



Basic Coping

- **Eat before you get out of bed.**
Starting the day with a little food can stop your blood sugar plummeting. Dry crackers work, as simple carbs are usually most palatable and easily digestible, but a few roasted salted almond or cashew nuts will be gentler on your blood sugar and more nutritious. Keep a snack at your bedside!
- **Get out of bed slowly.**
- **Eat something with protein every 2 hours**
Protein doesn't spike blood sugar and is more nutritious. Eating protein first thing can help alleviate nausea the rest of the day, even if it's only one or two bites!
- **Small meals or light snacks throughout day**
Getting too hungry, too full, or your blood sugar dropping can be a trigger.
- **Avoid cooking smells**
If odors are a trigger, someone else cooking can allow you to avoid the smells and sometimes still enjoy the meal when served.
- **Scent of lemons**
Cut slices/wedges and place near you (e.g. on your nightstand).
- **Sour/salty food**
Try lemon water, tangy popsicles, avocado with salt and lemon, pickles/gherkins, unsweetened dried cherries/cranberries, or an electrolyte drink.
- **Cold foods**
Cold food is often better tolerated; try chilled beverages, popsicles, frozen berries, yoghurt.
- **Pineapple**
Eat by the slice cold from the fridge.
- **Shakes / smoothies**
Add protein powder to yoghurt, kefir, milk or another liquid you can tolerate perhaps with some fruit. If possible, adding a fat such as nut butter, coconut oil or avocado will give extra calories and staying power, and you may be able to sneak in some greens or collagen powder too.

- **Replenish electrolytes**
If you are vomiting, try to replenish lost fluids with bone broth, diluted juice, coconut water, and anything salty. These can also be enough to keep you going on rough days
- **Regular exercise**
Metabolises the hormones. Not an option for most!

Potential solutions

- **Liver pate**
According to the GAPS diet, 1-3 tablespoons of liver pate per day can offer the specific nutrients your body is craving end your nausea. Worth a try, especially as liver is one of the best foods for pregnancy you can eat. Start small and increase as you get used to it.
- **B6**
Vitamin B6 can be very effective, usual dose is 10-25mg ever 8 hours. Most B6 supplements contain a form called *pyridoxine*, but you want to look out for the active form, *pyridoxal-5'-phosphate*, for best results.
- **Magnesium glycinate / magnesium lotion / Epsom salts**
Some people have found increasing magnesium helps minimise nausea. Try a daily magnesium lotion or spray or Epsom salt bath, or a magnesium glycinate supplement.
- **Homeopathy**
Remedies for nausea are unique to the person but here are a few to try.
—NUX VOMICA - *worse in the morning, dry heaves*
—COCCULUS - *afternoons, jetlaggy, motion sick*
—COLCHCIUM - *severe and/or long-lasting*
—IPECAC - *all day nausea, disgust of food, worse lying down, nothing relieves it, not better for vomiting*
—TABACUM - *deathly nausea in waves, violent vomiting, cold sweats, all day without vomiting*
—SYMPHORI CARPUS - *if nothing else is working, worse for motion, aversion to all food*
I highly recommend consulting with a good homeopath if nausea is unmanageable.

MORE SOLUTIONS

- **Drink 1 cup of strong dandelion root tea daily**
- **Sip on ginger tea, ginger kombucha, or diluted ginger juice with honey**
Ginger is a known remedy for nausea. Ginger ale often doesn't have enough real ginger but might still help. You can also supplement with ginger (up to 250mg every 6 hours).
- **Accupressure**
The most common point for nausea is P6 (Nei Guan) — 3-fingers-distance away from your wrist crease on the inner arm. You can find Seabands, a set of wristbands that apply pressure to the spot, at most pharmacies.
- **Aromatherapy**
Diffuse lemon, peppermint or lavender oil. Diffusing 4 drops lavender with one drop peppermint can bring significant ease.
- **Accupuncture**
An acupuncture therapist can use needles and/or fine electric current to stimulate P6 and other helpful points around the body.
- **EFT (Emotional Freedom Technique / tapping)**
A technique that addresses symptoms through tapping a series of pressure points on the body to release stuck emotion.

When NOTHING WORKS...

It's hard to think about silver linings when you're in the trenches, but many researchers believe first-trimester nausea and vomiting may have a protective benefit for your pregnancy, limiting exposure to potential hazards during a developmentally-vital time.

Pregnancy nausea and vomiting has been linked to numerous positive outcomes for your birth and baby, including lower rates of early pregnancy loss, preterm birth & birth defects, and higher IQ.

Hang in there, mama!

Let's Connect!

Would you love more support for pregnancy, birth & postpartum?
Please reach out, I'd love to hear from you and be a resource for you.



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