

Minimizing Morning Sickness

One morning I woke up feeling terribly sick. I said to myself, "Oh, this is not fun. This better not last long!" So after visiting the ladies room, I scrambled fast and researched every possible natural way to eliminate morning sickness.

Here are the top two things that I discovered:

By keeping whole wheat or spelt crackers handy by my bedside, I could have them with a glass of water first thing in the morning, even before I got up out of bed. (If you're allergic to wheat, you could eat gluten free crackers instead.) Another idea is to keep a little granola or a banana by your bedside. Having something handy that sits well with your tummy and that doesn't spoil is the key.

I also observed that the first prenatal vitamins that I took did not agree with me at all. I tried a few and finally I found one that settled my tummy. Look for one that is formulated especially to be gentle on your stomach and to help ease nausea. Make sure it is complete, whole food based is best and of the highest quality.

More Tips to Help Nausea:

- Here are my best tips that helped me to feel great throughout the day.
- Eat five small meals a day, spaced three hours apart (more in chapter two).
- Avoid odors and foods with a strong odor.
- Avoid rich, spicy, and fried foods.
- Eat vital, live foods such as raw fruits and vegetables. Make sure to wash clean and buy organic when possible.
- Keep fruit, crackers, or nuts with you always so you never go hungry.
- Keep hydrated by drinking TEN- 6-oz. glasses of water each day!
- Drink grated ginger in hot water for natural tea or ginger ale made with real ginger and sweeten with honey.
- Try an acupressure wristband used for seasickness.
- Relax and breathe fresh air.
- Distract yourself with a good book or a visit with a friend.

If you find that you can't get past the nausea to the point where it is interfering with your meals and you're losing weight, then ask your doctor about a medication that could help you. Some doctors think morning sickness is actually a good sign that the afterbirth and are placenta developing. So don't be alarmed, realize it's a common occurrence, and that it will go away eventually. And pray! God is our Comforter and our Healer.