

Morning Sickness-Natural Safe Way To Overcome It

By Rebecca Tkach HHP, CST, LMT

Morning sickness when it hits can be debilitating. It can be like having the stomach flu for sometimes the entire length of the pregnancy. In many fortunate women it may manifest as just a little nausea and lightheadedness.

What causes the nausea is all of the extra hormones a woman's body is making to accommodate the needs of the developing fetus. Unfortunately all of these extra hormones can overburden the liver. When the liver is unable to flush the toxins out of our bodies because of the extra burden of all of those hormones the result can be nausea and vomiting.

There are several natural and safe methods of mitigating the problem. When a woman starts trying to conceive a child she should start taking digestive enzymes and Hydrochloric Acid with every meal. This will ensure she is digesting and absorbing the nutrients from her food. It will also help her liver functions and help it to not be overburdened.

My daughter was pregnant with her first child and became violently ill. She would vomit five to ten times a day. We took her to emergency several times for fluids as she would become dehydrated. Her doctor provided her with several medications of which none worked. She had an allergic reaction to one of the medications, which then required more medications.

She had not yet adopted her mother's trust in natural medicine. I had not argued with her when she insisted on trusting the doctors to help her with this problem. After the visit to the ER for the allergic reaction she agreed to follow my advice and add holistic or natural treatment to the advice the doctor had given.

Along with her prenatal vitamins she took high quality

omega-3s and folic acid. Before each meal she would take Hydrochloric acid and a digestive enzyme that contained Aspegillus, Protease, Amylase and Lipase. She started to immediately feel better. After about three weeks she was feeling a little tired but otherwise normal. Because she was feeling so good she decided that because she was also in her second trimester that the nausea had passed. She stopped taking the digestive aids and within two days was vomiting again. Taking the digestive aids again stopped the nausea. Four weeks later she ran out of the digestive aids and again started vomiting. We got her back on the enzymes and the nausea stopped yet again. She continued to take the aids until my granddaughter was delivered.

In August of 09 my daughter is expecting her third child. Once again the digestive aids have corrected the nausea. It was she that insisted that I share this information in an article. **Make sure and tell your doctor what you want to take and follow the doctor's advice.** Taking digestive enzymes and Hydrochloric acid to help with digestion and assimilation is safe during pregnancy according to several doctors I have spoken with.

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