



*I'm pregnant,
nauseous &
tired, help!*

Congratulations!

This is exciting and wonderful!

When we are uncomfortable whether we are tired or nauseated or feeling changes in your pelvis or round ligaments, it can be hard to remember that we really wanted this.

Do: drink electrolyte fluids

One of the best ways to prevent nausea (and keep it at bay) is drink water or other fluids with electrolytes. From the least sugar to the most: electrolyte water (trader joe's, smart water, dasani), coconut water, recharge, gatorade or powerade. You can also make your own. Check my website posts.

Do: soak your feet in hot water

My teacher, Dr. Miriam Lee, uses this technique for many situations where heat is rising (causing nausea). This will also warm your feet, relax your neck, and help you get centered.

Do: check in with your midwives or OB

about any concerns you have. This is why you chose them, to be there when you need them.

Do: eat small meals

and try not to let your stomach get empty. Some women find saltines helpful. Some women find protein helpful. Try different foods and find what supports you.

If you are having nausea consistently or nausea that makes you vomit, acupuncture can help. When we are nauseated or vomiting, the energetic balance of our body is moving in a direction we can shift and thus shift the amount and depth of nausea and the amount of vomiting.

Other concerns to seek acupuncture and chinese herbal medicine support for: spotting, round ligament pain, bloating, anxiety/ depression.

Amy has been working with pregnant women for over 20 years and apprenticed with a midwife acupuncturist. She is a trained birth educator, trained birth assistant. Amy sees patients both at the Wellness House in downtown Northampton in a private setting and in the Community Room in a Community setting at the Center for Midwifery Care next to CDH Tuesday & Friday mornings.



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