

Morning Sickness

Following are some possibilities you may try to overcome morning sickness:

1. Keep your tummy from getting empty. Nibble on crackers and whole grains. Drink your liquids at opposite times from eating solid food
2. Red Raspberry leaf (3 capsules a day) *** If you have a tendency to miscarriage, do not take Red Raspberry until your second trimester. ***
3. Go for a walk each day; this really helps if the problem is hormonal.
4. Peppermint. Peppermint everything! Tea, tic-tacs, candles, essential oil, keep something peppermint at all times! I love the Orbit mint gum.
5. Liquid Chlorophyll will help keep your nutrition up until you are better able to hold more food down.
6. FOOD ENZYMES!! Sometimes this alone will solve the problem.

Other possibilities include:

Royal Jelly

B complex

chamomile and wild yam and meadowsweet

False unicorn if it's hormone related

a teaspoon of cider vinegar in warm water first thing in morning.

homeopathic remedies include ipecacuanha 30C every 15 minutes until symptoms are relieved, nux vomica 30C taken as above, sepia 6C (if craving pickles or vinegar)

slippery elm tablets

mineral water, whole wheat bread, chickpeas (garbanzos), seeds, hazelnuts, raisins, milk, yogurt, whitefish, yeast extract, tofu, almonds, etc.

ginger capsules, 250 mg taken 4 times daily

Fruit juice pops

B-6 and Unisom (or Benadryl) – just half a tablet of Unisom or Benadryl

A Homeopathic that you might try is Colchicum. The indications for this remedy are: worse from sight and smell of food, especially meat and eggs. The thought of food is gross. Give 30c three or four times a day for a few days.