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Morning Sickness and YOU: What You Should Know and Do About It!

What Is Morning Sickness?

Morning sickness can or may not be something that happens to you when you are pregnant. For many expectant mothers, it does happen and when it does it is going to be unique to this baby, to your body and to your situation. Morning sickness is a condition in which you feel as though you have a really bad case of the flu. For others, you may just feel very run down and tired. Some people vomit, others do not. All of this can leave the question of what is morning sickness really up in the air.

NVP or nausea and vomiting of pregnancy, as morning sickness is sometimes called, is a condition in which you feel nausea. The level of nausea is different from one person to the next. About 50 to 95% of all women that become pregnant will experience some battle of morning sickness. In some cases, it is very limited while in others it is very drastic. In any case, knowing what is happening can make you feel much better about yourself.

This pregnancy sickness generally happens to an individual that is any place from a couple of weeks pregnant to up until and sometimes through their second trimester. One thing is for sure. If you are experiencing morning sickness, chances are that you are actually looking for the time to come when it will not be that bad. Often time's morning sickness comes on gradually, where it will be infrequent and then become more and more frequent in nature. When you are coming out of your morning sickness phase, the same is true.

I'm Not Pregnant!

Did you know that even if you are not pregnant there may be a few times in which you still feel morning sickness? Some women that take birth control pills or hormone replacement therapy products may experience morning sickness, even though they are not pregnant. This is brought on by the medications and will go away as your cycle progresses.

One thing to note that is very serious about this condition is your health. Although morning sickness itself is not likely to make you ill, if you do not get the proper nutrition or the proper fluids, you can dehydrate. Therefore, if you are experiencing this condition, it is wise to talk to your doctor about it. He may just be able to help.

Morning Sickness Myths

Many women look forward to having a baby but then, one day they wake up and find themselves dealing with morning sickness. Unfortunately, many women also mistakenly believe that their body is fighting against their baby or that for some reason they just do not feel as

they should. But the good news is that most of the bad things that you hear about morning sickness really are false pieces of information. That should bring a smile to your face.

Common Myths Explained

Here are some of the most common myths that people face when it comes to morning sickness.

- **Morning sickness will lead to a miscarriage.** This is a definite myth. In fact, some researchers who have done extensive studies have determined that those women that do experience morning sickness are actually less likely to actually miscarry their baby. In addition, many have found that those that deal with morning sickness at some time in their pregnancy also have full term babies. Pre term birth rates are lower for moms that have morning sickness.
- **Vomiting so much will hurt the baby.** This is another myth that many women mistakenly believe. While it may make you feel awful, your baby is completely safe inside you even when you are throwing up for the fourth time today. In fact, doctors have discovered that those women that do have morning sickness may even be helping to support the growth of the placenta. The placenta is the lifeline, so to speak, of the baby inside of you.
- **All this throwing up is going to cause my baby not to get the nutrients that he needs.** This is false as well, for the most part. If you are vomiting quite a bit, you can dehydrate yourself. In addition you should be taking care of yourself and eating a well balanced diet. You more than likely are taking prenatal vitamins as well. Even when these things fall into line, you may still be worried about your morning sickness. The fact is, though, that more women that experience morning sickness will actually have fewer babies with low birth weight.

All of these things show you just why morning sickness is not the end of the world. Studies have shown that as many as 90% of mothers that are pregnant will have some form of morning sickness or another. The good news is that this can help your baby to do better while he is getting ready to enter your world.

When to Expect Morning Sickness

You are pregnant and are concerned about morning sickness. When will it strike? More and more, women are becoming more educated about what will happen throughout the stages of their pregnancy. There is no doubt that you are likely to find a wide range of facts about morning sickness, but one thing you are sure to learn is that each women's body is different and therefore morning sickness can not happen at a definite time. Yet, we can provide you with some guidelines about it, nonetheless.

When to Expect It

The first thing to take note of is what period during your pregnancy you can expect morning sickness to hit. Again, there are no hard rules here, but being informed may help you to know

what is happening with your body. You may begin to experience the symptoms of morning sickness your very first month of pregnancy. For some individuals, it will happen at the second month of pregnancy. For most women, they will hit their peak of morning sickness, when it is at its worst about five to seven weeks into pregnancy.

