

# Nausea and Vomiting in Pregnancy

Nausea is one of the most common complaints of pregnancy, especially in the first trimester. It seems to be due to the massive increase in hormones needed to support the pregnancy, and an individual's unique sensitivity to the physical and emotional changes that result; except for an unfortunate few, symptoms usually resolve by the third or fourth month.

Remember that it is temporary; it is actually a good sign that your pregnancy hormones are rising. Practice affirming what you are grateful for, that you and your baby are healthy and you will feel better soon.

Keep a diary of what makes your symptoms worse and better to increase your awareness of what to avoid and how you can help yourself. Fatigue and an empty stomach tend to make nausea worse, so plan accordingly.

At least every two to three hours, eat small amounts of unrefined complex carbohydrates, such as sprouted grain bread quinoa, brown rice, or barley; fresh organic fruits and vegetables; healthy proteins, like organic meat, eggs, and goat or sheep dairy products; and healthy fats, such as nuts, nut butters, tahini, avocado, and foods prepared with coconut or olive oil. Avoid letting your stomach become too empty or too full.



Keep assorted healthy snacks that you tolerate beside your bed to eat in the middle of the night if you get up, and to eat first thing in the morning.

Plain foods are usually tolerated more easily than spicy, rich, greasy, artificially sweetened, and processed foods.

Avoid smoking cigarettes. Avoid coffee and alcohol as they irritate the stomach lining, in addition to posing health risks to you and your baby - especially if consumed regularly and exceeding an occasional cup of coffee, or a bottle or glass of wine or beer with meals.

Keep well hydrated by drinking at least eight to 10 glasses, or 64 ounces of liquids, each day. This can include water, coconut water, soup broth, sparkling water with a splash of fresh citrus juice, and homemade herbal tea.

Sit up tall in a meditation position and do alternate nostril and/or slow deep breathing to a count of 4 each inhale and exhale. It also helps to breathe slowly and deeply in various yoga postures - especially in child's pose resting your forehead on the ground or a block. Or try a restorative seated forward fold – sit with your legs in front of you, hip width apart and bent slightly, while forward bending over two elevated bolsters or large couch/sofa pillows propped by two blocks between your knees; rest there with your arms raised above your head. Also try a supine chest opener by lying flat with a block under your shoulder blades at the bra line, with your head resting on folded blanket for comfort, and your arms out to the side.



Practice deep relaxation and visualization techniques. Sit tall or lie down on the floor in savasana (corpse pose) and practice, several times daily, diving your focused mindful awareness right into the nausea and all of its bodily sensations, simply allowing it to be with it in love and compassion – notice what thoughts and emotions come up. You can also visualize it melting/dissolving, floating away like a cloud or washing away with a stream, releasing from you as you exhale, or completely emptying into the earth. Imagine yourself being filled with healing color or light.

Teas including ginger, peppermint, anise, fennel seed, chamomile, cinnamon, raspberry leaf, and spearmint, can help ease nausea; experiment to find which works best for you. You can steep one ounce, in a sachet bag, in boiling water for 10 to 15 minutes, and add honey, lemon or lime juice, or fresh mint to taste. It is ideal to drink this between meals.

Ice cubes can be made out of strong-brewed teas and sucked on when drinking is unappealing.

Herbal infusions, including ginger root, peppermint, spearmint, chamomile flowers, red raspberry leaf, dandelion and wild yam root, alone or in combination can help ease nausea. Try making your own infusions. add the one ounce of each herb, cover and steep at room temperature for 1-2 hours. One ounce is about two handfuls of diced up dried leaves, or about three handfuls of whole leaves. Strain and drink one cup up to 4 times per day, with a little honey, fresh mint or lemon juice to taste. For roots, add one ounce or a handful of chopped up root and steep for eight hours. For dried leaves, add one ounce or two handfuls of diced



up leaves, or about three handfuls of whole leaves, and steep for four hours. Strain and drink one cup up to twice daily with a little honey, fresh mint or lemon juice to taste.

Some women prefer warm milk, fresh lemon juice in water with honey, or a teaspoon of apple cider vinegar in eight ounces of water as soon as they get up in the morning, or sipping all natural ginger ale throughout the day.

Try separating eating solids and drinking liquids by 15 to 20 minutes.

For more severe symptoms, take powdered ginger root in capsules, tonics or tinctures and red raspberry leaf or wild yam root dried and encapsulated or in tincture form. These can be taken as directed and are available at most health food stores.

Take an additional supplement of vitamin B complex, 25 to 50 mg one to two times daily. If the nausea is so bad that you can't tolerate supplements, just take 25 mg of vitamin B6 three times daily, or ask your care provider about vitamin B injections.

Vitamin B6 can be combined with a rather safe over-the-counter antihistamine called doxylamine, known as Unisom, which is available in most drug stores. Take half a tablet, or 25 mg at night, in combination with 25 mg of vitamin B6; take the other half in the morning. The combination of vitamin B6 and Unisom can be very effective at reducing severe nausea and vomiting of pregnancy, and is considered the best pharmacological treatment around.



become dehydrated, try drinking a health food alternative to traditional sports beverages, which contain chemicals. You can make your own concoction by mixing:

- ¼ tsp Himalayan sea salt
- 1/8 to 1/4 tsp baking soda
- 1 to 2 tbsps honey, raw sugar, or blackstrap molasses
- Juice of one fresh lemon, lime, or orange
- ¼ to ½ cup of other fresh fruit juice (optional)
- 2 crushed 500 mg calcium and magnesium tablets
- 1 quart of water, coconut water, or herbal tea

Drink one cup warm or over ice, slowly every 15 to 30 minutes; even if you vomit, some will get absorbed, and it can help slow down the vomiting.

Heat ¼ cup of salt and add it to a zippered pouch or put it inside a cotton sock, and hold it against your stomach. Reheat it wrapped in foil in a warm oven when it gets cool, then reapply.

Other remedies for nausea include sucking on candied ginger; avoiding offensive odors, including heavy perfumes and cologne, and second hand cigarette smoke; sniffing the essential oil of peppermint oil periodically; wearing acupressure wrist bands; taking warm baths infused with peppermint, sandalwood, rose, or lavender essential oil; trying homeopathic remedies specific to your symptoms, acupuncture and hypnotherapy.



Please refer to your Healthy Living ebook for much more detail on how to optimize your health during pregnancy to help treat and prevent nausea and other pregnancy discomforts. Be sure to keep up with the recommendations for optimal health in pregnancy by getting more sleep; getting plenty of fresh air; engaging in moderate exercise; talking through your troubles with your partner, trusted friend or a therapist; avoiding sources of negativity; surrounding yourself with supportive loving people and positivity, and practicing relaxation techniques.

This is a very sensitive period and need to find extra time for your own pampering. Remind your family that you need lots of additional love and understanding.

If you have severe, persistent vomiting, such that you cannot keep anything down for 24 hours, are losing weight, are dehydrated, and/or you feel faint, please seek medical attention. You may need medication or intravenous fluids.

