

## Natural Morning Sickness Remedies

**BEFORE BECOMING PREGNANT USE A GOOD LIVER SUPPORT HERBAL COMBINATION DAILY FOR TWO MONTHS OR DO A LIVER CLEANSE. THIS CAN GREATLY REDUCE THE AMOUNT OF NAUSEA IN EARLY PREGNANCY.**

- 2 Tbs. Refried beans or half a hard-boiled egg every hour
- Peppermint tea
  - 1 tea bag per cup of boiling water cover and steep for 20 minutes, squeeze bag well and drink sweetened or unsweetened. Sip every 15 minutes
- Lemon ginger tea with probiotics
  - 1 tea bag per cup of boiling water cover and steep for 20 minutes drink sweetened or unsweetened. Sip one sip every 15 minutes
- Sublingual B6 (These are drops that go under the tongue)
  - 50 mg. 3x a day
- Papaya Enzymes
  - Chew 1 tablet as needed up to 8 times a day
- DGL (Deglycyrrhizinated Licorice Root Extract)  
25mg per dose up to 4 x a day
- Sea Bands
  - Purchase at local pharmacy. (This is an acupressure bracelet) Use as directed (Use with any other remedy)



- Peppermint Ginger oil
  - Rub a small amount on under rib cage as often as needed. May dilute with olive oil if it irritates your skin
- Eat a high protein/complex carb snack every 1-2 hours (not a meal, just a small amount)
- Sip on coconut water or an electrolyte drink every 15 min. throughout the day (small amounts often will keep you hydrated)
- Milk thistle tincture 300 mg 3 x a day
- Homeopathic Motion Sickness drops
  - 10 drops under the tongue as needed throughout the day
- Acupuncture
- Homeopathic Nausea sprinkles
  - Sprinkle a tiny amount under the tongue as needed throughout the day
- Fennel Seed or Anise Seed
  - Chew 1/8 tsp. several times a day as needed
- Apple Cider Vinegar or Lemon Juice
  - ½ tsp. in 4 oz. of warm water. Sip slowly throughout the morning
- Vit B shots    Contact a local Naturpathic physician



- Bee pollen
  - 1 tsp. several times a day
  
- Mountain Meadow Herbs Stomach Aid
  - ¼ teaspoon 4 times a day. (you may add to juice or water) This remedy may take 3-4 days to achieve maximum benefit.

DO NOT USE HOMEOPATHIC MOTION SICKNESS OR THE NAUSEA SPRINKLES IN COMBINATION WITH ANY OTHER REMEDY LISTED. (Strong odors will nullify the effects of the remedies)



## Adding Quality Nutrition to Your Diet

Most of us are familiar with sources of quality nutrition such as oranges for vitamin C, chicken and beef for protein, or milk for calcium, but there are many sources we often overlook. Try adding a few of the following to your diet...

**Adding protein to your diet: (each serving listed equals 7-8 grams of protein):**

- $\frac{1}{2}$  cup beans or split peas
- $\frac{1}{3}$  cup lentils or soybeans
- 1 cup cooked egg noodles
- $\frac{3}{4}$  cup cornmeal
- $\frac{2}{3}$  cup dry oatmeal
- $\frac{1}{2}$  cup dry rice
- $\frac{3}{4}$  cup wheat bran
- $\frac{1}{4}$  cup wheat germ
- 2 oz. almonds or cashews
- 1 oz. pumpkin seeds
- 2 oz. walnuts
- 7 oz. asparagus or artichoke
- 2 cups broccoli
- 7 oz. collard greens, cauliflower, spinach, mustard greens or mushrooms
- 2 ears of corn
- 6 oz. mung bean sprouts
- 4oz. green peas
- 2 whole potatoes
- 4 oz. soy bean sprouts
- 2 whole yams
- 1 cup whole buttermilk
- 1 cup natural ice milk or ice cream
- 9 oz. soy milk
- $1 \frac{1}{2}$  oz. soy cheese
- Prepared soy meat alternatives (see packaging for amounts)
- $\frac{1}{4}$  cup sesame seeds
- 1 /12 avocados
- $\frac{1}{3}$  cup soy flour
- $\frac{1}{3}$  cup millet
- 1 corn tortilla
- 3 oz. tofu
- Protein powder (see packaging for amounts)
- Spirulina powder (see packaging for amounts)
- 3 anchovies
- 4 cups popped corn





## Protein Rich Healthy Snacks

- Whole grain crackers and lowfat cheese
  - Natural peanut butter on rice cakes with milk
  - Whole grain banana bread with cream cheese
  - Refried beans with low fat cheese and baked corn chips
  - Low fat cheese and apple slices on whole grain crackers
  - Whole wheat tortilla with kidney beans, low fat cheese, romaine lettuce and salsa
  - Non-fat yogurt with fresh fruit
  - Whole grain cereal with skim milk
  - Air popped popcorn sprinkled with low fat grated cheese
  - Whole wheat english muffin with low fat cream cheese
  - $\frac{1}{2}$  pita bread with diced chicken and fresh vegetables
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- Celery sticks stuffed with low fat cream cheese or peanut butter
  - A hardboiled egg with whole grain crackers and vegetable juice
  - 1/2 c. trail mix (unsalted nuts, seeds and raisins)
  - Raw vegetable and low fat cottage cheese
  - Whole grain bagels with almond butter
  - $\frac{1}{2}$  sandwich on whole wheat bread (tuna, chicken, turkey or beef, no processed lunch meats)

