



## Health Fact Sheet

### Morning Sickness

Morning Sickness occurs in roughly 75% of pregnancies, usually between the sixth and the twelfth week, although it can also continue for all the pregnancy. It also is not confined exclusively to the morning – it can come on at any time during the day.

At a physiological level the factors largely deemed to be responsible for the nausea would appear to be impaired liver function. In addition to detoxing the mother and any waste from the baby, it also has to detox the hormones produced during pregnancy. There are many hormone changes which take place during pregnancy, and if the liver is struggling to detox normally it can leave toxins – and hormones – circulating in the blood which trigger the nausea reflex.

Also, the liver does most of its detox work overnight, often meaning that the toxins are in the body on awakening. It is obviously wise to avoid anything which challenges the liver such as fatty foods and alcohol. Often a dried biscuit or piece of toast before rising may help to settle the stomach. Other remedies which have been found to be very useful are ginger root tea or capsules, peppermint tea or raspberry leaf tea.

At a nutrient level, those things which help with liver detoxification may be required in additional quantities – Choline & inositol, MSM and particularly B6 as P5P. Supplementing 25 – 50 gm of P5P three times a day has often been found to help. The dose can be reduced as the symptoms decrease.

In some cases using Vitamin C and Vitamin K together has been shown to help. The reasons for this are unclear though.

The herbs milk thistle and dandelion root are also very liver supportive.

Another factor which needs to be considered is the psychological aspects – although this is more likely to be relevant to longer-lasting symptoms. Stress, worry and fears about becoming a mother can all impact. This fits particularly with the Traditional Chinese Medicine approach, where these emotions will directly affect the liver function. Flower essences and counseling can be a help to overcome these.