About half of all those women that experience morning sickness will actually have it over by the time they reach 16 weeks of pregnancy. Yet, for others, it can last up to another full month after this time period. The bad news is that some women will face bouts of morning sickness throughout their pregnancy. In addition, they may experience it for a few days here and there. For others, morning sickness can last almost the entire pregnancy.

During the Morning?

One misconception that is out there is that morning sickness happens in the morning. The fact is that morning sickness is likely to happen at any time of the day or the night. You are likely to face morning sickness in the morning, only because it is the time of day that you naturally wake up. Most people will feel some sort of nausea level when they wake up. The thought is that at this time, your stomach is less full than any other time of the day, and therefore this makes you more likely to feel the effects of nausea.

Are you ready to face morning sickness? For some women, there is nothing to do but get a few extra minutes of rest during the day. For others, their lives will be thrown off track any time that they experience it. In any case, knowing that this is a completely natural occurrence is the most important thing for you now.

Why Is It Happening To Me?

If you are in the midst of facing morning sickness, your first reaction will be the wondering of just why this has happened to you. It feels awful and you are tired all the time. You may look at food and feel nauseous. For some, there is nothing to worry about at all. They literally may wake up, vomit and be find the rest of the day. Yet, even these individuals have a panging question. Why is it that morning sickness happens, anyway?

Questions

One thing that we do know about morning sickness is that it is not the same for everyone. The causes of morning sickness are also not the same from one individual to the next. On top of that, we just do not have enough evidence to say that one thing or the next thing is the one solid reason that women feel this way each day. Yet, there are several very key elements that we do know about.

Common Causes, We Think

Here are some of the causes of morning sickness.

- Too much estrogen. During pregnancy, your estrogen levels increase by 100 times. One thought about the causes of morning sickness is that it is due to this heightened amount of estrogen in the body.
- Too many acids. Another cause that may be the reason that you suffer from this condition is that there are too many acids in your body. Your body is likely to have more progesterone in it. This relaxes your muscles in the uterus so that your body is unlikely to deliver the baby early. Yet, because of this increase, it is thought that your stomach and your intestines are also relaxed and too much acid builds up.
- Odors. Your senses during pregnancy are likely to be heightened. For that reason, it is likely that this increased sense of smell may make odors just too strong to bear.
- Blood sugar. For some women, blood sugar gets too low. This can cause you to become nauseous and dizzy even when you are not pregnant.

What will cause morning sickness for you? It is hard to tell. Yet, if you are feeling very bad, you should talk to your doctor about your condition. He or she is likely to help you to pin down what may be causing it through testing. It can also be a sign that something may be wrong. In any case, talking to your doctor about your morning sickness is something you should do.

Facing Facts about Morning Sickness

Morning sickness was not on the agenda. The problem is that you did not anticipate that pregnancy would lead to conditions in which you just felt so very bad. But, it has happened. Although you are looking forward to the baby, you are probably not looking forward to the fact that you wake up feeling sick each day. Yet, morning sickness affects any place from 50% of women up to 90% by some studies.

Morning sickness is something that is not fully understood. Many studies have been done to try and understand what it is that is behind the morning sickness you are experiencing. In some studies, researchers have found that it is just the body's way of protecting the unborn baby. Perhaps it is the body's way of getting rid of chemicals and harmful toxins. In other studies, the thought is that perhaps it is that the inner ear is thrown off and that this is causing you to feel nauseous in the same way that you would with motion sickness.

But, what you should keep in mind no matter what the cause of morning sickness is happens to be that it seems to be a normal condition that affects many women. Although it does make you feel awful and you may spend some days in bed, feeling too weak to get out, morning sickness is a natural occurrence during pregnancy that is unlikely to lead to any type of harm to you or the baby as long as you take care of yourself to keep hydrated.

When you begin to feel the pangs of morning sickness, it is then time to take into consideration how to handle your morning sickness. It is helpful to know too that not every woman will experience morning sickness in the same manner. In fact, what happens to you this pregnancy may be different than the next. So, as much as you do not want to hear it, morning sickness may just be a normal thing for you to deal with.

