

Some Quick Remedies for Morning Sickness

Why is it then that some women get morning sickness and others don't?

Now I won't pretend to have a definitive answer, my thoughts are though that women who suffer morning sickness (and I was one-of-them), need fairly strong reasons to slow down and rest. Morning sickness may be a way that your body can say, "Excuse me, I can't run on adrenaline anymore while growing a human so slow down and please feed me more consistently." At any rate try these on.

1. Graze. Eat small amounts of food throughout the day. This means a small portion of food every couple of hours. Consistent, light snacking will prevent blood sugar levels from plummeting (helping to prevent nausea).

2. Get more rest + sleep. Having 'nana-naps' or going to bed early, truly it can make the world of difference to how you feel.

3. Get checked by your chiropractor. Adjustments allow your body's nervous system to carefully balance your physical and hormonal needs at this crucial time.

4. Include ginger in your diet. Try some fresh ginger tea – it's a life-saver.

5. Make sure you're getting enough vitamin B6. Try increasing your intake throughout the day with these foods:

- sweet potato
- bananas
- currants
- dried apricots
- prunes
- sunflower seeds and walnuts
- soya beans
- chicken
- salmon
- tuna
- turkey
- wholegrains
- brewer's yeast

6. Take tissue salts. Available from health food stores;

- Ferrum Phos or Iron Phosphate is used for morning sickness when vomiting undigested food.
- Kali Mur or Potassium Chloride is useful with morning sickness where there is vomiting of white phlegm.
- Nat Mur or Sodium Chloride for watery, frothy phlegm.

7. Self-care: honour your needs. Choosing to acknowledge and honour your physical needs during pregnancy. Get a massage, have a sleep in, go for a walk, meditate.