

Alternative Therapies for Common Discomforts of Pregnancy

Nausea / Vomiting

- Take your prenatal vitamin before you go to sleep, not when you wake up
- “Sea-Band” Wristbands
- Ginger capsules or hard candy
- Freeze Gatorade ice cubes
- Watermelon
- Papaya extract

Headache

- Peppermint & lavender essential oil
- Place feet in hot water, rest ice pack on neck
- 1 cup of caffeine (coffee, tea, soda)

Heartburn / Indigestion

- Avoid trigger foods (spicy, fried, caffeine, chocolate, citrus)
- Eat small, frequent meals. Don’t eat too close to bedtime
- Elevate your head above your stomach with pillow

Constipation

- Fiber-containing foods: apples, pears, whole wheat grains, chia seeds
- Drink lots of water
- Stay active, walk!

Insomnia

- “Sleep Hygiene” Handout
- Body / pregnancy pillow
- Magnesium “Calm” by Natural Vitality
- Melatonin fast dissolve by Natrol

Back Pain / Sciatica

- BioFreeze gel
- Abdominal support band
- Kinesio tape
- Stretching and yoga
- Physical therapy
- TENS unit

Stretch marks / Itching

- Aveeno Oatmeal Bath
- Avoid hot water
- Burt’s Bees Belly Butter
- Lavender essential oil

Varicose veins / Swelling

- Compression stockings
- Elevate legs above heart level
- Massage in the direction toward your heart