



What is Nausea?

Nausea is the **sensation of unease and discomfort in the stomach with an urge to vomit** or empty the contents of the stomach. **Nausea** can occur as a result of 'morning sickness' in pregnancy, [flu](#), motion sickness, infection, food poisoning, overindulgence, blocked intestine, illness, concussion or brain injury, appendicitis and migraines.

Nausea doesn't always lead to vomiting (the forcible voluntary or involuntary emptying of stomach contents through the mouth) but can certainly **create queasiness in the stomach, a sensation of biliousness and upset stomach**. **Nausea** can originate from problems in the brain and it is also associated with organs of the upper gastrointestinal tract (esophagus, stomach, small intestine, liver, pancreas, and gallbladder). **Nausea** may also be caused by pain, certain motion, certain medications and diseases of non-gastrointestinal organs.

It is recommended that if nausea is prolonged and symptoms persist that you consult your doctor for further investigation.

Help for Nausea

Natural Remedies

Many herbal and homeopathic remedies have been formulated with specific ingredients to **provide a stable foundation for queasy stomachs**. Ginger has long been regarded as a gentle natural remedy for relieving the [symptoms of nausea](#), vomiting, indigestion and flatulence. Nat. Sulph. is a homeopathic remedy used to help [prevent nausea](#) as well as calm and **soothe the stomach and stabilize delicate constitutions** – addressing waterbrash (excess salivation) as well as abdominal cramps and digestion problems.

Tips to prevent Nausea

- Try not to let your stomach become empty. To keep your blood sugar levels from dipping - and to [prevent nausea](#) from occurring - eat healthy snacks at regular intervals throughout the day. Some good choices include crackers, toast, dried fruit, popcorn and granola bars – try to choose things that aren't rich or too strong in flavor.
- Protein is one of the best allies in [preventing nausea](#) – as protein is a great source of sustained energy. Try to eat protein the meal before you tend to feel nauseous (if you experience nausea in the mornings, eat protein at



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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

night).

- Dehydration can be a major factor in contributing to nausea, so try to drink 8 glasses of liquid (water, unsweetened juices, and herbal teas) each day.
- If certain smells, tastes, and textures trigger your [nausea](#), try to limit your contact with these triggers and ask others to be respectful of your feelings.
- Digestive teas such as fennel, spearmint, and chamomile may also be of benefit if indigestion leads to your [nausea](#).
- Avoid foods that can cause gas and stomach bloating and avoid sucking on hard candies on an empty stomach. Although this may provide temporary relief - the digestive juices you stimulate could make matters a lot worse!
- Lack of sleep can aggravate nausea, so try and get adequate amounts of quality sleep at night.
- CO2 buildup in the blood can contribute to nausea, which can be reduced through exercise and cardiovascular activity such as walking and swimming.
- Learn to relax! Anxiety and stress can lead to nausea, which in turn can lead to more anxiety, creating a cycle of stomach upset and emotional distress. Try relaxing in a warm bath or listening to a calming CD.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.



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100% Natural Herbal and
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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

Great Health Sites

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Natural Help 4...Free Natural Health Ebooks](#)

Related Natural Remedies:

DigestAssist: Helps maintain digestive comfort and promotes healthy digestion.

Recognizing the need for a healthier and effective approach, Native Remedies has developed Gastronic Dr. and DigestAssist - both 100% herbal remedies containing well researched ingredients and manufactured in therapeutic dosage according to the highest pharmaceutical standards.

Gastronic Dr. is a capsule which is used every day for the continued health of the digestive tract and to promote ongoing, healthy, trouble-free digestion. Regular use of Gastronic Dr. safely and effectively acts to promote digestive health.

DigestAssist, the perfect companion to Gastronic Dr., comes in fast-acting and convenient drop form, and can be taken as needed to promote digestive comfort after meals, helping you to enjoy your food every day.

These formulas remain true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about DigestAssist](#)

CanTravel: Maintains digestive balance and calm while traveling by air, sea, or car

CanTravel is a unique formula containing a combination of selected herb and biochemic tissue salts to **support harmony and digestive comfort during traveling**. Whether your journey is by air, sea, or road, CanTravel is a traveling partner that will be with you all the way to make your trip a pleasure and help you to enjoy traveling like never before!

Presented in pleasant and fresh-tasting dissolvable granules that are sprinkled on the tongue, CanTravel is easy and convenient to administer to adults and small children alike.

[Learn more about CanTravel](#)

KiddieVom Sprinkles: Promote healthy digestion and comfort after meals

KiddieVom Sprinkles combines 100% safe and natural herbal ingredients that are especially chosen to soothe small stomachs. KiddieVom **supports the digestive process and maintains stability** in the digestive system.

Sprinkled directly onto the tongue, the pleasant-tasting fine granules of KiddieVom Sprinkles are easy to administer to all ages. A large part of the remedy is absorbed directly through the mucous membranes of the mouth, which means the effect is quickly maintained after administering KiddieVom Sprinkles.

Like all Native Remedies products, **KiddieVom Sprinkles is manufactured according to the highest pharmaceutical standards**. Individual ingredients are well-researched and have been specially chosen for their high safety profile in



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The Psychologist's
Natural Choice

Proven Products.
Excellent Service
and Delivery

**Six Good Reasons
to choose Native Remedies
as your trusted suppliers of**

children's remedies.

[Learn more about KiddieVom Sprinkles](#)

Good Morning Mamma: For settled digestion during pregnancy, especially common nausea experienced during morning sickness

Good Morning Mama is a 100% natural, safe and effective natural **remedy for common nausea ('morning sickness')** during pregnancy. Good Morning Mama is especially formulated for pregnancy and helps to safely settle the stomach and also reduce common revulsion to certain foods and smells.

This 100% natural remedy is very easy to use and comes in the form of **tiny pleasant tasting granules** which are simply sprinkled on the tongue when needed. This makes them easy to administer when even the thought of swallowing something makes you gag!

Good Morning Mama is formulated to the **highest therapeutic standards** and manufactured under strict pharmaceutical conditions, in consultation with our clinical psychologist and her team of natural health experts, using ingredients specially chosen for their safety and effectiveness.

[Learn more about Good Morning Mamma](#)

Read the testimonials for these quality products [here!](#)

herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



Read more about the Native Remedies Full Spectrum Approach™

Find More Great Health Ebooks at NaturalHelp4.org

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