

RESOLVING MORNING SICKNESS

Alternative care to encourage, as appropriate:

- Acupuncture
- Chiropractic
- Traditional Chinese Herbalist
- Herbalist
- Naturopath
- Homeopath
- Osteopath/Cranial-sacral Therapist
- Hypnosis or traditional psychotherapy

Possible Approaches

Stress:

First, be sure to fully assess all life stresses. Severe morning sickness has been linked in numerous studies with the mother's stress level. The most common significant stressors that can often be minimized include work stress, stress from prior loss and grief, stress from relationship issues, the demands of daily parenting, moving, and household management and cleaning. Mothers should eliminate as many potential stressors prior to conception, when possible. This may include hiring help around the home, even from an older child. It may also involve reducing work hours or involving a supportive therapist to help identify non-allopathic ways to minimize stress.

Eating (may not be feasible in severe cases):

- If mother is taking a prenatal vitamin, try stopping this. If she is not taking PNV, have her start taking a food-based prenatal (i.e. New Chapter) to see if this helps.
- The mother should be encouraged to eat anything that appeals, especially protein foods such as boiled chicken or egg with high-quality sea salt as often as possible, chewing the pieces well so that they are easily digested.
- All of the mother's foods should be prepared for her, if possible.
- She should eat a protein food first thing in the morning (before rising)
- She should have a little protein every hour, even when waking at night
- Nothing spicy or greasy for some, though some moms find that greasy foods (i.e. bacon) will help coat the stomach and provide temporary relief
- Fruit followed by protein can help
- If mom becomes Hypoglycemic (which can happen quickly with HG moms), consider trying GTF Chromium supplement to help stop the vomiting cycle

Hydration:

- Nutritive enema can help when self-hydration and IV is not an option. Anne Frye suggests an enema of wheat grass juice or a combination of liquid chlorophyll and herbal infusions and tinctures that settle the stomach may be helpful. Can be mixed with an electrolyte IV solution such as ringers lactate or unflavored Pedialyte. Infuse slowly with woman on her left side. Have her retain for as long as she can. Once nausea stabilizes, she must immediately begin to drink and eat.
- Add about 1 tsp of apple cider vinegar to every 8 oz of water, and sip day and night.
- Half a lemon in hot water first upon rising and last thing at bedtime will help to clear the liver of the excess hormones.
- If skilled, hydration can be achieved via lactated ringers or saline IV at home (or hospital), when necessary, but can also be achieved via saline, molasses, or recharge enemas if mom is unable to self-hydrate.

- It helps to give mom a daily drinking goal (i.e. sip 1 oz every 15 minutes) If the mom cannot drink easily, have her do ice chips all day, preferably made raspberry leaf tea or Recharge or other quality liquid.
- If mom cannot be kept hydrated, hospitalize her immediately, unless IV fluids can be given at home.

B Vitamins:

- B6 or B Complex supplementation is thought to be particularly useful in reducing nausea, though not all moms will respond to this treatment and some may actually worsen or feel emotionally "crazed" from it. Vitamin B6 aids liver metabolism.
- If mother is taking B6, it should ideally be taken at night, and may be taken in combination with half of a 25mg tablet of Unisom (a sleeping aid) to create a homemade Bendectin. The mother may take a B6 dose up to 500mg for 1-2 days initially. Usually, supplementing 100 mg of B6 daily will help reduce the symptoms.
- The dose can be administered IM via Rx B6 (difficult to obtain, though possible, ask me).
- One mom reports that, for her, the only solution was a liquid B vitamin supplement (full dropper under the tongue), kept by her bed and taken first thing upon waking.
- Other supplements to try are B12, C, and E and extra magnesium and potassium.
- Vitamin K and vitamin C (25mg of each), taken together, may provide remarkable relief of symptoms for some women. It will likely to 3 days or longer to fully help.

Herbal:

- Ginger root powdered and encapsulated, such as Zingiber officinale taken in doses of up to 25 capsules/ day. Real ginger ale may help some also.
- Horehound (Marrubium vulgare) has been used to relieve morning sickness
- Red Raspberry Leaf, Spearmint, Chamomile Teas or Traditional Medicinals Pregnancy Tea
- THC may be considered as an option with medical warrant. Rather than the risk of smoking THC, it can be vaporized, made into a tincture, or used on food.

