

Homeopathic Morning Sickness Remedies

Have the woman read these symptoms herself to decide which one sounds the closest to hers (but only when she is feeling okay, or she will get sick even from reading them). I have often had such excellent results with Homeopathic remedies for pregnancy nausea, even when nothing else has helped her. I would add here that often the clear Gatorade called "lemon Ice" or the new clear "Frost" or one of the flavors of the health food store version called "Recharge" work very well too. In the beginning it seems to stay down better if diluted in half with water, and being room temperature often seems to stay down better than either drinks that are too hot or too cold.

1. *Amygdalus*: this is another non-specific remedy to think of when absolutely no form of food is tolerated. There may be complaints of a lack of smell or taste to food. The nausea lasts all day, with no relief.
2. *Anacardium*: similar to *Nux Vomica* but feels better as soon as she eats something. She may vomit this up shortly, but eating does help at least temporarily. Also seems to do better lying on her side, or rubbing her belly lightly.
3. *Antimonium Tartrate*: Useful when vomiting occurs immediately after having eaten, usually of undigested food, and typically accompanied by collapse and exhaustion. A lot of mucous is produced and present in the vomit, which is thick and often white or mixed with bile. The mucous is sometimes stringy. Vomiting is usually spasmodic, sudden, and severe. There is a craving for acid foods and sour things make it worse.
4. *Apomorphia*: vomiting is preceded by body secretions: sweat, saliva, mucous and tears. She may feel hot all over, especially her head. She can have the dry heaves which cause a headache and heartburn.
5. *Argentum Nitricum*: indicated when there is very considerable flatulence accompanying the nausea and vomiting. There is frequently a craving for sugar and sweet foods, and a panicky nervousness is characteristic. All forms of heat are abhorrent and cool fresh air is sought.
6. *Bryonia*: any movement triggers the nausea, even rolling over in bed. The lips are dry, the mouth is dry, there is a lot of thirst, but she is afraid of the movement that it will take to get a drink. She has the typical "bear-like" foul mood of the *Bryonia* type. This woman wants to be left alone in quiet.
7. *Cheledonium*: this is a common liver remedy, so this woman usually has a sluggish liver. Often there is pain in the back, in the gall bladder area. There is constipation, with pale poops. There is no energy in the morning. She wants hot foods and drinks, which seem to relieve the nausea but only temporarily.

8. *Cocculus*: a good remedy for morning sickness. Like *colchicum*, has nausea from the smell of food. Nausea when riding in cars, or other movement. Faintness. Adverse to food, drink, tobacco and often has a metallic taste in the mouth. (this is also a primary car sickness remedy).
9. *Colchicum Autumnale*: if even the thought of food makes you feel nauseated. The smell of cooking food is really bad too, especially if it is meat, eggs or fish. You may have intense cravings, but when smelling food are often repulsed by it. There is little energy to move, often loose BMs, often very sensitive toes and frequently pains in other parts of the body. Things are usually worse from sundown to sunrise.
10. *Ipecac*: one of the best remedies for constant and persistent nausea and vomiting with excessive salivation. Mucous, bile or even blood are often present in the vomit. This is usually absent. There is irritability of mood (understandable with inescapable nausea.)
11. *Lacticum Acidum*: often pale and anemic, nausea is better after eating (especially breakfast). May have voracious hunger and thirst and MUCH salivation. Things are much worse from smoking. There is esophageal burning from the stomach contents that is quite disturbing.
12. *Natrum Phosphoricum*: nausea without any of the other symptoms, this woman usually has an attraction to anything salty, and often feels chilly when no one else does.
13. *Nux Vomica*: Indicated when vomiting occurs in sudden spasms after breakfast, with a bitter acid-tasting vomit. The lower stomach feels as though it contains a heavy weight, and constipation. Has very marked irritability and anger with intolerance of noise, odor, light and the feeling of others.
14. *Petroluem*: In spite of the persistent nausea and vomiting, the woman never loses her appetite and after vomiting returns immediately to eating. May get easily offended and annoyed but not as badly as the *Nux* one.
15. *Phosphorous*: Thirsty for cold water, but vomit as soon as it gets warm in the stomach. If this is your remedy, one does usually eliminates the vomiting. *Phosphorous* women may have the strange habit of bathing, but then putting back on the clothes they had on before the bath. Feel worse when on the left side.
16. *Pulsatilla*: variable nausea, with an intolerance of heat or of anything greasy or fatty. The symptoms often come on in the afternoon or evening but are typically changeable. There is an absence of thirst and in general only cold acidic drinks are acceptable. There is often a thick whitish-yellow coating on the tongue, and the general mood is one of tearful passivity, often craving sympathy. She has

- belches and the taste of food stays in her mouth a long time after eating them. Seeks out open air even though it makes her chilly.
17. Sepia: in spite of the symptoms there is no lack of appetite and the hunger is often seemingly insatiable. The vomit is often pale with mucous, and is followed by exhaustion and fatigue constipation and irritability. Low dragging abdominal pains with a general sensation of emptiness is characteristic. Indifference is often diagnostic. She may say that everything taste too salty but may also crave pickles, lemons and other sour things. It is common for her to be very adverse to food that she used to really like before the pregnancy (possibly even nausea from the thought of them). Often she has a bloated belly, with lots of belching. Things often worse in afternoon and even and/or if cold.
 18. Sulphur: there is a burning acid vomit with an offensive odor. Hunger is marked and often the vomiting or a sense of weight-like discomfort occurs soon after eating. Symptoms are often worse on waking. Diarrhea is common, as is some form of skin itching and or rash. Has sinking feeling in belly, worse at 11 am.
 19. Symphoricarpus: Persistent vomiting of pregnancy. Adverse to all food. Nausea from motion. She may be constipated and often has serious debilitating nausea and vomiting. Bitter taste in the mouth, feels best lying on her back. Often used where there are no other indications, or when the indicated remedy fails (200c)
 20. Veratrum: lots of restless, wandering though the house, ever since the pregnancy. She has a difficult time even sitting at the table for long. She feels cold often, and perspires when cold, and feels cold to the touch. She may have diarrhea, and may strongly crave ice, fruits and sour foods.
 21. Tabacum: useful when there is nausea, pallor, chilliness and persistent salivation. Often this person is an ex-smoker, or lives with second hand smoke (or works with smokers) worse from movement.