

Nausea and Vomiting relief in Early Pregnancy:

- 1. Get enough rest**
- 2. Try to avoid over-exertion and stress**
- 3. Walking, fresh air and a positive mental attitude that "this, too shall pass". :)**
- 4. Cold, damp rag on on your throat while looking up helps nausea to pass.**
- 5. Peppermint essential oils- a drop on the damp rag, sniff when nauseous. Or a drop in the bowl you are gagging into helps too.**
- 6. Car rides- be the driver, not the passenger. Keep snacks /drinks/ bags in the car!!**
- 7. As hard as it is, try to keep something in your stomach at all times. Preferably lean, organic protein! (75-100 grams/daily)**
****Take the time to plan for yourself. Don't get caught out without food and drink *****
- 8. Bedside table: Keep food and Ginger Ale, Sprite, lightly carbonated water or plain water, if you can handle it. Before you go to sleep, eat a little protein. (cheese sticks are great), so you have a little on your stomach. If you get up in the night to urinate, eat again.**
- 9. Anything with GINGER is good, it's a natural anti-nausea food. Try Ginger chews from Whole foods.**

necessarily good for you. Eat something! When the blood sugar drops, you're more likely to get sick. So it's best to keep it level. If extremely hungry, eat a carb, but follow it with protein to sustain your blood sugar. That's why protein is better than carbs before bed. Carbs will be followed by a blood sugar drop during sleep, with nausea when you wake. Protein will sustain your blood sugar levels better.

If all else fails, try this recipe:

STOPS VOMITING IN FIVE MINUTES!

BOIL 1 C water

Add 1 tsp cinnamon

Simmer 5-10 mins

Add 1tbls honey (more or less to taste)

Cool down/ sip slowly.

If nothing brings relief and you aren't able to eat or function, call your doctor or midwife.