Getting Through Morning Sickness

If you woke up this morning with the pangs of morning sickness, or if you feel it mid day, after your afternoon nap, there is one thing on your mind. How in the world are you going to get through this? Morning sickness leaves a person feeling weak, dizzy and sometimes just out of it. Yet, even with that said, there is no doubt that some individuals can find relief through a few simple methods. Can it be cured? Not for everyone and definitely not simple. Yet, you can feel better by taking some actions.

First, realize that it is unlikely that you will stop morning sickness from happening all together. Instead, you are likely to find that treatments work to minimize the effects of and the reactions of morning sickness on your body. Here are some things that you may want to try.

- Try to avoid having an empty stomach. Many times, you will wake to morning sickness because you do not have anything in your stomach. To help this, you may want to try to keep at least something small in your stomach most of the day.
- Try to eat five or six smaller sized meals per day, instead of just having three large ones. This too will help to keep your stomach fuller, more often and minimize the times when you face morning sickness.
- Take a multivitamin. There are several vitamins that your body needs no matter what during pregnancy. By giving yourself all that you need, your body is better capable of fighting off the effects of morning sickness. Your doctor is likely to prescribe a prenatal vitamin for you to take. Make sure that you do.
- Satisfy your cravings. The cravings that you have when you are pregnant are often in direct correlation to the fact that you need some vitamins, nutrients or type of food. By satisfying that craving, you have a better opportunity to feel more content and feel less of the effects of morning sickness.

Morning sickness is often triggered by the way that you treat your body. Taking care of your body, then, can help you to minimize the effects that morning sickness has on you. These simple things are likely to be things that are good for your baby as well. The bottom line, though, is that if your morning sickness becomes overwhelming, or is something that you just can't handle, it is wise to talk to your doctor about it.

Tips for Dealing with Morning Sickness

For some women, morning sickness is much more extreme than it is for others. A small percentage of women will actually experience what is considered severe morning sickness where they continuously feel light headed, vomit and dry heave to the extreme. When this happens to you, or to your spouse, it can be helpful to do several things. In fact, it can even help you to feel a whole lot better.

Tips to Try

Here are some basic things that can really help with any type of morning sickness, especially when it is severe.

- Do not worry. Anxiety can cause even worse feelings and can trigger all sorts of worries about your baby. Do not worry about how much food you are taking in. Rather, make sure that you get plenty of fluids and keep your multivitamin down. If it continues for a long period of time, you may want to consider talking to your doctor. But, whatever you can do to relieve some of the anxiety will be helpful.
- Don't get hungry. When you are actually hungry, you are more likely to feel the worst cases of morning sickness. An empty stomach seems to make morning sickness even worse that it already is. Keep something small in your stomach as often as you can.
- Don't eat what you shouldn't anyway. This includes limiting sweets and greasy foods. These foods seem to trigger worse reactions to morning sickness than others do. They are not healthy for baby either.
- Eat high calorie foods. When you are vomiting so much, you may not be getting enough calories. This causes you to feel light headed and weak, making morning sickness that much worse. To help with this, simply eat foods that are higher in calories over ones with fewer calories.
- Get in all the liquid you can. This is essential for keeping yourself hydrated especially when you are vomiting heavily. On top of that, you may find that drinking your beverages at other times than eating your meals can help as well with minimizing morning sickness pangs. Some pregnant mothers recommend drinking low sugar but carbonated drinks. You can mix soda water with juice to help as well.

Morning sickness that really keeps you down may need some help from your doctor. There are countless opportunities for you to get a bit of relief though. Take some time to try these morning sickness treatments to help improve your condition.

Natural Treatments for Morning Sickness

If you wake up each morning to the feeling that you are going to be sick, or feel it at any other time of the day and you are pregnant, it is likely that morning sickness may be playing a role in that. If you are like most women, you will experience some from of morning sickness during your pregnancy. The good news is that there are several natural treatments that you can get relief from.

Natural remedies are often easy to get and they are simply the best choice when you are pregnant. Since there are no chemicals used in these products, they will not harm you or the baby. Of course, they often taste better then swallowing some type of pill too. Here are three natural remedies that can help you with your morning sickness.

Ginger Juice

Mix together one half teaspoon of ginger juice, found at most supermarkets or your health food store with one teaspoon of freshly squeezed lime juice, one teaspoon of mint juice and one

teaspoon of honey. Mix well. You can even keep some of this on hand. You can drink it three to four times per day when you need it.

