



Innate Start Midwifery

Joella Folk, DC, LM, CACCP

Nausea and Vomiting in Pregnancy

Nausea and vomiting is common in early pregnancy, usually starting around the sixth week and discontinuing by the 14th week, although it may continue throughout the pregnancy for some women. It is caused by the rapidly rising hormone levels of early pregnancy, hypoglycemia, and inadequate dietary adjustments to pregnancy.

General suggestions to help minimize nausea in the first trimester

- Maintain blood sugar levels by eating small meals frequently and by eating a protein-rich snack before going to bed.
- Fresh air and activity such as walking will help mobilize the chemical by-products in the body due to increased hormonal activity of pregnancy.
- Do not take vitamins on an empty stomach and make sure that your vitamins do not contain ferrous sulfate, a cheap form of iron that is very difficult for the body to assimilate and often causes nausea and constipation.
- Acupressure wrist bands can be helpful for some women.
- Make sure you are getting adequate B vitamins, a supplement of B6 10-20 mg daily can help relieve nausea. Intake can increase up to 50 mg twice a day for severe nausea.
- The following essential oils may be helpful:
 - Morning Sickness/Nausea Blend: 10 drops peppermint and 30 drops lavender, Place a few drops of this combo in your hands and inhale deeply.
 - Ginger is the No. 1 choice essential oil to help alleviate nausea; it blocks the receptor pathways of nausea.
 - Peppermint is the No. 2 choice; simply diffuse in the air or put a drop in your hands and inhale.
 - DigestZen is the No. 3 choice to alleviate nausea. Inhale or put three to five drops in a capsule and swallow with water.
 - Mix Citrus Bliss in water to diffuse, or drop in hands and inhale.
 - Spray/Mist: Put twenty drops of peppermint, fifteen drops of lemon, and five drops of orange into 4 ounces of distilled water. Shake well and spray.
 - Mix lavender, sandalwood and ginger into fractionated coconut oil and massage into abdomen

Remedies for nausea that is worse in the morning

- Keep unsalted crackers or raw almonds on your bedside table and eat a handful before getting out of bed in the morning.
- Sip Anise, Fennel seed, Red Raspberry Leaf, Peppermint, Spearmint, or Ginger root starting first thing in the morning.
- Drink 1 tsp of apple cider vinegar in 8 oz of warm water first thing in the morning.
- Homeopathic Natrum muriaticum (sodium chloride) - This remedy picture describes a woman with morning sickness who also has a craving for salt. She has greasy skin and a characteristic crack in the centre of her lower lip. She is generally shy, but overcomes this by creating an artificial sense of gaiety. She is very sensitive to loud noises and easily bears a grudge against



Innate Start Midwifery

Joella Folk, DC, LM, CACCP

anyone who crosses her path. Typically, she can be described as a woman who is “nice to know, but difficult to live with”.

- Homeopathic Nux vomica (poison nut) - This remedy picture describes a woman with morning sickness, whose abdomen feels bloated and is particularly tender to firm pressure. When she belches, she gets a bitter taste in her mouth. The woman is ambitious, a perfectionist and enjoys alcohol and coffee. She possibly finds it difficult to stop smoking or eating chocolates (which contain caffeine).

Remedies for relieving nausea that worsens after eating

- Drink a few oz of water with a tsp of chlorophyll with your meal
- Take papaya enzymes or a digestive enzyme complex with your meals
- Homeopathic Pulsatilla (wind flower) - This remedy picture describes a woman who becomes nauseated when eating or smelling fatty foods. She feels better in the fresh air and worse in hot environments. She weeps easily and responds well to a reassuring cuddle. She can cause concern because she doesn't want to take fluids readily.

Persistent Nausea that is not helped with the above remedies

- Ginger capsules - 250mg 4x/day
- Wild Yam root infusion (sip throughout day) or tincture (1 dropperful in a glass of water or mint tea 1-2x/day)
- Homeopathic Arsenicum album (arsenic trioxide) - This remedy picture describes a woman whose sickness is also probably associated with diarrhea. Generally the woman is chilly, thirsty, anxious and exceptionally neat and tidy: She is house proud.
- Homeopathic Phosphorus - This remedy picture describes a woman whose nausea and vomiting are worse towards evening. It may be brought on by eating salty foods and by eating cold foods and fluids, which are vomited as they warm up in her stomach. This remedy describes a woman who is fearful of thunder, has a wide circle of friends, tires easily but quickly revives after a short nap.
- Homeopathic Ipecacuanha (ipecac-root) - This picture describes a woman who feels nauseated all the time: even vomiting doesn't bring any relief from this symptom.
- Homeopathic Sepia (inky juice of the cuttlefish) - This is the classic remedy for morning sickness as the remedy picture describes a woman who feels sick at the sight, smell or even the thought of food. However, this symptom is improved when she eats or drinks in small amounts. She is a woman who feels most comfortable in her own space, and can become depressed if this space is denied her.
- Lastly, if none of the natural remedies help, ½ pill of Unisom can be taken with 200-400 mg of B6 up to 6x/day.

** For homeopathic remedies, select one of them by matching its picture with physical symptoms. Using the 6c potency, give one dose three times a day.

****It is imperative that you call your midwife if vomiting becomes severe and you are unable to keep food or fluids down. It may be necessary to receive IV fluids or a prescription for Zofran in order to keep yourself hydrated and nourished.