



Pregnancy Nausea Relief

Leaving the house without a *trash bag* may bring bad luck,
For you never know when you might upchuck.

Try foods high in vitamin B6 such as the *pistachio nut*,
Hopefully these can make it to your gut!

Have high *protein snacks* throughout the day,
Instead of the usual three large meals a day.

Eat a few *saltine crackers* before getting out of bed,
And for some protein, add *almond butter as spread*!

You might want to try going out for a breath of fresh air,
Or take a nap in a comfy pull out chair.

Electrolytes are depleted when intake seems impossible,
Suck on a homemade *Propel/Gatorade Popsicle*.

Taking three 250-milligram capsules of *ginger* throughout the day
is shown to help with nausea,
Plus another capsule right before bed to prevent vomiting induced
insomnia.

Suck on *hard candy* with strong flavor,
This may give you greater control over your puking behavior.

Flavor your water with *lemon or lime*,
As sixty-four ounces of water a day is prime.

Avoid the spicy and fatty food,
But a dessert here and there is okay if you're in the mood!

Now take a deep breath and let it all out,
For stress may contribute to the vomiting no doubt.