

Nausea / Morning sickness

The causes for this were commonly thought to be related to hormonal changes but it is now recognized that our emotional state also has a significant bearing on morning sickness. Doubt, ambivalence, fear, resentment, disgust and denial can all contribute to the nausea or aggravate it. When trying to find a remedy yourself, it is important to be honest about your thoughts and feelings about the baby, and to take them into account.

- Make sure you eat plenty of fresh fruit and vegetables, and reintroduce whole meal pasta, bread and high protein foods slowly
It is important to listen to your inner voice which tells you what you can and can't eat
- Try a glass of hot or cold lemon and honey; an herbal tea; cider vinegar in hot water with or without honey; ginger tea from fresh or dried ginger with a little honey. Don't drink ginger root tea where there is a predisposition to miscarriage
- Try and talk through ambivalent, difficult feelings with your partner or close friend. These feelings are normal even if they are intense.

Some possible remedies:

Ipecac 30c – dislike of food in general. Dislike smell of food. Persistent violent nausea. Complaints recur periodically at regular or intermittent intervals. Vomiting with headache, worse after eating and bending down

Colchicum 30c – heightened sense of smell, especially with egg. Symptoms are worse after anger. Bloating feeling, no appetite

Cocculus Indica 30c – hungry, but dislike of food. A remedy for complete exhaustion from lack of sleep, caring for sick patients, etc. Headache with nausea

It is important to keep blood sugar levels even during the day. Including foods high in vitamin B6 can help avoid nausea as it is essential for keeping blood sugar levels normal. Sources are: green leafy vegetables, whole grain cereals and brown rice, prunes, egg yolk, brewers yeast, molasses, honey, (kidney and heart for those able to stomach them)

Vitamin B6 is depleted by a diet high in fried foods. Also vitamin B2 is required to help the B6 be converted to its biologically active form.

Seasick bands, rest, and getting someone else to prepare meals for you are other ways to manage nausea.