



Natural Remedies for Morning Sickness

by Gail Dahl

Question

Morning sickness hit me like a brick right after the positive pregnancy test. Why do they call it “morning” sickness? I feel sick every minute of the day. I don’t know how I can possibly keep enough down to stay nourished myself, let alone nourish a baby. Any ideas?

Answer

Guess what? Soda crackers really work! Leave some on your bedside table and eat a few before you get up in the morning. Keep some in your purse to quiet nausea while you are out. Here are more nausea prevention options that might help.

Chew fennel seeds to calm queasiness.

Hot tea helps, especially spearmint or peppermint, known to be good for indigestion. Fresh grated ginger and fennel seeds make stomach-settling tea, or try red raspberry leaf – known as “women’s tea.”

If cold is more appealing, make hot tea of your choice and turn it into popsicles or ice chips.

Try eating favourite childhood foods, like ginger ale, jello or whatever your mother fed you when you weren’t well.

Get up slowly in the morning and take breaks throughout the day with your feet elevated. Nap at least once a day so your body can recharge.

Take frequent short walks in the fresh air.

Drink plenty of bottled or purified water to flush your system.



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If your stomach is not digesting food well, increase your consumption of raw, enzyme-rich foods. Fresh cantaloupe, papaya and pineapple have high naturally occurring enzymes that help with digestion.

Vitamin B6 (50 to 100 mg) taken before bed has worked extremely well for some women. Single B vitamins should only be used for short periods of time. Switch to a B-complex vitamin after two weeks. Take the recommended prenatal vitamins and minerals (as an all-in-one or combination).

There is a strong connection between nausea in pregnancy and low blood-sugar. Eat small meals throughout the day to keep your blood-sugar level up.

High protein snacks can help alleviate symptoms.

Try powdered ginger root in capsules, three capsules a day.

Slippery elm is a soothing and strengthening herb for the stomach. It is nutritious and gentle enough to be retained by the most sensitive stomach. Take as a capsule or make it into gruel.

Carry raisins, raw almonds, rice cakes or whole-wheat crackers with you to keep your blood-sugar level up.

Blue green algae, such as spirulina, is high in protein and easy to digest. Spirulina can be taken as tablets or mix the powder with mashed bananas or other fruit for excellent nutritional support.

Many women find sea-bands useful. These elastic bracelets are worn on the wrist to compress an acupuncture point that controls nausea.

Never take drugs for nausea. Consult a midwife, physician or homeopath if your morning sickness is not alleviated by the remedies suggested here. There are many possible reasons for nausea. Determining the correct cause can help you determine your best remedy so you can feel better. ♦

Gail Dahl is a mother and bestselling author in Calgary. This material, Copyright 2008, is from her Secrets Newsletter 2008. Look for her book "Pregnancy & Childbirth Secrets" in bookstores or visit <http://web.mac.com/pregnancysecrets>

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