



Supplements and Treatments to Reduce Symptoms of Hyperemesis Gravidarum

Daily Supplements:

- 25-50mg vitamin B6 3x/daily. Get tablets that are 25mg or get 100mg and break them in half. If she cannot keep them down during the day try 75mg at night. She can take up to 150mg vitamin B6 daily.
- 25-50mg vitamin B1 (thiamin) 3x/daily. Up to 150mg vitamin B1 daily.
- Unisom SleepTabs (NOT gels, active ingredient must be doxylamine succinate) 25mg to 2-3x/daily OR Diclegis which is a prescription med according to prescription instructions (don't take both Unisom and Diclegis, they are the same ingredient. Diclegis is preferable if available because it is slow release.)
- Lauricidin. 1 scoop daily for 1 week, then 2 scoops daily for 1 week, up to 3 scoops daily for 1 week.
https://www.amazon.com/Lauricidin%C2%AE-Original-Monolaurin-Supplement-Serving/dp/B004I8SMOQ/ref=sr_1_17_sspa?dchild=1&keywords=monolaurin&qid=1625850138&sr=8-17-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFPM1I0OFgwWUxaODEmZW5jcnlwdGVkSWQ9QTA2MjM3NTcyNzI4M0tFOUpZnkxBjMvUyY3J5cHRIZEFkSWQ9QTA4MjY2MTcxRFBQT0dENFUzWkdJndpZGldE5hbWU9c3BfbXRmJmFjdGlvbj1jbGlja1JIZGlyZWN0JmRvTm90TG9nQ2xpY2s9dHJ1ZQ==
- Pink Stork probiotics. Empty capsules into a drink or smoothie.
<https://www.amazon.com/Pink-Stork-Pro-Developed-Constipation/dp/B00S3PBJUO>
- Electrolyte drinks such as Liquid IV from Costco and/or trace mineral drops, or a homemade electrolyte drink. Recipe: Juice of 1 lemon or lime, ¼ tsp good sea salt, ¼ tsp cream of tartar, and a few drops Trace Minerals in a quart Mason jar. Fill with water and add ice to the top.
https://www.amazon.com/Trace-Minerals-Research-Concentrace-Mineral/dp/B005BP5UCM/ref=sr_1_5?dchild=1&keywords=liquid+minerals&qid=1625850603&sr=8-5
- Natural Calm magnesium powder
- Homeopathics Sepia, Pulsatilla, and Nux Vomica, 3 pellets each as needed.
- Papaya enzymes and slippery elm lozenges can help with heartburn from vomiting.
- Liquid chlorophyll. Any brand.
https://www.amazon.com/Now-Foods-Liquid-Chlorophyll-Ounces/dp/B000MGWGOU/ref=sr_1_5?crid=3UVXA0VASFP55&dchild=1&keywords=liquid+chlorophyll&qid=1625850732&sprefix=liquid+chl%2Caps%2C217&sr=8-5

Food:

- Have easy, quick-grab foods like hard-boiled eggs, cheese sticks, sliced deli meat, nut butter packets, trail mix, yogurt, ready at any time.
- Eat BEFORE she starts to feel sick. Set an alarm for early morning hours and have someone get something high in protein for her to eat in bed. Or keep some shelf-stable snack next to her bed so she can eat a bite when she awakes at night.
- Frozen fruit, fruit juice and electrolyte drink popsicles
- Bone broth
- Coconut water
- Cold lemon water or water with a dash of apple cider vinegar

- Protein powder smoothies, Orgain or SunWarrior brands are good
- Small frequent bites/sips of high protein, high calorie bland food, every 5 minutes if necessary, even if she doesn't feel hungry. Whatever is the healthiest food she can eat. But the most important thing is to EAT regardless of what it is.
- It's very important to use a good quality sea salt such as Redmond Real Salt or Celtic Sea salt and salt foods well! Even putting pinches of salt in drinks as well. This will help replenish some of the lost minerals.
- Peppermint or ginger tea
- Ginger candies or chews

Lifestyle:

- Try to eat and drink while laying down/reclining or before getting up, even try eating/drinking while in a bath. Take supplements while laying down to try to avoid throwing them up.
- Wear Seabands on wrists. These are simple bands that press on an acupuncture point on the wrist that can reduce feelings of nausea. If she starts to feel nauseous she can also press on the bracelet to provide more pressure.
- Sniff peppermint essential oil. She can sniff from the bottle or put some on a cotton ball and hold near her nose or use an essential oil diffuser bracelet.
- Magnesium baths 3x/week or foot baths. These help replenish magnesium which can really help with nausea. 1-2 cups Epsom salts in a warm bath. Soak for at least 20 minutes. Or use magnesium spray or lotion topically. To make an easy and inexpensive magnesium spray, mix ½ cup warm water with ½ cup [magnesium chloride flakes](#). Put in a spray bottle and spray on legs, inner arms, stomach. Do not use on freshly shaved skin. If it burns, try leaving on for just 10-15 minutes, then rinse off, and gradually increase the amount of time it is left on. Burning can indicate deficiency, so the feeling of burning should start to subside as magnesium stores increase.

Other:

- Chiropractic care
- Acupuncture. A skilled acupuncturist who is experienced with pregnancy could help.
- Nutritive enemas can be very helpful. Try bone broth enemas, minerals, etc. Anything that you would give by mouth but she cannot keep down can be given via enema.
- Myer's cocktail or banana bag IV

Resources:

- hyperemesis.org
- Hyperemesis Gravidarum Facebook support group
- <http://stevenandersonfamily.blogspot.com/2016/01/relief-for-morning-sickness-and.html>
- <http://stevenandersonfamily.blogspot.com/2014/07/pink-stork-solutions-review.html>
- <https://mommypotamus.com/what-causes-morning-sickness/>