

## **Morning Sickness Cures**

Chances are good that you will experience morning sickness sometime during your pregnancy. The nausea and vomiting that often accompanies pregnancy can be light or severe, but there are some things that can be done to lessen the symptoms.

The nausea and vomiting that accompanies most pregnancies has been dubbed 'morning sickness' even though you can experience it at any time during the day or night. For some women, nausea is minimal and disappears completely by about 14 weeks into the pregnancy. Other women experience severe morning sickness symptoms. Whether your symptoms fall into the severe or the minimal category, here are some tips to help cure morning sickness.

### **Eating for morning sickness**

When you are faced with nausea and vomiting that comes with morning sickness, eating is probably the last thing on your mind. However, eating the right foods can be one of the ways to fight the morning sickness. Fluctuating blood sugar levels in the body is one of the potential causes of morning sickness. To keep blood sugar levels from getting too low, make sure to eat a meal or a small snack every couple of hours throughout the day.

A good way to prevent the nausea and queasiness from starting is to keep snacks by your bed. Before getting out of bed in the morning, eat a cracker, dry cereal, or some other small snack to help fight the nausea.

It is also important to avoid typical trigger foods. Foods that are spicy, greasy, fatty or gas-producing are the same types of foods that can trigger your nausea and vomiting, so try and eat mild, healthy foods. You may want to keep a food diary and track the food you eat and when you get sick. This can help you discover your personal food triggers to avoid.

There are several foods that are known to help prevent or at least lessen morning sickness. You may wish to try one or several of the following foods to see if they help you. Ginger has been known to settle an upset stomach, so try ginger teas or cookies. Eating green apples can help soothe nausea as well. Some women find that sucking on a lemon helps relieve nausea as well.

### **Other morning sickness remedies**

Some women swear by acupressure bands, which can be found in any pharmacy and are worn like bracelets. The bands put pressure on the point in your wrist that is said to alleviate motion sickness and nausea.

Many other women have found that a vitamin B6 supplement is helpful for relieving their morning sickness. You may wish to talk to your doctor about taking a daily vitamin supplement to help relieve your symptoms.

If you are experiencing severe nausea and vomiting during your pregnancy, speak to your doctor. Dehydration is one potential dangerous side-effect of morning sickness, so it is important to drink enough fluids and to make sure that you are getting the vitamins and minerals that you need. Give some of the morning sickness remedies above a try. And remember that you only have a few months of pregnancy left, so hang in there!