

Surviving Morning Sickness

Here are some common tips that can help you reduce discomfort from nausea or morning sickness:

- **Eat smaller meals, more often.** Avoid getting too full or too hungry. Don't skip meals. Keep a stash of whole grain crackers or dry cereal next to your bed. Snack on them if you wake up in the middle of the night or when you wake up in the morning before you get out of bed.
- **What to eat, snack on:** Watermelon; sandwiches (like natural peanut butter and jelly); lemons (eat them, suck on them, sniff them); ginger tea - make your own by peeling fresh ginger and cutting into ¼" pieces then place ginger in boiling water with 1 tsp. honey and boil for 15 minutes; ginger candies (try Go Naturally Organic Ginger Drops) or ginger jam on toast, ginger snaps; raw vegetables (like carrots and celery); chicken soup; broth; plain baked potato; crackers; Jell-O; flavored popsicles (try Preggie Pops); and pretzels. Include a small amount of protein with meals and snacks to help prevent low blood sugar, which can increase nausea.
- **Drink fewer fluids at one sitting, but more often.** Stay hydrated. Drink water, peppermint tea, lemonade, ginger tea or ginger ale (look for brands made with real ginger; keep portions small due to high sugar content). Drink fluids ½ hour before or after a meal, but not with meals. Drink small amounts of fluids during the day to avoid dehydration.
- **Sleep.** Get plenty of rest and nap during the day. Go to bed early, but not right after a meal – wait 30 minutes before you lie down after each meal. Allow yourself plenty of time to get out of bed in the morning. If you usually get up at 6:00 AM, set your alarm for 5:50 AM. Get out of bed slowly.
- **Cooking:** If your significant other cooks, encourage them to cook more often. Open the windows or turn on fans if the odor bothers you. Sniff lemons or ginger to help when you are bothered by odors. Avoid spicy food whenever possible.
- **Environment:** Avoid warm places (feeling hot adds to nausea), crack the car window, keep the heat on low.
- **Exercise:** Light exercise will help – walking, stretching, yoga, but don't overdo it!
- **Supplements:** Take a Vitamin B6 supplement (50 mg daily) to help reduce pregnancy-induced nausea.