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Nausea is that sick, queasy feeling in the stomach that makes one feel like vomiting and is an indication that there is something else happening in the body. Most typically it is a problem in the gastrointestinal tract, or it may be due to pregnancy or chemotherapy. Some nausea is severe enough to cause vomiting, or repeated urges to empty the contents of the stomach.

## Symptoms

Technically, there are no symptoms of nausea except for intense queasiness in the stomach.

However, there may be associated feelings of overall weakness, greater saliva production, decreased appetite, and vomiting.

## **Causes**

There are hundreds of conditions that cause nausea; even riding in a car can induce nausea in some. Most often, nausea is associated with problems in the gastrointestinal tract, such as:

- Constipation
- Flu
- Food poisoning
- Inflammation of the stomach lining
- Lack of digestive enzymes
- Low stomach acid

Many women experience the nausea called morning sickness during the first few months of pregnancy, and for some it is so intense it induces vomiting.

Nausea may also be brought on by reactions to:

- Brain trauma
- Concussion
- Dizziness
- Extreme pain
- Hangover
- Prescription medication
- Stress
- Sudden shock

Other causes include kidney or liver problems, or brain tumors.

## **Prescription for Health**

### **Diet**

During bouts of nausea, avoid processed, packaged, fried, or junk foods as they are nutritionally void, and contain harmful fats and chemicals that stress the body. Consume a

diet that emphasizes natural, whole foods such as legumes, fresh fruits and vegetables, fish, healthy fats and oils, and nuts and seeds. Choose organic produce, wild fish, or free-range poultry. Nibble on whole-grain crackers, dry toast, or eat small portions of plain, steamed rice to neutralize stomach acidity. Do not overeat; eat smaller portions frequently throughout the day. Eat preferred foods that have pleasant aromas. Avoid spicy, fatty, salty, or strong-smelling foods.

Herbal teas may be very effective at soothing nausea. Try these singly or in combinations; peppermint, chamomile, lemon balm, or fennel. Ginger is especially effective in reducing or eliminating nausea during pregnancy.

If symptoms are aggravated during a fatty meal, bile production could be underactive; stimulate gastric juices with bitter herb teas such as dandelion, plantain, yarrow, wormwood, or gentian.

Nutrient	Dosage	Action
Coenzyme fully reacted B-complex	Look for a minimum of the following per daily dose:	Required for digestion and metabolism and reduces nausea
	B1 - 100mg	
	B2 - 7.5 mg	
	Niacin - 353 mg	
	B5 - 300 mg	
	B6 - 100 mg	
Vitamin B6 in the form of P-5-P	B12 - 1000 mcg	Reduces nausea, especially in pregnant women
	Folate - 1000 mcg	
Vitamin C	50 mg daily	Increases T-cell activity to fight infection and protects intestinal cell membrane
	500 mg three times daily For those on chemotherapy, increase to 1000 mg three times daily	
Peppermint (enteric-coated)	One or two capsules daily	Aids digestion, reduces intestinal distress
Magnesium bisglycinate	500 mg daily	Calms nerves, reduces nausea

Nutrient	Dosage	Action
Artichoke	160–320 mg three times daily with meals, assuming standardized to contain 13–18 percent caffeolquinic acids and calculated aschlorogenic acid	Increases bile formation and flow to digest and absorb fats
Ginger	Four 500 capsules daily. It can also be taken as a tea.	Calms upset stomach, reduces nausea
<i>Lactobacillus acidophilus</i>	1 tsp (5 mL) twice daily	Increases friendly bacteria and reduces harmful bacteria
Moducare sterols and sterolins	One capsule three times daily. For nausea, hair loss, and vomiting due to chemotherapy, take double the dose until chemotherapy is finished.	Increases T-cell activity to fight infection and reduces inflammation, halts nausea from chemotherapy very effectively

## Health Tips to Enhance Healing

- Acupressure bracelets are available for the wrists. Many pregnant women find relief by wearing them during the first trimester.
- Do not lie flat on the back.
- Drink pure, filtered water every day. For every alcoholic beverage consumed, drink another glass of water.
- During an attack, take deep breaths and relax.
- Consume a diet that emphasizes natural, whole foods.
- Check for allergies to foods if nausea is not related to a specific condition.
- For nausea due to the bones of the head and neck being out alignment, chiropractic treatments may be beneficial. Consult a qualified practitioner.
- Get plenty of fresh air and keep cool with the help of wet compresses or stay in shaded areas.
- Get some rest and reduce stress. Practice deep-breathing exercises, biofeedback, visualization, and other therapies to calm the body.
- If nausea is related to prescription medication, ask the physician if it can be substituted for one that does not cause nausea.
- If smell or taste of food is too strong, eat it when it is cold or lukewarm.
- Remove false teeth or retainers and lie on the side in case there is vomiting.
- Rest in a quiet room with eyes closed, and soft music or a low television in the

background as a gentle distraction.

- Take oil of oregano (three drops twice per day) if feeling a stomach upset from eating something that was potentially spoiled. Oil of oregano is the best treatment for tropical diarrhea and vomiting due to food contamination.