



Four Flowers Wellness

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Natural Treatments for Nausea and Vomiting in Pregnancy

Every woman and every pregnancy is a little bit, or sometimes even a lot, different. Figuring out what works for you may take some trial and error. Trust your body and instincts.

The Basics

Fluid Intake

Dehydration can worsen morning sickness, even if drinking is sometimes unappealing. If it is difficult to consume enough water, try adding a slice of lemon or fresh ginger to your water. Watch for signs of dehydration: dry lips, and feeling of dryness in the mouth, or more concentrated urine.

You can also stay hydrated from drinking soda water, bitters and soda, broth, and soups. Ginger tea or peppermint tea are other options.

If you find yourself dehydrated and unable to drink sufficient fluids, check in with your doctor or midwife.

Keep Blood Sugar Stable

Roller-coaster blood sugars tend to make nausea and vomiting worse. Avoid refined carbohydrates, sugary foods, fruit juice, or other sweets, as these will create unstable blood sugar. Most women find that they do better with small meals or snacks every hour or two to combat morning sickness. Try to include protein every time you eat to stabilize blood sugar. Almonds, other nuts, eggs, chickpeas, cheese, and nut butters are good choices.

Fresh Ginger Tea

Grate a ¼ inch piece of fresh ginger root into a tea mug and fill with boiling water. Add honey to taste.

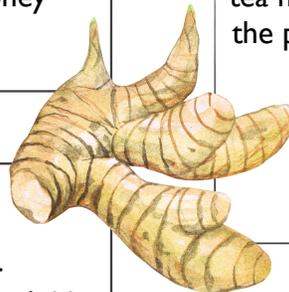
Plum Tea

Add ½ teaspoon of umeboshi plum paste to a tea mug and fill with hot water. Stir to dissolve the plum paste. Add honey to taste.

*umeboshi is a preserved plum paste available in the Asian food section of many groceries.

Cider Vinegar Tea

Add 1 tablespoon of raw apple cider vinegar (such as Bragg's) to a mug of hot water. Add honey to taste.



Essential Oils for Morning Sickness

A number of essential oils are safe for pregnancy and very helpful for alleviating morning sickness. These can be added to a diffuser, inhaled directly from the bottle, or dabbed on the wrist or base of the neck.

Lemon: lemon has a bright and astringent character that many find helpful for nausea.

Ginger: a warming and spicy oil that is good for people who get easily chilled or tend towards excess mucus. This oil tends to benefit those who are easily aggravated by cold, raw, or dairy foods.

Spearmint: a cooling oil that is especially good for those who are easily overheated or whose nausea is worsened by spicy or warm foods.

Try these oils one at a time or blend equal amounts of the three together.

*In Chinese Medicine, a person's constitution is the number one consideration in treatment. With morning sickness, most women will either be cold-type or hot-type.

Cold-type: people with this pattern are easily chilled, tend to have cold hands and feet, nausea may be triggered by raw foods and salads or cold beverages. Cold-type morning sickness tends to respond well to warming foods and herbs, such as soup, warm tea, and ginger.

Hot-type: people with this pattern easily overheat and tend to get flushed and red easily. Nausea may be triggered by warming or spicy foods and drinks. Hot-type morning sickness tends to respond well to cooling foods and herbs, such as cold beverages and peppermint.

Pink Stork Products

This company produces a line of natural products designed to help battle morning sickness. I recommend:

Cocolaurin- a coconut based product to boost immunity and soothe morning sickness.

Mist- a magnesium spray for instant relief.

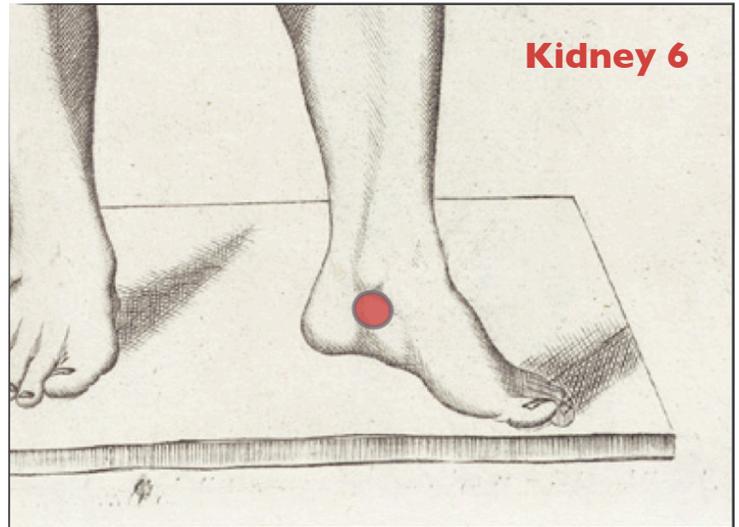
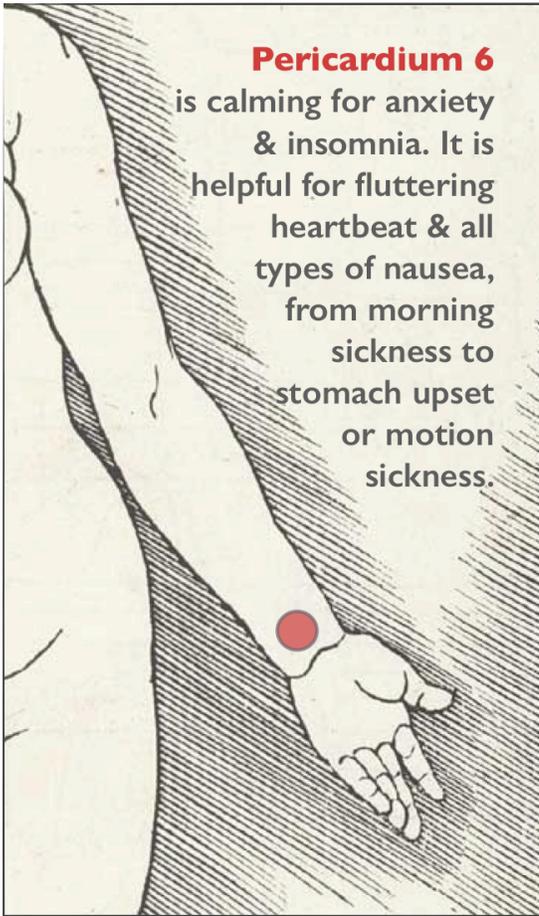
Pro- a probiotic to balance gut flora and reduce nausea.



Acupressure Points

There are 3 main pressure points used for managing morning sickness, regardless of constitution. These points can be treated with finger pressure, or your acupuncturist may apply small magnets or tiny needles that can be worn at the points. To treat with pressure, use a fingertip or thumb to apply steady, continuous pressure at each point for 30 seconds to 1 minute. Treat each point at least twice per day and any time symptoms are bothering you. You can't over treat. Use enough pressure that you feel a mild aching sensation at the point.





Pericardium 6 is located between the 2 tendons on the inside of the wrist, 2 thumb widths up from the wrist crease.

Kidney 6 is found just below the inner ankle bone.

Kidney 27 is located on the chest, 2 thumb widths from the midline, below the collar bone.

