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### **Remedies for Morning Sickness**

If possible, 2-3 months prior to pregnancy, or as soon as pregnancy is confirmed, follow a whole foods diet. Aim to eat every 2 hours while awake, have a high-protein snack before bed and keep a high-protein snack by the bedside for middle of the night blood sugar drop.

Try eating something before getting out of bed in the AM. Deep breathing when the feeling of nausea comes can be very helpful. Drinking water with a wedge of lemon squeezed in it is refreshing and liver-cleansing. Herb teas to try: Peppermint (both peppermint and catnip have anti-spasmodic properties which produce a relaxing effect on the organs of the digestive system, because of these qualities they bring relief from indigestion, nausea and vomiting), chamomile and red raspberry leaf (high in vitamin E, vitamins A, calcium and iron. It acts as an acid neutralizer to relieve nausea and or vomiting. It also prepares the body for labor. Some studies show that taking red raspberry leaf tea daily in the pregnancy decreases the pain and length of labor. I encourage everyone to take 1-2 cups each day).

A basic quality prenatal formula such as NF Prenatal Forte is essential to avoiding morning sickness by providing much-needed nutrients. A few women feel sick after taking prenats, so try taking them with meals, not on an empty stomach. The main reason for nausea in pregnancy is inadequate liver support during a time of greater demands on this vital organ.

Milk thistle (standardized to contain at least 70-80% silymarin) has been found to be invaluable in preventing morning sickness. Take 2 capsules daily for 2 months before conception then increase to 3 capsules daily when pregnancy confirmed. Milk thistle is liver supportive and protective.

The herb ginger has a superior ability to curb nausea and vomiting associated with pregnancy. The best form is encapsulated ginger root powder. "Use it till you taste it". This means take enough when after taking the capsules, one can taste the ginger or feel a warm sensation in the esophagus after swallowing the capsules. This is ginger root's own built-in dosage regulator. After taking the capsules, stay in bed until nausea is relieved, and then take 3-5 capsules at the slightest hint of nausea.

Avoid eating large amounts at any one time, but do eat often. Every 2 hours is best and try for 4-6 small meals a day rather than 3 large ones. Some people do better if they separate wet and dry foods by at least 10 minutes. (i.e., rather than eating a bowl of cereal with milk, try eating the dry cereal first, then 10 minutes later, drink a glass of milk.)

Nutritious snacks: whole-grain bread with natural peanut butter or almond butter, nut and raisin trail mixes, yogurt, cheese with whole-grain crackers, fruit, carrot and celery sticks, a single, thin slice of turkey or chicken, hard boiled egg.

Extra fluids are vital for pregnancy and especially with nausea. Some women have trouble with plain water and do better with lemon water or much diluted fruit juices. (Lots of straight fruit juice is very high calorie). Don't forget herbal teas, too.

A proper balance of rest and daily activity, including exercise, is important.

I have a Trilight product called Morning Soothe that has been every effective in curbing nausea in some people. It comes in 2 oz and 8 oz. bottles.

Revised 4/2009