

MORNING SICKNESS SUPPORT GUIDE

A HOLISTIC APPROACH TO SUPPORTING
YOUR FIRST TRIMESTER NAUSEA



EMMAGRACE

Naturopathy 

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MEET EMMA

Hi, I'm Emma your naturopath, nutritionist and guide to supporting Trimester One + beyond!

As a Naturopath and more importantly a mum of two, I've been there and I know how rough it can be going through Trimester One nausea wondering just when it will end.

This guide is your starting point of small but powerful changes you can make to support trimester one of your pregnancy and reduce nausea and vomiting.

We're going to be breaking down how to optimise your diet to influence nausea episodes, and additional supportive herbs, nutrients and recipes.



Pregnancy is a beautiful and sometimes challenging journey, and some extra support can make all the difference in knowing you aren't alone with your symptoms and there is an end in sight with many many options for management.

If you are wanting to dive a little bit deeper for more tailored supplement and dietary advice for pregnancy and postpartum support I'm available for 1:1 zoom consultations via the below link:

<https://www.halaxy.com/book/emma-pumfrey/location/872761>



**SECTION 1:
DIETARY
MANAGEMENT**

CHAPTER 1: BLOOD SUGAR REGULATION

Tips & Tricks to Support a Blood Sugar Balance

How does blood sugar regulation tie into morning sickness as you ask?

Low blood sugar tends to make nausea worse and this is why we can see nausea presenting all through the day with highs and lows.

The trap here is that eating plain and carbohydrate based foods can help to settle the stomach, but this then leads to the 'rollercoaster effect' where we see nausea settled for 30-60minutes after eating and progressively getting worse as blood sugar drops back down again.

To combat this we look at some key dietary changes.

Tip 1: Eat within the first hour of waking

To keep blood sugar and cortisol stable we want to eat a protein rich breakfast to sustain your energy needs and keep your stress response stable which will support controlled nausea. Note: the first food tends to need to be plain if you are waking up nauseous, if you are reaching for plain toast/salada's try and pair this with a protein such as eggs, a handful of nuts (almonds/cashews) or a collagen/protein powder for ease.

Tip 2: if the only thing you can stomach is cereal as many pregnant women resort to use a vanilla based protein powder shaken with water as the 'milk' to your cereal to support better blood sugar stability

Tip 3: Aim to eat every 3-4 hours a food containing fats/carbs/protein

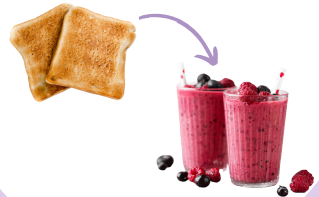
I want you aiming to eat every 3-4 hours in the day.

Aiming to eat:

- 7am breakfast
- 10am snack
- 1pm lunch
- 3-4pm snack
- 6pm dinner
- A **pre-bedtime** snack of 1 x boiled egg can stabilise blood sugar overnight to reduce nausea on waking

Top Swap:

Swap that morning toast for a protein rich smoothie



CHAPTER II: GINGER EVERYTHING

Ginger has been a long-used remedy for morning sickness.

One study has demonstrated that In the first trimester ginger can improve nausea and vomiting by about 10% or stop vomiting for 1 in 3 women after 6 days of consistent use.

Multiple studies have assessed the effectiveness of ginger vs. antihistamines vs. B6 to note the same outcomes in all groups showing ginger as an easily used remedy to help reduce nausea.

How to increase Ginger:

Ginger Tea: Brew a moderately strong ginger tea using boiling water and a thumb sized piece of ginger (place in fridge to cool) and sip on an iced version throughout the day

Over the counter option: Gin Gin's for an easy grab and something to keep handy in your bag/around the home, these little chewables contain ginger in an amount that is effective at reducing nausea when on the go.

Daily Dosing: pick a prenatal that contains ginger for a steady dose of ginger every single day.

OTC Option:

Available at most health food stores easily



Alternative:

Peppermint



Note: if ginger is not sitting well a small percentage of women are more responsive to peppermint as it has more 'cooling' properties for controlling nausea. Trial this if ginger is not helping.

CONSTIPATION BATTLING SMOOTHIE



Kiwi Lime Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 2 Kiwi (peeled, halved)
- 1 Lime (juiced)
- 1/4 cup Vanilla Protein Powder

Directions

- 1 Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free: Use coconut or oat milk instead of almond milk.

Additional Toppings: Add spinach, avocado, kale, ginger or cucumber to your smoothie.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

As constipation can occur within the first trimester as a result of hormonal changes, keeping on top of constipation is paramount in controlling nausea.

To support regular daily bowel motions the use of 2 x kiwi fruits can keep motions regular and consistent.

Protein Powder:
A plant-based pregnancy friendly protein powder to support your blood sugar



CHAPTER III:

Acupuncture and Acupressure

Acupuncture treatment is aimed at reducing the frequency and intensity of nausea and vomiting

Studies show women who had received acupuncture reported reductions in nausea by the second week of treatment. In the end, the study concluded that acupuncture is an effective treatment for nausea and dry retching in pregnancy.

Depending on the severity of your morning sickness will determine how often it is recommended you go, however weekly during the first trimester to stay on top of the nausea is ideal.

For between appointments or if you are unable to see an acupuncturist:

- Wear travel sickness prevention bands. They are positioned over the main acupuncture points on the wrist that reduce nausea effectively.

Extra Help:

Can be found at your local chemist



Can be found at your local supermarket



Your last resort option:

If all else is failing try 'fruit tingles' the sugar content can backfire on blood sugar levels, however the alkalisng properties of the lolly can calm and settle the stomach giving relief from nausea.



