



Relief of Heartburn and Nausea

Heartburn is a common problem in pregnancy. The following remedies are appropriate in pregnancy.

- Eat small, frequent meals, chewing well. “Grazing” is a good way to avoid over filling your stomach now that it has decreased space.
- Don’t drink beverages with meals. You should be drinking plenty of water, but avoiding mixing water and food may help prevent heartburn.
- Sit up-right, or take a slow walk after eating. Lying down or reclining can make heartburn worse.
- Start your day with a cup of warm water with fresh lemon juice – this will get your digestion moving for the day.
- Avoid triggers – these can include spices, grains, greasy or acidic foods.
- Drink a shot of diluted apple cider vinegar before eating a meal.
- Chew papaya enzymes or fennel seeds after meals.
- Slippery elm bark or fennel tea can be helpful.
- Fermented foods and drinks may help your digestion.
- Eating a whole baked potato can help.
- Drink small amounts of milk or eat plain yogurt to ease symptoms.
- Drink a water solution with baking soda for occasional heartburn relief.
- Occasional use of over-the-counter remedies like Tums or Pepcid can be helpful (but also take a calcium/magnesium supplement).

Nausea is also common – take some relief in knowing that the majority of women experience this discomfort for only a short time. You should be feeling better by the second trimester. In the meantime here are some suggestions for coping with it.

- Don’t let yourself get hungry. A lot of nausea is triggered by hunger, so snacking frequently can help you avoid it – even during the night. Keeping some nuts in your purse or crackers, sharp cheddar and milk by your bed can be helpful - if you make sure to eat them!
- Change the type of prenatal vitamin you take, or the time you take it. A food-based prenatal vitamin is the most absorbent, and taking them with dinner instead of in the morning, for example, could change your reaction.
- There are many digestive aids that you can nibble on or take as teas, like ginger, fennel or peppermint. Find one that works for you, and try adding honey or molasses to the teas.
- Try my mineralizing drink recipe (on the nutrition hand-out).
- Try reducing your stress. If you can, take time for walks, reduce your work or parenting schedules, or take time away from stressful elements in your life.
- Go with what works for you. Some women can only handle simple foods like miso soup or chicken broth. Perhaps you crave romaine lettuce or salty pretzels. Eat what you can and be reassured that you will be able to keep down a better variety of foods soon enough.