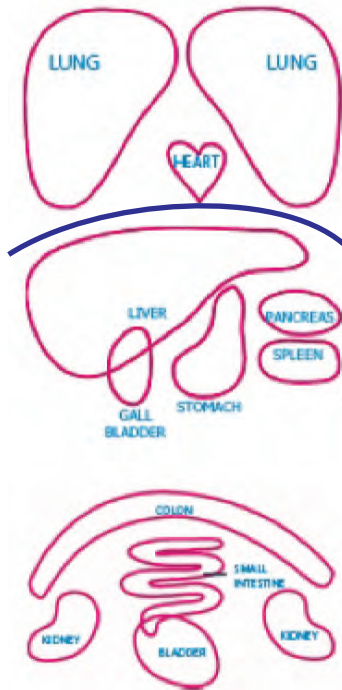


# Morning Sickness/PNV/Hyperemesis 2



This is a representation of the 'Three Heaters' in traditional East Asian medicine - how your Qi blood & body fluids are created.

Our organs are said to hold emotional/spiritual resources. They also have more mundane physiological functions.

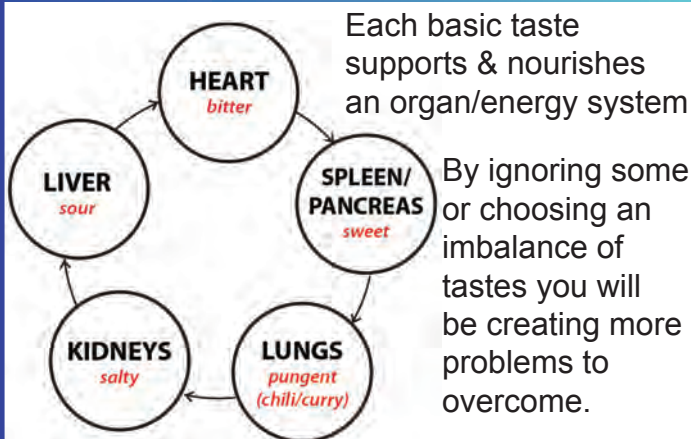
The solid black line between the Upper & Middle Heaters represents the diaphragm. This band of muscle allows us to breathe well. Liver Qi, when flowing incorrectly pushes up & inhibits breathing.

In the Middle Heater food & fluid is received, broken down, & start their journey through a system which relies on body temperature & the ability to sustain balance under all stressors to support life.

If she already has a weakness, when the added burden of growing another person begins, bodily warnings such as extreme tiredness & inability to support life may take her out of her normal life. Nausea & vomiting do not make for healthy mothers or babies - forever after diminished through this experience. You can only make this baby once.

**Do not take medications waiting for pregnancy to end to relieve your suffering. Baby may well be struggling in there.**

## TASTES MAKE A HUGE DIFFERENCE



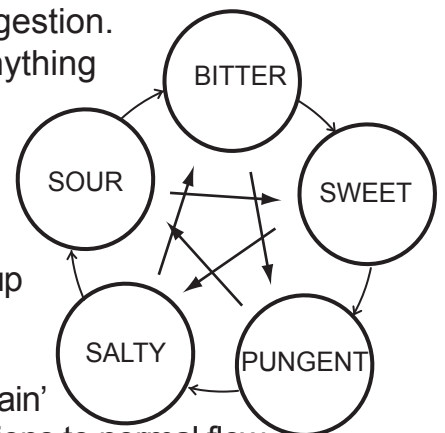
Each taste keeps the others in check.

## NATURAL TASTE CONTROL

The role of the Spleen/Pancreas/Stomach is to support digestion.

By choosing anything sweet you may create massive gut problems.

The dampness created shows up as infection, weight, fluid, cellulite, 'baby brain' & other obstructions to normal flow.



**Even sucking on one salted nut might be helpful.**

## REASONS FOR NAUSEA

- 1 - Stomach Qi is too weak/or empty (also Spleen Yang weak)
- 2 - Stomach Qi is too full.
- 3 - Stomach Qi is too cold. (also Spleen Yang is weak)
- 4 - Stomach Qi is insulted/assaulted (over 'ripe' / damaged food).
- 5 - Stomach Qi is being attacked by Liver Qi Stuck.
- 6 - Abdomen is overfull - Poo OR just that the developing uterus has a different Qi flow, and is not yet being fully used by the baby
- automatically adjusts as baby grows.

## ACTIONS TO COUNTERACT

- 1 } Eat small amounts of easily digested foods, very often
- 2 }
- 3 - Avoid all cold/chilled/raw foods and fluids, especially when hungry/when stomach is empty, as then the Spleen Yang Qi is most vulnerable to cold penetration.
- 4 - Avoid 'rubbish' / all toxicity / including odd mixtures / food combinations.
- 5 - (Stress) Recognise it, and change especially eat in serene settings.
- 6 - Ensure daily, complete bowel movement. In early pregnancy, the state of Mum's Qi is often weak, and herbal tonics may help, also abdominal self-massage.

