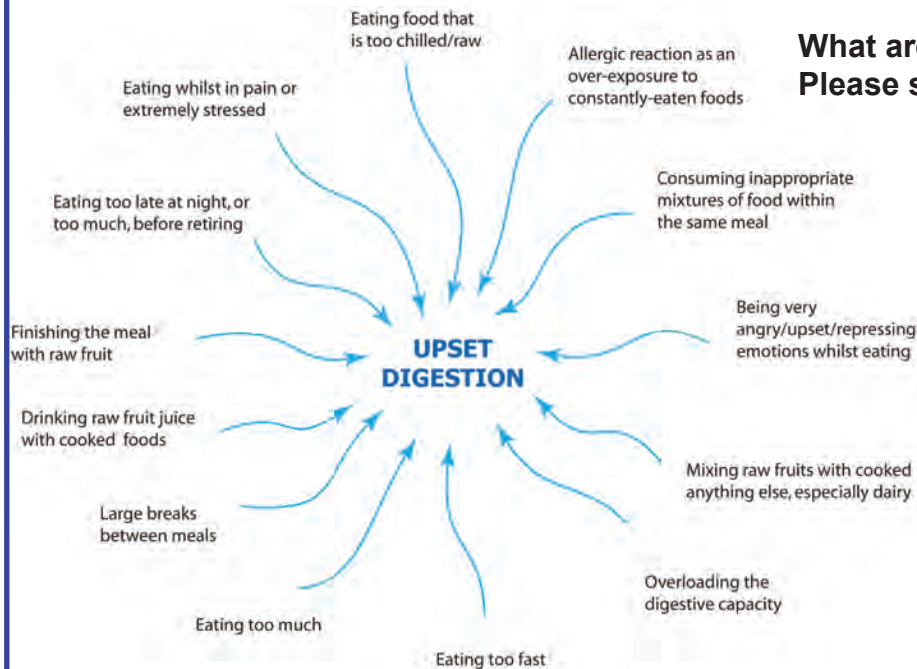


Morning Sickness/PNV/Hyperemesis 1

What are you doing to upset your gut? Please stop it!



There is likely to be at least one, and sometime 6 or 7 things that you can alter immediately which will make a great difference.

The temperature of food and fluids is often far more important than what is actually chosen to eat or drink.

Sip tepid fluids, maybe lemon or salt in them, never sweet.

A calm, orderly & rested environment within to process what you have chosen to fuel yourself with will make the necessity of nourishing your & your baby so much easier.

Even sucking on one salted nut might be helpful.

SELF/BELLY SOOTHE & LYMPH FLOWING



Finger pads slow gentle always clockwise.
Feather touch
9x initially
x1 in between each belly/chest move .



SMOKY moxa - sitting forwards.

OUTSIDE -

Totally protected from breezes.
Moxa upwards, never touching skin.

CHEST GOUGE



Get them to take a slow deep breath.

Use a little oil between the rib spaces, moving very slowly & gently initially.

3x each side
Repeat as you like

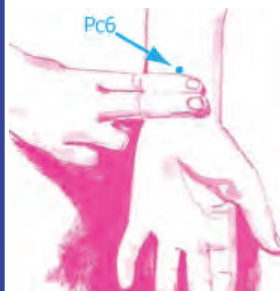
STUCK LIVER QI RELEASE



Slow deliberate gentle, Pick up and walk skin from spine to sides.

3x each side - and sweep off on closing.

CHEST OPENING



PC 6

This point releases the diaphragm, settles you down & may assist soothing nausea.

Two of Mum's fingerwidths up from the wrist crease, between the two tendons.
Pump it firmly

NAUSEA RELIEF



Where the slope changes direction, moving from the chin towards the mouth. Press thumbnail and drill in many times, or pump it, alternating with Pc 6.

