

## MORNING SICKNESS AND NAUSEA

Walk 1 mile everyday

Open a window at night for fresh air.

Avoid sudden movements when getting out of bed.

Avoid getting too tired or worn out: GET ENOUGH REST!

Try taking a prenatal vitamin with food or at night before going to bed, if you feel the prenatal vitamin is contributing to your nausea you may stop taking it daily or you may try 2 children's chewable until daily nausea has ended.

Believe it or not, nausea tends to be worse on an empty stomach. Eating a small amount of whatever sounds good and letting it settle often relieves nausea enough that you can go on to eat something more substantial.

TAKE AS A SUPPLEMENT OR INCREASE DIETARY INTAKE OF:

- Iron and vitamin B complex; poultry, dairy products, whole grains, fish, eggs, dark leafy green vegetables, bananas, nuts, dried beans.
- Vitamin B6 25 mg twice times per day and 1/2 tab of Unisom twice per day.

DIETARY CHANGES UNTIL DAILY NAUSEA SUBSIDES:

- EAT often and slow, chew thoroughly
- If nausea occurs at a specific time eat 30 minutes before that time.
- Eat something every 2-3 hours.
- Eat dry foods separately from liquids.
- Increase fresh fruits, vegetables, unrefined carbohydrates (whole wheat bread, pasta, unpeeled potatoes)
- Decrease fats, fatty foods, dairy, sugar, spicy or greasy foods.
- Try very hot or very cold foods or drinks.
- Bland, white food: rice, mashed potatoes, vanilla milk shakes, bananas, applesauce
- Try a BRAT diet: Bananas, Rice, Applesauce, Toast.
- Eat crackers before getting out of bed
- Do not try to eat ANYTHING that disagrees with you.
- Honey tea: hot water, milk and honey.
- Warm milk and honey or molasses
- 1 tsp. of apple cider vinegar in 8 ounces of warm water in the morning
- 1-2 grams of ginger tablets per day.

SUCK ON OR CHEW:

- peppermint leaves
- cinnamon bark
- lemon wedge
- ginger root

You may need to mix and change back and forth from different remedies/teas.

REMEMBER SMELL PLAYS AN IMPORTANT ROLE HERE TRY TO USE IT TO YOUR ADVANTAGE. MOST TEAS AND SPICES MAY ASSIST YOU IN BEING LESS NAUSEATED IF YOU DRINK THEM OR SMELL THEM.

DRINK AS A STRONG TEA:

anise or fennel seed

raspberry leaf

peppermint or spearmint

ginger root

wild yam root

dried peach tree leaves

chamomile

cinnamon

rosemary

thyme

verbena

lemon balm (Melissa)

lavender

catnip tea

dandelion tea or leaves

PLEASE CALL YOUR MIDWIFE IF YOU ARE UNABLE TO KEEP LIQUID OR FOOD DOWN FOR 24 HOURS.

Prepared by Michelle R. Brechon, CNM