



Do You Have Any of These Symptoms?

NO

- Vomiting continuously (5 or more times daily).
- Unable to keep anything down over a 24 hour period.
- Feel continuously lightheaded and weak.

YES

1. Recognize that it is normal and **celebrate your pregnancy!**

Recognize that it's short lived. Most people are done with this by the 12th-13th week.

2. Take it easy - take a nap / rest more.
3. Monitor your response to food / smell / time of the day.
4. Eat: cold drinks / non spicy food avoid: cold and spicy.
5. Acupuncture band (P6 band) / B6 daily.
6. Ginger 250 mg 4 times daily.

Call



Not feeling better?