

## **Morning sickness**

This is a very common problem during your pregnancy and the severity can vary from woman to woman, from feelings of nausea to being physically sick every day and in extreme cases cause dehydration, malnutrition and admission to hospital. And although, it is called morning sickness it can occur at any time of the day.

Morning sickness isn't necessarily a bad thing though - it has been associated with fewer miscarriages – as it means the hormones needed to keep a pregnancy are high and it normally passes after the first trimester.

Morning sickness may be helped by improving your blood sugar. Fluctuations in blood sugar happen when food is digested too quickly. This normally happens when refined foods are eaten (such as white bread or rice). Fluctuations also occur when stimulants such as tea, coffee, alcohol or chocolate are consumed, which is another reason why these substances should be avoided during your pregnancy.

## **Subclinical nutritional deficiencies**

Research has shown that vitamin B6 may be helpful in alleviating nausea and vomiting. A number of nutrients may help regulate blood sugar levels and they include: Magnesium, Chromium, Vanadium, Vitamin E, Vitamin C Zinc, Selenium and other anti-oxidants.

Ginger is commonly known to help with nausea and this can be taken in the form of a supplement or by grating the fresh root (or chopping it up very finely) and adding hot water with a little honey. Many women think ginger nut biscuits may help them with morning sickness, but this is a fallacy, as there isn't sufficient ginger (or its therapeutic compounds) in these biscuits and biscuits are normally full of sugar contributing to blood sugar imbalances, rather than helping with them.

With the Natural Nutrition Pregnancy programme we will look at your nutritional requirements and provide you with advice that can help prevent or control morning sickness.

For more information, please do not hesitate to contact me.