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## Pregnancy Morning Sickness

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Pregnancy morning sickness occurs in 50 to 80% of new mom's to be. While the name would imply that this ailment only occurs in the morning, many women find that it can strike at any time of the day. Most cases of pregnancy morning sickness occur between the 4th and 6th week of pregnancy and lasts until the 14th to 16th week. Unfortunately, some women will experience pregnancy morning sickness all through out their pregnancy.

### What Causes Pregnancy Morning Sickness?

No one knows for sure what causes pregnancy morning sickness but the theories that currently exist say that a combination of rapid changes occurring in your body plays a big part in your queasiness.

It would appear that the rapid increase in hCG (the pregnancy hormone) and estrogen play a part in the appearance of morning sickness. You start feeling the effects of pregnancy morning sickness once it raises to a certain level and many start feeling relief from the morning sickness around the time that the levels of hCG start to decline in your system.

Another change that occurs when you are pregnant is a heightened sense off taste and smell. Smells and tastes that once were appealing take on a whole new effect. Smells that once had you going Mmmmm! now have you going Ewwwwww! and, if your pregnancy morning sickness is bad enough, running for the nearest bathroom. It is thought that the increase of estrogen is responsible for this change.

It is also thought that women who have a weak stomach or are prone to throwing up (due to stress, illness, birth control pills, etc) can experience pregnancy morning sickness more often and severely than women who have an "iron stomach".

### Ways to Relieve Pregnancy Morning Sickness

Unfortunately, there is no one tried and true method that will cure everyone's case of morning sickness. The only way to find what works for you is by trial and error. Below you will find ideas which you can try:

- Try taking your prenatal vitamins later in the day.
- Vitamin B6 – 50 mg. daily. Vitamin B6 has been shown to help with pregnancy induced nausea. There are also products available now which contain therapeutic doses of Vitamin B6. One is B-Natal TheraPops are cherry flavored lollipops which have been shown to reduce pregnancy morning sickness. Another Vitamin B-6 enriched product is called Morning Sickness Magic. Morning Sickness Magic is a

herbal remedy containing Ginger, Vitamin B-6, Red Raspberry Leaf and Folic Acid.

- Ginger in capsules form 250 mg. three times daily can be beneficial. Ginger has long been associated with alleviating nausea. You can also get the benefit of using ginger by chewing on crystallized ginger or sucking on ginger hard candies.
- Avoid warm places as heat can increase the nausea feelings.
- Take naps during the day (but not right after eating). Tiredness plays a big part in morning sickness.
- Get enough sleep at night.
- Get out of bed slowly in the morning.
- Try eating plain crackers or dry cereal before you get out of bed in the morning.
- Open windows or turn on exhaust fans when cooking and after meals.
- Cooking in the microwave usually produces less odors.
- Silly as it sounds, carry a handkerchief with a few drops of a non nausea causing essential oil (lemon for example) in it and breath through it if you can't get away from the smell that is bothering you.
- Avoid greasy or spicy foods as they often cause nausea or heartburn.
- Eat what you want when you want it. Your cravings will not lead you the wrong way.
- Have frequent protein snacks. (Low fat meats and seafood, nuts, eggs and beans are high protein.)
- Eat smaller meals every two hours or so.
- Eating something salty before a meal can help you "make it through" a meal.
- Do not drink fluids with your meals.
- Non caffeinated teas like peppermint and ginger can help came nausea.
- Drink small amounts of fluids regularly though out the day to avoid dehydration.
- Do not skip meals if you can help it.
- Avoid spicy and fried food – both eating and smelling it can increase your nausea.
- Cold food may have less nausea inducing smells associated with them.

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