

TIPS FOR MORNING SICKNESS

Eat a huge variety of foods and try new foods as often as you like. Make sure that you get adequate protein, including choices of organic

- ✓ turkey,
- ✓ chicken, and eggs

as well as healthy sources of fats such as

- ✓ nuts and seeds,
- ✓ flaxseed oil or ground flaxseed, and
- ✓ olive oil.

Adequate fiber is important to keep digestion regular. Here are some choices:

- ✓ Oats
- ✓ Oat bran
- ✓ Brown rice
- ✓ Millet
- ✓ Quinoa
- ✓ Amaranth
- ✓ Buckwheat

...and **fruits** such as:

- ✓ Berries
- ✓ Bananas
- ✓ Figs
- ✓ Apples
- ✓ Prunes

Avoid overeating or skipping meals, as both are harmful and can worsen the condition. **Eat smaller, more frequent meals** and stay away from greasy, fatty foods and heavy meats.

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Home remedies:

- Make a tea from 3 slices of fresh ginger and a piece of dried tangerine or orange peel by boiling 3 ½ cups of water for 20 min. Strain and drink 3 or 4 cups a day.
- Make a tea by boiling ½ a cup of dried chamomile and 3 slices of ginger in 3 ½ cups of water for 20 min. Strain and drink 3 cups daily.
- Take Ginger Capsules (500 to 2,000 miligrams)
- Place some crackers by your bed at night and eat a few upon waking before getting out of bed to soak up excess stomach acid
- Juice 1 medium potato in a juicer or blender, pass through a strainer, and mix the juice with 1 cup of warm water. Drink on an empty stomach in the morning upon waking. The potato juice will coat your stomach and reduce acid.

Enjoy!!!

Dr Yamin