



Nausea Got You Done?



Many members say they often feel sick to their stomachs. This can happen when their doctor changes their meds. It can also happen because of eating food that has gone bad, the flu or a sudden change in your eating habits. Always let your doctor know if your body is changing. Your body will let you know if you have needs. You might also want to ask yourself if you have been eating on a regular basis. Some members find it helpful to eat at the same time each day. Alcohol or very spicy food may cause problems.

Suggestions: There are a many easy things you can do to help with nausea. Some members find drinking a cup of warm water with a slice of lemon squeezed into it will help them. Other members find chewing on candied ginger not only tastes good, but can calm their upset stomach. Candied ginger can be found in larger grocery stores. When you were growing up, your parents may have given you Ginger Ale or Ginger tea to drink for the same reason. Ginger is a very old spice that families have been using for a long time to help people feel better. Avoid spicy foods or rich foods, and eat dry crackers and/or toast. Sometimes, breathing in deeply for a count of four and breathing out to a count of six will also help with nausea.

For additional suggestions:

<http://www.health911.com/remedies/remotion.htm>

<http://health.howstuffworks.com/home-remedies-for-nausea1.htm>