



Minimize Morning Sickness

(NAPSA)—If you're an expectant mom-to-be you may be included in the 80 percent of pregnant women affected by "morning sickness." "Morning" sickness can range from queasiness to vomiting, day or night, mainly for the first trimester of pregnancy.

Morning sickness, often called all-day sickness, can last or kick in well beyond the morning hours—typically occurring during the first trimester. While you may not yet be showing, your relentless pursuit of nausea relief can give away your news before you are ready to announce it to the world.

Luckily, there are several remedies to help quell nausea and keep your bun in the oven under wraps till you're ready to make the wonderful announcement. Here are a few tips to minimize morning sickness:

- Keep a stash of cereal or crackers near your bed so that just before getting up in the morning, or if you wake in the night feeling queasy, you can have a handful or two to settle your stomach.

- Avoid spicy and greasy foods, particularly close to bedtime, and foods with a strong odor, since smell can be another nausea trigger.

- Take your prenatal vitamins with a meal to avoid eating on an empty stomach.

- Eat lots of small meals throughout the day rather than larger, heavier and infrequent ones. It may seem odd, but you'll likely feel better with some food in your stomach. An empty stomach can actually trigger nausea, so it's best to keep your tummy satisfied.

- Stick with go-to snacks and meals including fruits and veggies, pasta, peanut butter, graham crackers, gelatin, chicken soup and baked potatoes.



Here's eye-opening news for many mothers-to-be: Morning sickness can be managed.

- Go for ginger, as it can alleviate morning sickness symptoms naturally. By stimulating the production of digestive juices, ginger acts quickly to neutralize stomach acids and soothe. Sea-Band Mama Ginger Lozenges are specially formulated with natural essential oils to help relieve upset stomach, and folic acid to provide vital nutrients that contribute to normal tissue growth during pregnancy. The Sea-Band Mama line of products was specially created to help soothe and calm tummies during pregnancy and includes Drug-Free Acupressure Wrist Bands.

Learn More

For further facts, great giveaways, nausea-relief tips and where to find these products, visit www.sea-band.com/where-to-buy-in-the-usa, www.sea-band.com/mama and www.facebook.com/sea-band.