

# Morning Sickness

Some women experience morning sickness, others don't. Scientists aren't really sure what causes it. Doctors say you should only experience morning sickness for the first trimester, but some women experience morning sickness for the whole nine months. Some women only experience morning sickness if they are pregnant with a boy, others if they are pregnant with a girl. Some only experience nausea in the morning, for others it's all day. From this we learn that each person is individual. The following tips and suggestions are the ones we've had the most success with the most women. If you find something different that works for you please let us know so we can share your success with others.

The most common remedy is peppermint tea. You can make your tea from the tea leaves, or from the essential oil (make sure your essential oil is approved for internal use, Be Young essential oils can be used internally). Peppermint tea can be made by adding one drop of Peppermint essential oil to 1 tsp honey and then add it to warm water. Be sure to add your essential oil to the honey before adding to water or your essential oil will all be on the top of the water.

Peppermint essential oil has two cautions that you need to be aware of. The first is that in some people it can increase blood pressure, so if you have high blood pressure you need to determine if you are one of those people. You can do that by going to the store where they have one of those blood pressure machines or if you have a blood pressure monitor at home that works too. Just take your blood pressure, then sniff your bottle of Peppermint essential oil and take your blood pressure again. If your blood pressure shot up then you're one of those it affects, just put some Lavender essential oil on your pulse points and your blood pressure will come back down. (A side note, if you have high blood pressure you need to look into the Liver Cleanse, it helps lots of people get their blood pressure down, just substitute Spearmint essential oil for Peppermint and get started. You can learn more about the Liver Cleanse by reading the article on it in our library at [www.TracesEtc.com](http://www.TracesEtc.com).)

The second caution is that in some women Peppermint can cause premature labor. This is very rare; approximately 1 woman in 2 million has this reaction. If you are concerned start by sniffing the bottle and then sit back and assess how you feel. If everything feels fine then you can put a small amount on the inner ankle—again assess how you feel. If everything feels fine then you can go ahead and use the Peppermint oil. As with any essential oil, listen to your body and how you feel as a better indicator than anything you read. Remember that first paragraph when I said everyone is individual?

If you've tried Peppermint and you're still dealing with the nausea. Here are a few more suggestions:

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- Add one drop of Coriander essential oil (again, make sure it's approved for internal use as Be Young Coriander essential oil is) to one quart of water and sip it throughout the day. Fennel is another option.
- Try some ginger tea.
- Be Young's Di-gest essential oil blend is soothing and calming to women with morning sickness. Use as a tea, internally in capsules, or a couple of drops under the tongue, or even just rubbed on the abdomen, clockwise.
- Diffuse Lemon essential oil whenever you're feeling nauseous. Some women find that their worst time is just after arising in the morning. Have someone turn on the diffuser with Lemon essential oil BEFORE you get up. Many have reported it stops the nausea before it starts.

An interesting thing to notice is that all of the essential oils we've discussed here have a common factor—they all help cleanse the liver. If you can (you're probably already pregnant if you're reading this, so it won't be possible for you), start the Liver Cleanse before getting pregnant. Not only will it help you be healthier, it will also help you have an easier pregnancy. It's not just the nausea here, your body will be processing additional waste as the baby grows and your body takes on their waste as well as yours.

**To order, for class information, or if you have questions contact:**

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