



NATURAL REMEDIES *for* SICKNESS & NAUSEA



CONGRATS!

You're pregnant! But, you're feeling sick...



During the first trimester of pregnancy, a hormone called hCG (human chorionic gonadotropin) is produced by the placenta and peaks around 10 weeks. It's thought that this is one of the main contributors of morning sickness, along with other hormonal shifts, environmental factors, and our protective biological instincts as well. Although some nausea is normal and not necessarily a sign of unhealth during pregnancy, there are ways to relieve it and find comfort and balance. Here is a collection of tried and true tips and tricks.

*Not medical advice. Consult your trusted care team and your intuition!

NUTRITION

Vitamin B6

Increase your B6 levels with foods like liver, salmon, chicken, beef, banana, sweet potato, and nutritional yeast. Or try a supplement that contains the active form of B6, called pyridoxal-5-phosphate or P-5-P for short.

Magnesium

Magnesium needs are high in the first trimester and most of us are depleted of this mineral already. Magnesium bicarbonate is the most bio-available form that you can consume in water. Other good options are magnesium glycinate supplements, topical spray, and magnesium salt baths.

Ginger

This is a common remedy for nausea relief. You can try ginger chews, ginger tea, ginger aromatherapy, or simply cook with it..

Blood sugar balance

Low blood sugar can induce nausea. To keep your blood sugar stabilized: eat small meals frequently, try to shorten your overnight fast with a bedtime snack, eat something shortly after waking, and increase your protein intake. Always pair protein with carbs (if you can). Some women with extreme sickness have had luck with a very high protein & lower carb diet.

Tea

Some women find relief with peppermint, chamomile, ginger, or even a bit of lemon juice and honey in hot water. These can support digestion as well as soothe nausea.

LIFESTYLE

Hormone balance

Because first trimester nausea is mainly induced by hCG hormone rising significantly, the balance of other hormones like estrogen and progesterone is something to take into consideration. A lot of us head into pregnancy with estrogen dominance. Decreasing xenoestrogens and phytoestrogens by avoiding soy products and plastics, as well as supporting estrogen detox with fiber for gut cleansing and elimination, are some of many ways to lower excess estrogen. Consider a topical bioidentical progesterone serum to also support a healthy hormone ratio.

Rest

You're expending a ton of energy creating a baby, so allow yourself as much sleep as you need. Besides sleep, you also need rest from stress. Pregnancy adds to the stress load on your body. Consider ways to manage and reduce lifestyle stress to support not only your mental health but also your physical health -- which can help reduce nausea.

Reduce toxin exposure

Nausea/vomiting also serves as a biologically protective mechanism. The body works extra hard to protect baby from toxins and harm while pregnant, leading to aversions and a sensitive stomach. Doing what we can to eliminate toxins in our environment may lessen that burden for our bodies and get ahead of the toxic load we are constantly fighting. Try to eat mostly organic, reduce plastics & BPA's, invest in a water filter, cut out fragrance, and try more natural alternatives to cleaning and beauty products. If this sounds like a big undertaking, even just a few baby steps in the right direction can help to reduce your toxic load -- just start with the first thing.

BODYWORK

Acupressure

In a pinch, try acupressure. One pressure point associated with nausea relief is P-6. Apply gentle pressure with your thumb on your inner arm about three fingers' widths away from the crease of your wrist. You can also try an acupressure wristband for this.

Acupuncture

Acupuncture works by stimulating specific points of the nervous system to balance the body's energy and promote homeostasis. There are several studies supporting the effectiveness of acupuncture for morning sickness, and prenatal health overall!

Chiropractic

Chiropractic care can correct subluxations in your spine to bring everything back into alignment, regulate the signals your nervous system sends to your digestive system, and curb nausea.

Overall...

Eat what you can, avoid strong smells and flavors, listen to your instincts, and trust your body to do what it needs to do. Don't stress!

For more support, please reach out!

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