

Preconception and Pregnancy: Healthy Moms and Happy Babies

Q: I am suffering from terrible morning sickness. Is there something I can take naturally that is safe during pregnancy to help with the nausea?

A: There are many naturopathic treatments that can help you with morning sickness and other conditions associated with pregnancy. Problems during pregnancy can often be reduced if your health is optimal in the three months before conception. This is called preconception care and, if followed, it will improve your chances of getting pregnant in the first place. Morning sickness can be reduced by taking adequate amounts of B vitamins especially vitamin B6. Calcium with magnesium can sometimes stop that nauseous feeling right in its tracks. Sometimes taking a prenatal vitamin can cause some nausea. It is important to continue taking a prenatal despite your stomach upset. My patients find it helpful to either freeze the capsules (takes the smell of the vitamins away) or open up the capsule and put it into a fruit smoothie. Homeopathic medicine can be very beneficial for women suffering from morning sickness and other conditions associated with pregnancy. Homeopathic remedies are completely safe to use during any stage of pregnancy. Whether for preconception, fertility issues, pregnancy, breastfeeding, or food introduction for the little one, Naturopathic medicine offers a variety of safe and effective treatments. Sometimes just small changes can make a world of difference. Remember healthy moms equal happy babies!