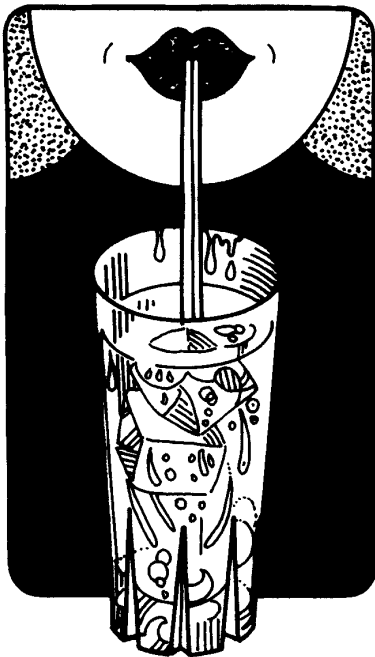




# Morning Sickness: Simple and Safe Remedies

Few women experience morning sickness only in the morning. For some, the nausea and vomiting happens in the afternoon or evening, while for others it lasts all day. Fortunately, morning sickness usually clears up by around the third month.

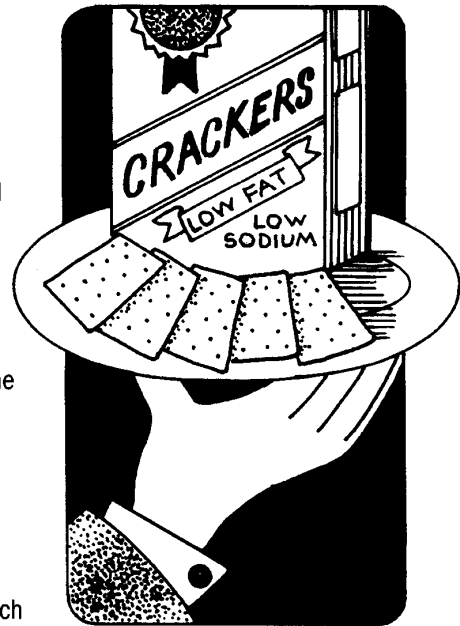
Theories for the cause of morning sickness vary. Perhaps the body is reacting to hormonal changes or keeping natural toxins in food away from the baby. There are some things you can do to ease the nausea during the first few months of pregnancy.



- Drink plenty of fluids. Dehydration is a danger when you're experiencing vomiting.

## Tips for Coping

- Avoid high-fat foods.
- Try soft fruits (especially bananas), poached or boiled eggs and soups.
- Eat foods high in carbohydrates and protein.
- Stick to low-fat bland foods, such as unbuttered potatoes, noodles or rice.
- Eat many small meals throughout the day.
- Try ginger, known to help ease queasiness: ginger ale, ginger tea, ginger snaps, etc.
- Suck on hard candy.
- Eat tart and salty foods together, such as pickles and lemonade.
- Wear wrist bands designed to fight motion sickness.
- Avoid using over-the-counter anti-nausea medication, unless approved by your healthcare provider.



- Put something such as crackers in your stomach before you get out of bed.

## SEE YOUR DOCTOR IF YOU:

- have been vomiting for more than 12 hours.
- feel symptoms of dehydration: dry mouth, little or no urine.
- are feeling faint, lightheaded or dizzy.
- experience a fever over 102° F.
- have blood in your vomit.
- are losing weight.