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Menopause, Andropause And Other Hormone Imbalances
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Morning Sickness Survival Tips

By Carrie Lauth

"Just eat a few saltines and you'll be ok".

I don't know about you, but as someone who suffered with prolonged, severe morning sickness (which I affectionately call morning noon and night sickness), when I hear someone say this, I just want to slug them!

If you're suffering with nausea and vomiting of pregnancy, you're not alone. Most women experience it to some degree during their first trimester. If you're one of the unfortunate few whose symptoms last longer than the typical 6-12 weeks, I empathize. I've had the same experience with all 4 of my pregnancies. I have learned a few things that helped however, and I hope you can get some relief with these tips.

1) Getting your blood sugar regulated is priority #1.

One theory about why morning sickness is worse in the morning (and for some women only occurs then) is because when you wake up from sleep, you have low blood sugar. For some pregnant woman, going 8 hours without food is just a bad idea.

You might find it helpful to eat a high protein snack before bed, and even to eat a bite each time you get up in the night to go to the bathroom. (Which in the beginning may be quite frequent!)

Personally, I found that what I did first thing in the morning was of paramount importance. I had to eat a few bites of food *while still lying down*. So I either put some food on a plate beside my bed or asked my husband bring me a snack first thing in the morning.

Don't jump out of bed. Eat your snack slowly and lie still for a few minutes afterwards. Then slowly get up and immediately go to the kitchen and eat another bite. Again, emphasize protein.

2) Avoid foods that cause rapid blood sugar shifts.

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Fruit juice, sugary snacks, processed cereal (the kind that comes in a box), anything made with white flour, etc...these types of foods cause your blood sugar to rapidly rise then come crashing down, triggering nausea and vomiting. Eat protein foods and whole foods.

Meat, cheese, yogurt (be careful here– try plain yogurt with frozen berries mixed in. Most yogurt has way too much sugar in it.), eggs, nuts, nut butters, veggies, and whole grains should be your staples.

Even if eating doesn't appeal to you, coaxing yourself to eat a little bit of a protein food every 2 hours will help prevent vomiting. Don't leave the house without carrying a snack with you.

3) If drinking water makes you sicker, try these alternatives.

It's very important that you stay hydrated. You're going to need extra fluids to support the pregnancy, but many women find that drinking water makes them more nauseated. Some things to try:

Smoothies made with fruit, ice and plain yogurt or kefir. The tangy flavor of these two dairy products really hit the spot for me. They also sneak in some extra protein.

Water served VERY cold with a squeeze of lemon or lime.

Carbonated water with a small amount of fruit juice for flavor.

Weakly brewed iced or hot tea with lemon. The small bit of caffeine won't harm your baby. Something about the bitter tannins in tea may help ease nausea.

Citrus fruits and melons.

4) Avoid nausea triggers as much as possible.

Your nose is on hyperdrive during early pregnancy!

Stinky smells like poopy diapers, kitchen trash, even morning breath may be impossible to totally avoid, but try your best to avoid smelly situations.

Have someone else take out the trash. Have hubby change your toddler when he's home. It's the least he can do!

And don't be shy about telling someone who has bad breath, noxious perfume or cigarette smells on them that you're in a delicate condition and need some fresh air. During my pregnancies, my husband had to switch to unscented deodorant and soap, otherwise I couldn't hug him!

If cooking smells make you ill, take a break from your usual garlic and onion specialties. Don't be a martyr. Hubby will understand that you can't make his favorite sausage and peppers for a while.

Prepare meals that won't stink up the kitchen. Green main dish salads with cold, cut up chicken, steak

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or hard boiled eggs. Sandwiches are good too.

5) Try Aromatherapy

Put a couple of drops of lavender, mint or lemon essential oil (these oils are generally regarded as safe to use during pregnancy) on cotton balls and keep these in various locations... the kitchen, bathroom, your purse and in the car. Take a whiff when you feel sick. Put a few drops on your pillow.

6) Take it easy– but don't forget exercise

I know, I know... exercise is the last thing you want to do when you can hardly get your face out of the toilet! But if you force yourself to take even a ten minute walk outside every day, it **WILL** help.

But do try to take it easy, avoid stress as much as possible, and rest as much as you can. You're doing the very important job of growing a baby. Explain to your other children why you're feeling poorly and that it won't last forever. Call in favors and ask friends to come over to play with your 2 year old for an hour so you can sleep, or ask them to cook extra when they make dinner tonight and bring you a dish.

When you feel a bout of nausea coming on, try to lay down for a few minutes in a dark room with your eyes closed. Sometimes if you do this the episode will pass.

7) Focus on the positive

Sometimes when you're so miserable it's easy to forget what's making you so sick! Remember that statistically, women who experience nausea and vomiting of pregnancy are more likely to carry the pregnancy to term.

One of my midwives told me that she always worries when a Mom comes in for her first prenatal feeling wonderful...the chances of her miscarrying are higher.

So rejoice in your strong hormones! Read pregnancy magazines, birth stories on the Internet, look through maternity clothing catalogs, do whatever you need to do to cheer yourself up and get yourself in the mood for a new baby.

8) More Misc. Tips

Try eating candied ginger or sipping ginger tea. I found ginger in capsules to be too harsh and they hurt terribly if they did come back up.

