

NAUSEA: TIPS TO HELP YOU SURVIVE

- **EAT!** Never let your stomach get fully empty. Keep a snack with you at all times. Eating small meals throughout the day will help keep your blood sugar from dipping too low and triggering nausea. Try keeping some crackers or almonds beside your bed and eat before getting up.
- **DRINK.** Dehydration is a major cause of nausea and headaches. Aim for at least 2.5 litres of water, unsweetened juices and herbal teas.
- **PROTEIN.** Protein is the best source of sustained energy and will help you to prevent nausea. Try eating some just before going to bed to avoid feeling queasy in the morning.
- **COMPLEX CARBS.** Avoid refined grains and simple carbs like pasta and sugar. These foods have little nutrition and can lead to low blood sugar. Enjoy whole-wheat pastas, breads and grains. Many women find they crave carbs in early pregnancy.
- **AVOID** smells, tastes and textures that trigger your nausea. Make sure others around you are aware of what triggers you.
- **ACUPRESSURE.** Try “sea bands” designed to offset motion sickness. You can also visit an acupuncturist.
- **GINGER.** Take 250 mg three to four times a day in capsule form (do not exceed 1000 mg) or drink 5-6 cups of ginger tea throughout the day.
- **TEAS.** Fennel, spearmint, peppermint and chamomile may help you if indigestion is a cause of your nausea.
- **AVOID HARD CANDIES.** Although these may help temporarily sucking on hard candies can disturb your digestive juices and make matters worse.
- **VITAMIN B6.** Taking 25mg of Vitamin B6 throughout the day (not exceeding 150mg) may help shut off the nausea ‘control center’ in your brain.
- **SLEEP!** Exhaustion aggravates nausea.
- **ADDRESS YOUR FEARS.** Some women find there is a psychological component to their nausea and get relief through counseling and talking with others.
- **INDIGESTION.** Try using digestive enzymes (such as papaya enzymes available at the Vitamin King) to aid digestion and relieve heartburn.
- **HOMEOPATHICS.** See a homeopath for suggestions about remedies that could work for you.
- **KEEP ACTIVE.** CO2 build up in the blood can contribute to nausea, which can be reduced with exercise such as walking or swimming.
- **HERBS.** See an herbalist for suggestions that are safe and effective in helping nausea.
- **AROMATHERAPY.** Many essential oils are off limits in pregnancy, however lavender is safe and may be helpful.
- **GIVE YOURSELF A BREAK.** Sometimes a few days on the couch can make the world of difference.
- **MEDICATION.** There is a medication called Diclectin that is known to be safe in pregnancy. If your nausea is so bad that it is interfering with your life, ask your midwives to prescribe it for you.