

Categories

First Trimester Morning Sickness

First trimester morning sickness is a common experience among pregnant women all over the world. This article will give you complete information on the causes of morning sickness as well as the treatment measures that will help in reducing the nausea and vomiting during the first trimester.

The news of pregnancy surely brings a wave of joy to the soon to be parents, especially to the mother. However, the morning sickness that accompanies it can make one feel irritated and tired. Morning sickness is a feeling of nausea often associated with vomiting in women who are pregnant. Though the term morning sickness suggests that it is something that occurs in the morning, it is usually not so. It is so called because the feeling of nausea and vomiting is the highest in the morning and reduces by the end of the day. However, there are women who have to endure this discomfort throughout the day.

The problem of morning sickness is prominent during the first trimester i.e., during the first three months of pregnancy. Although most women feel better after the first few months, there are some who have to experience this discomfort throughout their pregnancy. Nevertheless, it is possible to reduce this sickening feeling with the help of some natural methods. However, before we go into it, let us look at the causes of first trimester morning sickness. Read more on [signs of morning sickness](#).

Causes of First Trimester Morning Sickness

Studies have shown that almost 80% pregnant women suffer from morning sickness during the first trimester. It usually begins somewhere between the fourth and the sixth week after the last period and is seen as the first pregnancy symptom. The main reason for the occurrence of first trimester morning sickness is attributed to hormonal changes that happen in the body during pregnancy. One of the hormone that is associated with nausea and vomiting is human chorionic gonadotrophin (hCG) which is said to increase considerably during pregnancy. Increase in the secretion of hormones called progesterone and estrogen can also lead to the problem of morning sickness. Moreover, some women become sensitive towards certain types of foods (even those that they loved) which can trigger the feeling of nausea and vomiting in pregnant women.



Apart from nausea and vomiting, a pregnant woman may have to experience lightheadedness, weakness, headaches, etc. Severe cases of morning sickness is often associated with the conception of twins or triplets and it is also said that absence of morning sickness can increase the risk of miscarriage. However, there have been many cases where women had healthy pregnancy without enduring the discomfort caused by morning sickness.

How to Get Over Morning Sickness during First Trimester

As consuming drugs or medications for morning sickness is not advisable, most women have to suffer the uneasiness caused by it. Moreover, too much of vomiting can cause dehydration and weight loss which is not good for the health of the fetus. However, there are several methods which may help to relieve a person from the discomfort caused due to morning sickness. As these methods are natural, there is no fear that it may cause any side effect to the mother or the baby. Nevertheless, one important thing to remember is that what will be effective for one person may not show the same results for the other. Hence, one will have to try different methods to find one that helps in relieving the first trimester morning sickness. Know more about [morning sickness remedies that work](#).

Diet

One of the best ways to treat the problem of first trimester morning sickness is by changing one's diet. Most of us have the habit of eating three heavy meals and this has to be stopped. Instead one should eat five to six smaller meals throughout the day. It is also recommended that pregnant women should eat all types of foods, however if nausea and vomiting occurs due to some types of foods, it is better to avoid them completely. During the first trimester women should also avoid spicy and fried foods as these foods may increase the feeling of nausea. Another way that many women have found effective is consuming some snacks like biscuits, crackers, nuts, etc. just before getting up from the bed. Know more about [diet for healthy pregnancy](#).

Ginger

Ginger is said to be one of the oldest ways of treating nausea and vomiting. Many women find that consuming ginger does help in relieving them from first trimester morning sickness. One has to consume at least one gram of ginger to find relief from morning sickness. There are several ways in which ginger can be consumed including eating ginger biscuits, ginger tea, ginger capsules, etc.

Other Ways

Apart from the consumption of ginger and change in diet, there are other methods through which one can try to cure morning sickness. Some women have reported that they found reduction in the feeling of nausea and vomiting after indulging in [acupuncture during pregnancy](#). Even using acupressure bands that are readily available in the market is said to be quite effective. Other than this, sniffing peppermint essential oil or consuming vitamin B6 supplements is good for treating first trimester morning sickness.

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First trimester morning sickness, as the name suggests, goes away after 14 weeks of pregnancy, though for some it may extend for another month or so. However, if you think that no remedy is working for you and your condition is becoming very severe, it is best to consult a gynecologist who can look into the matter in detail.

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