



Natural Remedies for Nausea During Pregnancy

1. EAT! Never allow your stomach to be completely empty. Keep a snack with you at all times. Eating a small amount through out the day will help your blood sugar from dipping too low and triggering nausea. Try eating carbohydrates before you even get out of bed (crackers, toast, dried fruit, popcorn, granola bars, etc.)

2. Protein: Protein is the best source of sustained energy and will be one of your biggest allies in preventing nausea. Eat some just before bed to prevent feeling queasy in the morning.

3. Complex Carbohydrates: Avoid refined grains and simple carbs like pasta and sugar. These foods not only have little nutritional value but can lead to low blood sugar. Enjoy whole wheat pastas, breads, and other whole grains.

4. Drink, drink, drink ! Dehydration is a major cause of nausea and headaches. Aim for 2.5 litres of water, unsweetened juices, and herbal teas. Soft drinks, caffeinated beverages, and sugary drinks are best avoided throughout your pregnancy.

5. Avoid smells, tastes and textures that trigger your nausea. Ask others in the house to be aware of and respect this.

6. Acupressure: Try 'Seabands' (at drugstores) designed to offset motion sickness. Firmly press an acupressure site that lies 1/6 of the way between your wrist and elbow, in the middle of the inner side of your forearm – called P6.

7. Ginger has been clinically proven to relieve nausea. Take 250mg three to four times a day in capsule form (do not exceed 1 g) or drink 5-6 cups of tea throughout the day.

8. Digestive teas such as fennel, spearmint, and chamomile may also be of benefit if indigestion leads to your nausea.

9. Avoid foods that can cause gas and bloating. Try drinking carbonated beverages to help expel stomach gas.

10. If an increase in mucous production is causing your nausea try indulging in spicy foods or drink hot teas.

11. Avoid sucking on hard candies on an empty stomach. Although this could temporarily relieve your nausea, the digestive juices you stimulate could make matters worse.

12. Vitamin B6: Taking 25mg of B6 throughout the day, not exceeding 200 mg/24hrs, may help 'shut off' the nausea control centre in your brain. Many women are deficient in B vitamins at the onset of pregnancy, especially those who were recently on oral contraceptives.

13. Avoid taking your supplements on an empty stomach.

14. Sleep: Exhaustion can aggravate nausea – growing a baby is tiring work!

15. Address your fears: Many women find that there is a psychological component to their nausea which can be relieved through counseling and talking with others, as well as empowering themselves in preparation for the birth.

16. Indigestion: Try using digestive enzymes such as papain and bromelain at mealtime to aid digestion. Activated charcoal may also help relieve a 'sour'

stomach. Try 2 capsules when nauseous, up to twice a day.

17. Homeopathics: Homeopathic remedies are usually prescribed on an individual basis, but two often prescribed for nausea are nux vomica and sepia. Consult with a homeopath for a remedy suitable to your symptoms.

18. Keep active: CO2 buildup in the blood can contribute to nausea, which can be reduced with the help of cardiovascular activity such as walking and swimming.

19. Talk: Many women experience ambivalence when they find out they are pregnant, even if it was planned. This anxiety can lead to nausea, which in turn can lead to more anxiety.

20. Herbs: There are a variety of herbs that your herbalist can recommend including dandelion root, wild yam, vitex, false unicorn, and black horehound. Consult with an herbalist during pregnancy for a formulation specific to your symptoms.

21. Aromatherapy: Many essential oils will be off limits during pregnancy, especially in the first trimester. However, lavender essential oil, when inhaled, may help relieve some nausea.

NOTE: Always make sure your care provider is aware of your situation. Vomiting during pregnancy can quickly lead to dehydration and possibly malnutrition if it continues long enough. In some cases it could be an unrelated pathogen and should be investigated by your caregiver.

