

MORNING SICKNESS REMEDIES

Increased hormone levels during the first weeks of pregnancy and fluctuating blood sugar levels are among the most common causes of morning sickness and nausea.

1. **ACUPUNCTURE**
Consult with an experienced acupuncture provider. Sea-Bands (motion sickness wristbands) can also be used over the acupuncture point PC6 (pericardium 6).
2. **EPSOM SALT/MAGNESIUM**
Bath, foot soak (helps with swollen feet too), topical magnesium oil, Epsom salt topical rub
3. **SMALL, FREQUENT MEALS WITH PROTEIN AND CARBOHYDRATES**
Maintaining steady blood sugar levels reduces/prevents nausea. Quality sources of protein help to prevent spikes and drops in blood sugar.
4. **STAY WELL HYDRATED**
5. **GINGER TEA WITH LEMON**
Ginger products contain a naturally occurring compound called 6-gingerol, which has been found to help relax the gastrointestinal muscles and ease nausea.
6. **GINGER CANDY OR GUM, GINGER ALE**
Ginger People Gin Gins (found at Trader Joe's, Amazon), Vernors
7. **LEMONADE**
Sour flavors seem to help. Fresh squeezed lemonade helps due to sour flavor and sugar content.
8. **PREGGIE POPS, PREGGIE DROPS**
Contains B6 and essential oils to ease nausea.
9. **B6 AND UNISOM**
In the morning, with food.
10. **AROMATHERAPY**
Clove, Mint