



Drug-free Ways To Deal With Morning Sickness

(NAPS)—The National Center for Health Statistics estimates 4 million babies will be born this year. If you're having one of them, congratulations. If that one is causing you morning sickness, you're far from alone—almost 80% of pregnant women suffer morning sickness at some point—and, fortunately, you can do something to ease it.

Take Care, Take Control

Here are hints on how:

Food: Avoid raw or lightly cooked eggs, soft and blue-veined cheeses and pate or liver products.



Reducing the risk and misery of morning sickness may be easier than many mothers-to-be may realize.

Beverages: Drink lots of water, milk and juice. It's best to avoid alcohol and keep coffee and tea to a minimum.

Hygiene: Be scrupulous about cleaning food, particularly if you have pets.

Exercise: Swimming, yoga and walking can help.

Smoking: Give it up as soon as you can for your own and your baby's health.

Acupressure: Understandably, most women are wary of morning sickness treatments in case it harms their unborn child. Fortunately, there's an easy, natural way to combat morning sickness without taking drugs. Sea-Band acupressure bands harness the natural effect of acupressure by applying continuous pressure on the P6 point on each wrist using a plastic stud. The bands are available on Amazon in sets of two and in a special "Morning Sickness Kit" including the wristbands, ginger lozenges and aromatherapy oil, all aimed at safely relieving nausea without drugs.

Studies Show

A recent study in Italy found that morning sickness was reduced in 70% of women who used Sea-Bands and a study conducted by an American midwife showed that women wearing Sea-Bands also reported less anxiety, depression and hostility.

Learn More

For further facts and tips, visit www.sea-band.com.