SECTION 2: SUPPORTIVE SUPPLEMENTS

For ease if you wish to purchase any supplements or products mentioned within please sign up via the link below and request the products you are interested in:

<https://www.vital.ly/registration/patient/?ref=115957>

CHAPTER IV

Naturobest Trimester One + Ginger

How does it work?

This Prenatal by Naturobest provides the therapeutic dosages of vitamin B6 and ginger which have been shown in clinical trials to reduce morning sickness. Conveniently added into a prenatal vitamin to condense the amount of tablets required to reach the required dosage.

Compared to readily available chemist brands this brand contains an actively available form of folic acid - L-5-Methyltetrahydrofolate-CA (L-5-MTHF) to ensure optimal absorption is possible.

Folic acid in 50% of the population is not actively able to be absorbed and can increase risk of nausea during trimester one.

Provides essential vitamins and minerals to support the healthy growth and development of the baby it contains nutrients which are required in additional quantities before, during and after pregnancy. It contains

**Dosage Instructions:**

Take 1 capsule with
breakfast and dinner

CHAPTER V

Active B6

How does it work?

Taking additional vitamin B6 can be an effective measure for improving symptoms of nausea.

How should I use it?

Most clinical trials utilise 25mg morning + night dosing for optimal effects of B6, however B6 holds a upper limit of 150mg in pregnancy - If nausea persists alongside taking suggested prenatal on page 10 then an additional B6 can be added as a seperate supplement with an extra 50mg taken at lunchtime to keep B6 levels high across the entire day.



Note: this product is Practitioner Only so is not readily available at health foods stores or over the counter.

To purchase this products please sign up via the link below and request this product:
<https://www.vital.ly/registration/patient/?ref=115957>

Dosage Instructions:

Take 1 capsule of Active B6 at 12pm

ZINC RICH PROTEIN BALLS



Sunbutter Pumpkin Protein Balls

10 servings

10 minutes

Ingredients

1/4 cup Coconut Flour
 2 tbsps Vanilla Protein Powder
 1/4 cup Sunflower Seed Butter
 1/4 cup Pureed Pumpkin
 1 tbsp Oat Milk (unsweetened, plain)
 1/4 cup Hemp Seeds (for coating, optional)

Directions

- 1 In a mixing bowl, combine the coconut flour, protein powder, sunflower seed butter, pumpkin, and oat milk. Mix well until a firm batter forms. Add more oat milk one tablespoon at a time if the mixture is too dry/crumblly.
- 2 Form the dough into one-inch balls. Repeat until all the dough is used up. Firmly roll each ball in a small bowl of hemp seeds to form a coating (optional). Store in the fridge or freezer until ready to enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to seven days, or freeze if longer.
Serving Size: One serving equals one ball, about one inch in diameter.
More Flavor: Add pumpkin pie spice, maple syrup and/or vanilla extract.

Hemp Seeds:

Opt for hulled hemp seeds, the nutrients are more bioavailable for absorption.



Low zinc levels can impact digestion and stomach acid production driving up nausea, getting nutritionally dense snacks in across the day such as these super charged balls are a great way of keeping your biochemistry and nutritional demands stable.

CHAPTER VI

Electrolytes

How does it work?

Coconut water powder filled with electrolytes to support rapid hydration plus B-vitamins with additional ground ginger to balance blood sugar and settle your tummy.

Blood Orange + Berry flavours available, extremely palatable to ensure optimal hydration to prevent nausea driven by dehydration which is common during the first trimester when water feels harder to keep down.

How should I use it?

Incorporate it daily into your routine, adding it to your water bottle each morning to optimise the water you are getting down by super charging it with electrolytes = less nausea and more peace of mind your nutritional status is supported if you are struggling to keep your natal vitamins down.

Where can i buy it:

<https://www.healthylife.com.au/products/franjios-kitchen-motherhood-hydration-powder-150g>



Dosage Instructions:

Add 1tsp per 250ml into your water each morning and across the day

CHAPTER VI

DHA + Choline

How does it work?

Not for morning sickness however highly recommended for all trimesters of pregnancy..

DHA + Choline: Omega 3 essential fatty acids EPA (eicosapentanoic acid) and DHA (docosahexaenoic acid) are absolutely essential during pre-conception and pregnancy.

Studies suggest maternal intake is associated with greater CNS maturity, improved development of attention and greater motor and cognitive development. During pregnancy, choline supports normal development of the hippocampus a region of the brain with roles in learning, memory, and attention, you might enjoy this research article summarising the importance of choline for neurodevelopment, placental health and maternal health.

Further, DHA has been shown to improve sleep quality as DHA stimulates melatonin production so can be supportive when pregnancy is disrupting your sleep!



Dosage Instructions:

2 capsules
morning +
night

Note: this product is Practitioner Only so is not readily available at health foods stores or over the counter.

To purchase this products please sign up via the link below and request this product:
<https://www.vital.ly/registration/patient/?ref=115957>

MY SERVICES

Are you looking for a naturopath to support your pregnancy journey more in depth?

Areas of health I work with:

- Pregnancy support (Trimester 1-3 + Postpartum)
- Fertility (Natural, IVF, IUI Support)
- Skin Health (Eczema, Psoriasis, Acne)
- Anxiety and Mental Health Support
- Bloating and Digestive Disorders
- Hormone Balancing (heavy periods, low libido, breakouts)
- Immune Support (Colds, Flu's, Post-Viral Support)

Service Fees:

- Initial Consultation \$170.00
- 30-45min Follow Up \$125.00

What you get:

- A 1 hour thorough initial consultation via ZOOM reviewing all your symptoms and concerns alongside review of your diet and lifestyle.
- A 2-3 page PDF 48 hours post-appointment outlining all recommendations in regards to diet, lifestyle and supplements.
- Email support between consultations

Book now:

<https://www.halaxy.com/book/emma-pumfrey/location/872761>