

## **Hints for Nausea & Vomiting**

**Are you wondering if food will ever stay in your stomach again?  
Are you wondering how your baby can grow if you are not eating?**

**Nausea and vomiting are considered normal events in pregnancy. But did you ever wonder why some women have it for so long and others barely notice a change?**

The metabolic changes of pregnancy, combined with social/emotional adjustments can trigger hypersensitive responses in the sense of touch, smell, and taste. Your mind and your body are in communication. There is often a need for increased rest combined with decreased appetite. Your body stores calories for conversion to energy whenever there is a demand based on internal readings of caloric intake (when you don't eat).

**Mother Nature has a plan. She set this up for all beings, without any plan for supermarkets. What if there was a famine? How would humanity survive?**

We can live for several weeks without solid food, as long as the body has water. The human body is composed of 75% water. **Maintaining hydration is important**, whether one is pregnant or not. Fluid should be taken by teaspoon or straw, rather than gulped fully as accustomed to when drinking fluids. Small volumes frequently repeated are more apt to remain in the belly. Much of the indigestion of pregnancy is caused by hypoacidity of the stomach juices, thus frequent craving for pickles. The acid in vinegar is good for digestion. A small amount of fresh lemon juice in water makes a refreshing and soothing beverage. It is recommended that you drink fluids AFTER your meal, rather than while you're eating dinner. This causes you to eat more slowly, chewing food more thoroughly and predigesting the food with saliva. Plain water does not settle well in an upset stomach.

**What if nothing else settles well either?**

Saltine crackers can help, when eaten prior to arising in the morning. Avoid letting your stomach become empty. Grazing frequently on small snacks is recommended. Bland foods such as banana, rice, and potatoes can sustain one for a long period of time. All dairy products should be eliminated if you having severe nausea. There are many non-dairy substitutes to try.

Teas that are soothing and nourishing to the system are ginger, green, chamomile, nettle, red raspberry leaf, blackberry, lemon balm and peppermint to name a few. Any of these teas can be frozen as ice cubes and used to cool and flavor your drinking water. Essential oil of peppermint can be sniffed to aide digestion and relaxation.

Avoid all processed foods (foods with additives and preservatives to extend shelf life).

Avoid all fried foods, including frozen prepared fried foods.

Avoid artificial sweeteners (especially aspartame).

Say YES to clear broth, such as beef or chicken bouillon, or miso.

Salt your food to taste.