. Motion sickness wristbands (i.e. Seabands) use acupuncture to relieve nausea.
12. Drink several cups of Red Raspberry Leaf tea throughout the day.
13. Look up your "picture" in a homeopathic book and find the correct remedy for your symptoms.