

Tips For Surviving with Morning Sickness

1. Avoid tastes and smells that trigger nausea

Scented candles, perfumes, coffee, gasoline, odors from foods being cooked and any other strong smells may trigger morning sickness.

2. Keep small snacks with you at all times

Keep crackers next to your bed, in the car and at your desk. Snacking throughout the day can help ward off morning sickness.

3. Eat frequent small meals

Eating a 5 or 6 small meals per day can help to stabilize blood sugar and keep your stomach feeling full, which can curb nausea.

4. Suck on or smell a lemon.

Sucking on lemon drop candies or sniffing a lemon can help reduce nausea.

5. Take your prenatal vitamin with the last meal

Prenatal vitamins can often trigger nausea so be sure to take them with food to help reduce morning sickness.

6. Take antacids.

With your doctor's permission, take a few Tums right after you wake up and right before you go to bed. Doing so can help to help to neutralize nausea.

7. Chew on ginger

Chewing on crystallized ginger or candied ginger can help reduce nausea. Ginger tea and ginger ale are also helpful. Ginger has been used for centuries to help curb nausea.

8. Try peppermint.

Drinking a cup of peppermint tea or sucking on peppermint candy may soothe an upset stomach and curb morning sickness.

9. Consider acupuncture

Many pregnant women find that wearing Sea-Bands bracelets relieves nausea with no negative side effects. Sea-Bands put pressure on a specific pressure point in the wrist that can help curb nausea.

10. Eat bland foods

Plain foods are less likely to trigger nausea and cause heartburn. Fruits and complex carbohydrates are good choices for sensitive stomachs.