Curry Leaves Juice

Another remedy means mincing together the juice from 20 or so tender curry leaves (you can do this at home simply by squeezing them over a sieve with two teaspoons of lime juice and one teaspoon of honey. This too can be taken three times per day as you need to.

Mint Juice

If you like the taste of mint, this is a simple solution. Mix together one teaspoon of mint juice, again found at your health food store or you can squeeze it yourself with one teaspoon of freshly squeezed lime just and one teaspoon of honey. Drink this three times per day for relief.

These natural remedies can easily be made and stored in a refrigerator. Or, you can make them up when you feel the nausea coming on. In addition, if you know you have morning sickness at the same time every day then drink this before it comes on to help to avoid the effects. These natural fixes for your morning sickness may just be the best thing that you do to take care of yourself today.

What Researchers Are Learning

Today, even with the advances of science we still do not have a definite answer as to what morning sickness is. Doctors have many ideas of what causes it and what it does to our bodies, but there is no one solid answer that answers everyone's questions. Yet, some researchers have found some answers, or at least what they believe are the answers to why the body reacts this way when you are pregnant. Believe it or not, it may even be completely logical.

At Cornell University in New York, researchers did some pretty exhaustive studies to try and determine just what it is that brings on morning sickness, or at least to answer the question of why the body reacts in the way it does. What they have found is that perhaps the body is actually experiencing this in a way of helping to nurture the fetus. These individuals painstakingly researched studies that involved over 80,000 different pregnancies. What they found was that the nausea, the vomiting and all the other things that are attributed to morning sickness actually tend to happen when the baby is going through its most sensitive development.

During this time of your baby's development, you are likely to have bad reactions to foods that you may have liked or to just specific types of foods. For example, many women have problems with meats, fish, vegetables that have a very strong taste and even eggs and chicken.

These researchers believe that perhaps this vomiting is actually the body's way of getting rid of harmful chemicals as well as bacteria that may be entering into the body through the food she

consumes. The body is helping to keep the baby as well as the mother away from illness as well as from food borne sickness.

To back up this claim, researches say that in various parts of the world, where people tend to eat more vegetarian meals, that there are very few women that experience morning sickness. This helps to tie in the belief that morning sickness does have a lot to do with the food that you are consuming and your body's methods of getting rid of the unhealthy elements you may be ingesting.

While there is no definite nod that this is for sure the truth, it does seem to work well. As a mother, it may be helpful for you to realize that this may be a way to help your baby to begin his growing. In fact, it may be your body's way of caring for the baby from the start.

Can Listening to Music Relieve Morning Sickness?

You may have seen some pretty neat tapes on the market claiming to be able to relieve your morning sickness. Do you believe it? There are several companies that are producing this type of service. They may just be on to something. Your morning sickness may have a lot to do with your physical condition or it may have more to do with the inner ear. To help you to understand how morning sickness is caused in this manner, you have to understand a bit about the inner ear.

Your ear has been known to cause problems in weakness and illness in other conditions as well. Your inner ear, the vestibular system, is in control of your balance. Have you ever experienced motion sickness from being in the car too long? This is a result of the inner ear's function. In addition to this, it has been found by researchers that this part of the ear has played a larger role in other instances when you are sick.

Music and Morning Sickness

The theory, then, is that if the inner ear causes sickness, then perhaps if you stimulate the inner ear with music that it may help to positively respond to the illness. By using various techniques that are part of its function, perhaps benefits can be found. There are several programs that use this theory as a method helping to relieve morning sickness. They use various tones and patterns, the inner ear can mask the symptoms of morning sickness. Instead of sending signals to the brain that you are feeling ill, it can instead mask those feelings and, in turn, you feel just fine.

The Benefits of Music Therapy For Morning Sickness

With all of this in place, we have to ask, what are the benefits of using this type of treatment for morning sickness over other methods? For one, when you use music to help in healing morning sickness you are not contaminating your body with chemicals and medications that could potentially cause a problem with the baby. In addition, this type of morning sickness treatment will not cause any type of interaction with other treatments that you may have to

have. It is completely portable and easy to use without a whole lot of work either. In fact, it is even enjoyable.

Is music therapy the right method for treating your morning sickness? The only way to know is to give it a try. For many women, it has been just that.

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