Homeopathic Remedies:

- **Asarum**- This remedy is indicated when a woman feels very ill, with constant nausea and retching. She is extremely sensitive to everything—especially noise, which can aggravate the nauseous feelings. She feels best when lying down and resting. Cool drinks or food may help, but it is hard for her to even think of eating.
- **Bryonia**- A person needing this remedy usually wants to stay completely still and not be talked to or touched. Nausea and vomiting, with pain and pressure in the stomach, can be worse from even minor movements. The person may have a dry mouth and want cold drinks. This remedy can also help with constipation.
- **Cocculus**- Indications for this remedy include nausea or motion sickness, dizziness, palpitations, headache, numbness, and an empty or hollow feeling in various parts of the body. The person may talk nervously, yawn, or tremble, and likely feels weak.
- **Colchicum**- Horrible nausea that is worse from the sight and smell of food (especially eggs or fish) often indicates this remedy. The woman retches and vomits, and has a sore and bloated feeling in the abdomen. She has trouble eating anything — although she often craves things, when she tries to eat them they make her sick. She is likely to feel ill from many smells that others don't even notice.
- **Ipecacuanha**- For intense and constant nausea that is felt all day (not only in the morning) with retching, belching, and excessive salivation. The woman may feel worse from lying down, but also worse from motion. Even after the woman vomits, she remains nauseous.
- **Lacticum acidum**- For "classic morning sickness": nausea worse immediately on waking in the morning and on opening the eyes. May salivate a lot and have burning stomach pain. She usually has good appetite and feels better after eating.

- **Nux vomica**- Nausea, especially in the morning and after eating, may respond to this remedy—especially if the woman is irritable, impatient, and chilly. She may retch a lot and have the urge to vomit, often without success. Her stomach feels sensitive and crampy, and she may be constipated. Can also help with constipation.
- **Pulsatilla**- If nausea is worse in the afternoon and evening (often in the morning, as well). Woman is not very thirsty, although she may like drinking something cool. She can crave many different foods, but feels sick from most (including foods she craves). Creamy foods or desserts may be appealing, but can bring on vomiting. A woman who needs this remedy usually is affectionate, insecure, and weepy—wanting a lot of attention and comforting.
- **Sepia**- Gnawing, intermittent nausea with an empty feeling in the stomach. It is especially indicated for a woman who is feeling irritable, sad, worn out, and indifferent to her family. She feels worst in the morning before she eats, but is not improved by eating and may vomit afterward. Nausea can be worse when she is lying on her side. Odors of any kind may aggravate the symptoms. Food often tastes too salty. She may lose her taste for many foods, but may still crave vinegar and sour things. Can also help with constipation.
- **Tabacum**- This remedy can be helpful to a woman who feels a ghastly nausea with a sinking feeling in the pit of her stomach. She looks extremely pale, feels very cold and faint, and needs to lie very still and keep her eyes closed. If she moves at all, she may vomit violently—or break out in cold sweat and feel terrible.

Allopathic Approach:

- Zofran may be considered, as several studies that have been done are favorable. As with most drugs, the long-term impact on the baby is not fully known or understood. Some midwives believe that Zofran, especially when taken in early pregnancy before 10 weeks GA, is associated with placental issues, particularly placental adhesion (this is not validated with any research studies). It is available in dose increments of 4mg and pregnant women should take the lowest dose first as infrequently as possible (no closer than 6 hours apart).
- There is OTC anti-nausea syrup called Emetrol that sometimes provides relief.
- Other than Zofran, there are a variety of prescription drugs that have been used to treat this condition, however, Zofran appears to be the most widely used and studied. These include Kytril (Granisetron), Mirtazapine (Remeron/Remergil), Aloxi (Palonosetron), Anzement (Dolasetron).

Acupuncture/Acupressure

- The classic acupuncture point for nausea and seasickness, called Pericardium 6 is located in the middle of the inner wrist, three fingerbreadths away from the wrist crease, between the two tendons. Locate and press firmly, one wrist at a time, or get a friend to hold both for 3 minutes or so.
- "Seabands" are available at drug stores or online for treatment of nausea related to motion sickness. Some women find some relief with these as they put pressure on the P6 point. May not have a great impact in women with more severe symptoms.
- An acupuncturist can also identify other points that may be helpful. Response is very individual to all therapies.

Additional suggestions:

- The mother may get relief from sniffing lemons, menthol, spearmint, etc.
- Lying on a cold hard floor may help some mothers.
- Glutamine and other GI mucosal protectants for gastric ulcer support.
- If mom is unable to leave home, consider using full spectrum lighting to avoid depression.