



# SECRETS TO RELIEVING MORNING SICKNESS

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What Every Pregnant Woman  
Must Know

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BY CATHY NELSON

### **Disclaimer**

The contents of this book are not meant to substitute for any medical treatment, visits, or consultations with your natural health practitioner.

Neither are the contents of this book meant to treat any health condition. The information herein is merely offered as an informational guide.

As you read this book you should take no action for any health condition without the express knowledge and consent of your healthcare practitioner.

The information contained herein is purely for educational purposes only. None of it has been approved by the U.S. Food and Drug Administration.

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### Introduction

You go to bed the evening before and you're fine. You're more than fine. You've never felt better in your life. You wake up the next morning and you feel a little queasy. Your stomach doesn't feel quite right - a touch of the flu maybe. Then, all of a sudden...

*Move out of the way everybody! I've got to make it to the bathroom because I'm going to...*

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### **Throw up ...vomit...barf...hurl!**

No matter what word you choose, it's all the same.

No worries, you think. Must have been something I ate yesterday.

By noon or so you're feeling better. Then the next morning, you wake feeling...yikes! Not again! Nausea and throwing up. What's going on here? This insane morning routine continues for a while - too long in your opinion.

So you go to the doctor to see what's wrong. He smiles wryly. "Congratulations! You're pregnant. You have a good case of morning sickness."

If you've got morning sickness, you're not alone. Morning sickness is common - very common. Just about 88 percent of all pregnant women go through it in some fashion. Some women develop only mild cases; others experience the symptoms all day long.

For those with mild to moderate symptoms, this condition is nothing more than a slight inconvenience in an otherwise blissful nine months of anticipation of the new arrival - a small price to pay for a joyous bundle of love.

## Secrets to Relieving Morning Sickness

For some, though, morning sickness can be a potentially dangerous diagnosis. The more severe symptoms of this normally irritating syndrome may even end in a miscarriage.

Whether you suffer from a mild case of morning sickness or the more severe condition of hyperemesis gravidarum, you'll find plenty in this book you can use.

Think of this as a manual of sorts to guide you through this period. In addition to an overview of the condition itself, you'll find out how your physician accurately comes to a diagnosis of morning sickness. That's all covered in Chapter One.

The chapters that follow these are chock full of information, insights, and intriguing suggestions on how you can minimize your morning sickness symptoms and maximize the enjoyment and satisfaction of one of the most important times of your life.

Think of this as a manual to help you stop morning sickness so you can better enjoy this joyful period in your life. With that in mind, Chapter Two talks about the options conventional medicine hold for you in the way of treatments.

From there we proceed to Chapter Three where I introduce you to some of the not-so-conventional forms of treatment - especially how acupuncture can help your condition.

From there we move to some of the most popular - and effective - herbal secrets that have been used by women worldwide for thousands of years in relieving nausea and vomiting of this pregnancy-related condition.

In Chapter Five, we'll talk about the need for keeping your body well-hydrated during your pregnancy. Dehydration is a major danger when you suffer from hyperemesis gravidarum.

## Secrets to Relieving Morning Sickness

The last two chapters are compendiums that provide you with tips, tricks, and techniques to help you overcome the problems of nausea and vomiting.

The first of the two, Chapter Six, gives you some of the most popular "survival secrets" to get you through the day. Finally, Chapter Seven will share with you some of the best home remedies. Many of these were undoubtedly successful for your grandmother but unfortunately discounted years ago by conventional medicine.

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But there's a reason why some of these remedies of grandma refuse to die - because they work, and they work well. Try the ones that appeal to you! Discard those that don't work. Every woman's body is different. Not every remedy is a "one size fits all" so to speak.

Feel free to read this book through from cover to cover or to pick and choose those areas you feel may help you most. And the beauty of this eBook is that you can print the most helpful suggestions out and keep them in your purse or any other handy place.

Well, what are we waiting for? We've got nausea and vomiting to get under control!

Here's wishing you a healthy pregnancy!