Brewer's yeast capsules work for some Moms.

Try sucking on lemon slices when you're feeling a wave of nausea.

Sip mint tea or chew mint gum to help dry up excessive salivating that may trigger nausea.

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If you have trouble brushing your teeth due to an overactive gag reflex, switch to using baking soda for awhile. The foaming of regular toothpaste may be too much. And brush your teeth in shifts if you need to... first the top teeth, then a few minutes later the bottom teeth, then your tongue, etc.

Avoid getting overheated or chilled. Extremes in temperature can trigger vomiting.

Try Sea-Bands, available at large drug stores. They're designed for motion sickness but helps some pregnant women.

Go with your cravings, within reason. For some reason, pizza and Taco Bell always hit the spot during my pregnancies.

Clean the toilet daily, even if it's the only household chore you can do right now. Better yet, have someone else do it. And wear your hair up for awhile. If you're going to be throwing up, at least you will have your hair out of the way and a clean bowl to hug!

Carrie Lauth, mom of 4, publishes a free newsletter for Moms doing things the natural way. Get your copy plus free subscriber goodies at:

http://www.natural-moms.com/natural_mom_newsletter.html

Coping With Pregnancy Morning Sickness

By Kenrick Austin

You should be able to find several indispensable facts about pregnancy morning sickness in the following article. If there's at least one fact you didn't know before, imagine the difference it might make.

Pregnancy morning sickness for some women isn't just morning sickness, but it is morning, noon, and night sickness. You are sick all the time, and all you want to do is crawl back into bed. When you aren't hugging the toilet, you are trying to figure out what you can eat so that you won't end up right back in the bathroom.

There are a number of different types of pregnancy symptoms and whether or not you suffer from any of them is very much dependent on the individual mother-to-be. The majority of women find that their sickness subsides after the first few weeks of pregnancy but others have the nausea for longer.

The first thing you can do to help alleviate pregnancy morning sickness is to keep your blood sugar level stable. Obviously, sleeping will make it difficult to regulate your blood sugar during the night. It is often a good idea is to eat before you get out of bed. Have your significant other bring food to you every morning and take small bites, chewing each bite thoroughly. Give your body time to get the food into your system before you get out of bed and you may be able to avoid some of the nausea you have been feeling.

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Pregnancy morning sickness is also triggered by certain foods. Avoid foods that will spike your blood sugar level. Processed sugars and white flour can cause morning sickness during pregnancy. Try whole grain foods and protein, as they are less likely to cause nausea.

Ginger is excellent for helping calm a nauseous stomach. You can buy ginger tea or make your own drink by infusing freshly grated ginger with boiling water and adding some honey and lemon to taste. Many women find that sipping this ginger drink can help soothe the stomach and counter the nausea that is so common to pregnancy. Nibbling on a ginger biscuit can also be very helpful for pregnancy morning sickness.

Your doctor will undoubtedly tell you to drink plenty of water. This is to ensure that dehydration doesn't become a problem. While this is well-intentioned advice, there are many times that water can make morning sickness worse than it was before. Try some alternatives to water.

Try drinking smoothies with a little plain yogurt with fruit mixed in. Also, you can mix your water with a little lemon or lime juice. You can drink tea rather than water if you like, but make sure it is decaffeinated and weak. Fruits such as melons can help with pregnancy morning sickness. However, you should avoid citrus fruits, as they tend to exaggerate nausea.

It's really a good idea to probe a little deeper into the subject of pregnancy morning sickness. What you learn may give you the confidence you need to venture into new areas.

Everyone has different pieces of advice to give women to help alleviate morning sickness. Obviously,

trying to eat a dry piece of toast and sip water slowly are the most common suggestions, but regardless of your preference it is still extremely important to stay hydrated.

Another issue that tends to worsen the symptoms of pregnancy morning sickness is odors. This is a huge problem for a number of women. Smells can trigger morning sickness during pregnancy and you will probably find that odors you once found pleasant or that at least didn't bother you will now cause you to feel ill.

There are steps you can take to alleviate morning sickness due to smells. If cooking certain foods makes you feel nauseous due to the smell, then find alternatives to these foods during pregnancy. Odors that you now seem to find offensive can be avoided if you takes steps to alter your habits until the birth of your baby.

Cravings are another pregnancy symptom that many women suffer from during their pregnancy. You have probably heard about the more strange forms of this pregnancy symptom such as craving coal, soap and dirt, but the vast majority of forms of this pregnancy symptom are far less strange.

Basically, your body is telling you that it is lacking in a particular vitamin or mineral by creating a craving for ice cream and pickles or whatever your particular desire may be. The best advice is to give in to this urge. The comfort eating aspect can help your general mood as well as pacify your body.

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You can help ease pregnancy morning sickness by focusing on positive things. Remember that although you may feel constantly ill for the first several weeks of your pregnancy, you are growing another person inside you. This is one of the most amazing, wonderful times in your life, and the nausea you may be feeling will not last forever.

In a few months, a beautiful baby will arrive and your life will be more fulfilled than you could ever imagine. Read baby name books, look at pregnancy clothes, and try to rejoice in the fact that you are about to receive one of life's greatest little gifts.

The day will come when you can use something you read about here to have a beneficial impact. Then you'll be glad you took the time to learn more about pregnancy morning sickness.

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