

MORNING SICKNESS REMEDIES

Pregnant and feeling a little green around the gills? Some women find relief with the following remedies, which have been suggested by obstetricians, dietitians, and survivors of morning sickness. Consult your doctor before trying any remedies.

NON-MEDICAL REMEDIES:

- *Ginger ale
- *Lemon-flavored hard candies or lemon wedges
- *Hot water with a squirt of lemon
- *Ice water
- *Vitamin B-6
- *Papaya enzyme tablets
- *Saltine crackers
- *Peppermint tea
- *Aloe Vera gel tablets
- *Acupressure (such as a motion sickness wrist band)
- *Emetrol, over-the-counter anti-nausea syrup
- *Various prescription anti-nausea drugs
- *Raspberry LEAF tea

OTHER REMEDIES:

- *Eat several small meals a day to keep food in your stomach at all times.
- *Get out of your normal environment and routine; spend time with a relative or friend.
- *Avoid motion
- *Get plenty of rest and emotional support.
- *Avoid odors, including non-food smells such as smoke, perfume, and cleaning solutions.