



Many herbs should be avoided in pregnancy, avoiding therapeutic doses of anything may be wise. Morning sickness, which can actually occur at any time of the day, can really dampen your excitement about being pregnant. We suffered afternoon and night sickness in early pregnancy (how soon you forget) hope the following tried-and-true ideas are of some help..

It is estimated that approximately 50 to 90 percent of pregnant women experience discomfort from the nausea and vomiting associated with pregnancy, so you are definitely not alone in this journey you are traveling.

Changes in blood hormone levels can contribute to morning sickness, and there is a strong link between nausea and low blood sugar. Try eating small snacks throughout the day and before going to sleep. Adequate protein will help balance blood sugar levels.

It is thought that nausea in pregnancy is actually a good sign because it shows that pregnancy hormone levels are high enough to allow your pregnancy to "take hold", and for your baby to develop and grow normally.

Also, get plenty of exercise each day to help rid the system of excess chemical buildup from high hormone production.

For many women, morning sickness passes after the first trimester. If you are tired, hungry, stressed or anxious the nausea may be much worse, and if you are expecting twins or triplets you may vomit more often because you have higher levels of pregnancy hormones.

If you are vomiting many times a day and are unable to eat and drink without vomiting, contact your doctor or midwife straight away as you may have severe morning sickness, known as hyperemesis gravidarum. You may be dehydrated and need treatment in hospital.

Many women find relief from morning sickness using homeopathy.

Nux vomica is probably the most common remedy, but there are others and it's important to find the right remedy for it to be effective. It is essential to consult an appropriately qualified practitioner, since taking the wrong remedy for too long can actually cause new symptoms to develop without dealing with the original ones.

A recent study in the Journal of Obstetrics and Gynecology suggests that ginger may reduce vomiting in 63 percent of pregnant women without the side effects associated with prescription anti-nausea drug and doesn't have any negative effects on your pregnancy. For some women, taking ginger can make symptoms worse, trigger new problems such as heartburn.

Ginger is a common Chinese remedy, based on the traditional system of yin and yang and other opposing factors, including heat and cold. Ginger is a "hot" or "yang" remedy and will make sickness worse if you are already too hot - not only in temperature but also in terms of your internal energies. Ginger may suit you if you feel and look cold, want hot drinks, keep wrapping yourself up in layers of clothing and blankets, feel miserable, introspective and uninterested in your surroundings.

You could try making a tea from grated root ginger. Steep this in boiled water, leave it to cool and sip it throughout the day. If you don't like the tea, it is possible to buy ginger capsules at some health food stores. Try sipping small amounts of chamomile or spearmint tea. Very soothing as is lemon balm tea and lavender tea encourage relaxation and good digestion, fennel tea after meals helps counter indigestion, drinking mild peppermint tea helps relieve wind.

Other herbal remedies worth trying include slippery elm lozenges (available from health food

stores) . With any of these remedies the effects can be quite short-lived, so you may need to experiment and perhaps rotate them to get the best effects.

Mix 1 teaspoon of slippery elm powder in 1/2 cup of warm water and sip. Repeat every 3 to 4 hours as required.

Chew on a small piece of liquorice stick / crystallised ginger.

Place a few drops of orange essential oil on a hanky and inhale when feeling nauseous. Lavender oil can also be helpful, acting to balance the nervous system and counter waves of nausea.

Nibble on plain crackers (waterthins organic) to keep the mouth moist.

Please use common sense. Living healthy is the best defense. Always consult with your doctor or medical professional with any questions you have regarding all health concerns.

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