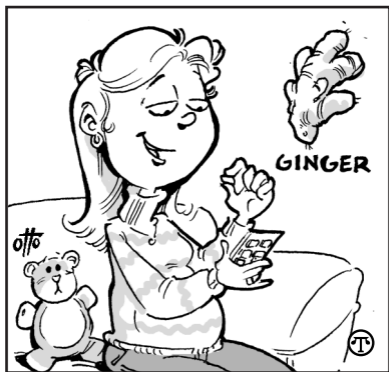


# Pointers For Parents-To-Be

## Treating Nausea

(NAPSA)—According to a study published in the *American Journal of Obstetrics and Gynecology*, approximately 80 percent of pregnant women experience nausea and vomiting during pregnancy (NVP), usually between the first eight to 12 weeks of gestation. One increasingly popular way of treating NVP is with natural remedies such as ginger.

Current recommendations from the American College of Obstetricians and Gynecologists include



**Ginger has long been used to treat the nausea associated with pregnancy.**

consideration of ginger—used as a medicinal herb for thousands of years—as a treatment for NVP. Now there's a convenient, take-anywhere form of ginger that can help mothers-to-be make it through their first trimester: Ginger Gum.

Ginger Gum, from the makers of Sea-Band, offers drug-free nausea relief. Each piece of Ginger Gum provides 25 mg of ginger oil, equivalent to 8 g of fresh ginger. It is available at Rite Aid and Long's Drugstores, or online at [www.sea-band.com](http://www.sea-band.com).