

Nausea: 22 Tips to help you survive

1. **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 to eat when you wake up in the middle of the night or before you get out of bed.
2. **Protein.** Protein is the best source of sustained energy and will be one of your best allies in preventing nausea. Eat some just before bed to avoid feeling queasy in the morning.
3. **Complex Carbs.** Avoid refined grains and simple carbs like pasta and sugar. These foods not only have little if any nutrition, but can lead to low blood sugar. Enjoy whole wheat pastas, breads & grains. Many women find carbs the most palatable in early pregnancy.
4. **Drink.** Dehydration is a major cause of nausea and headaches. Aim for 2.5L of water, unsweetened juices and herbal teas. Soft drinks, caffeinated beverages and juices are best avoided throughout your pregnancy.
5. **Avoid smells, tastes and textures** that trigger your nausea. Make sure

- others around you are aware what triggers it for you.
6. **Acupuncture.** Try “seabands” designed to offset motion sickness. You can also see an Acupuncturist.
 7. **Ginger** has been clinically proven to relieve nausea. Take 250 mg three to four times a day in capsule form (do not exceed 1000mg) or drink 5-6 cups of ginger tea through the day.
 8. **Digestive teas** such as fennel, spearmint and chamomile may help if indigestion is a cause of your nausea.
 9. **Avoid foods** that cause gas and bloating.
 10. **If an increase in mucous production** is to blame, try spicy foods or hot teas.
 11. **Avoid sucking on hard candies** on an empty stomach. Although this may temporarily relieve the nausea, the digestive juices it stimulates could make matters worse.
 12. **Vitamin B6.** Taking 25 mg of B6 throughout the day (not exceeding 150 mg) may help shut off the nausea ‘control centre’ in your brain.
 13. **Take your vitamins** on an empty stomach. If you find a regular prenatal vitamin too harsh, forget it for a few weeks, and just take a folic acid tablet by itself.
 14. **Sleep!** Exhaustion aggravates nausea.
 15. **Address your fears.** Some women find there is a psychological

component to their nausea and get some relief through counseling and talking with others.

16. **Indigestion.** Try using digestive enzymes (such as Fruit-En from Capers) to aid digestion and relieve heartburn.
17. **Homeopathics.** See a homeopath for suggestions about remedies that could work for you.
18. **Keep active.** CO2 buildup in the blood can contribute to nausea, which can be reduced with exercise like walking or swimming.
19. **Herbs.** See an herbalist for suggestions for tinctures or teas that are safe and effective for nausea.
20. **Aromatherapy.** Many essential oils are off-limits in pregnancy, however lavender is an essential oil that is safe and may be helpful.
21. **Give yourself a break.** Sometimes a few days curled up on the couch can make the world of a difference.
22. **Medication.** There is a medication called Diclectin that is known to be perfectly safe in pregnancy. If your nausea is so bad that it is interfering with your life, ask your midwives to prescribe it for you.

