



MORNING SICKNESS

Morning Sickness is caused by the hormones created in pregnancy, by a woman's heightened sense of smell and by the changes in her GI tract to aid in slowed digestion. Morning Sickness is common in pregnancy, as 3/4 of women experience it. Most women feel better by 14 weeks but some may be queasy for another month. Some mothers may even have it their entire pregnancy.

Remedies can include: • Labor Aide: recipe on back

- Smaller, more frequent meals
- Vit B6—25 mgs 3 x a day
- 1/2 prenatal vitamin in the am & the other 1/2 in the evening, taken with food.
- Saltine crackers, yogurt and toast to absorb the acid.
- Avoid triggers (ei: smells)
- If it is really bad, you can try a Unisom (doxylamine succinate) - take 1/2 tablet before bed.
- Made to order Enema—to reset your body

If you have excessive vomiting and you are unable to keep anything in you, especially liquids, for 24 hours or with any other concerns, call me immediately.

Phone: 801-643-0604

Email: mermaidbirth@gmail.com

Exceptional Midwifery Care ~ Specialized in Underwater Birth.

Labor Aide

- 1 liter coconut water
- 1 liter water
- 2 scoops cal/mag fizz or Natural Calm (get at health food store or Amazon)
- Juice of 1 lemon
- 1/2 tsp Himalayan salt
- Add honey to taste
- Can add Concentrace Mineral supplement (get also at health food store or Amazon)