

Remedies for Morning Sickness

Nausea and vomiting many times occur during the early months of pregnancy. Although it's frequently referred to as morning sickness, it can occur any time of the day or night. Usually it disappears after about the third month.

Morning sickness is actually the result of the influence of increased amounts of estrogen and progesterone that are produced by the ovaries early in pregnancy. Because of the increasing levels of these hormones, the secretory cells in the stomach increase their production of gastric juices. At the same time, the bowel slows down in an attempt to empty the contents of the stomach. This then causes a feeling of nausea and in some cases vomiting.

To PREVENT morning sickness, try the following suggestions until you find one that works for you!

- Eat a piece of bread or a few crackers before you get out of bed in the morning (put them close to your bed the night before) or when you feel nauseated.
- Get out of bed slowly, avoid sudden movements.
- Have some yogurt, cottage cheese, juice, or milk before you go to bed or before you get up.

Or try one of these if you have to get up during the night:

- Eat several small meals during the day so your stomach doesn't remain empty for very long.
- Eat high protein foods: eggs, cheese, nuts, meats, etc., as well as fruit and fruit juices.
- Drink soups and other liquids between meals instead of with meals.
- Avoid greasy or fried foods. They're hard to digest. Avoid spicy, heavily seasoned foods.

To REMEDY morning sickness, try these suggestions:

- Sip soda water (carbonated) when you begin to feel nauseated.
- Get fresh air: take a walk, sleep with a window open, use an exhaust fan, or open a window when you cook, take deep breaths.
- Drink spearmint, raspberry leaf or peppermint tea.
- Try any of the suggestions listed above under PREVENTION.

If vomiting persists, or it becomes difficult to retain food or liquids, you should consult your physician. Anti-nausea medications available over the counter should be AVOIDED unless they are prescribed by your physician.