

NAUSEA AND VOMITING

We feel sick if the Stomach Qi is not strong enough to do its job. We vomit if the Stomach Qi loses the battle, and contents forced up. (Stomach Qi is supposed to go downwards).

Mum may have always eaten the way that the previous page suggests not to. Pregnancy is a totally different body state, and things she may previously done (gotten away with) may not be acceptable now to her busy body. No digestive problem can be 'fixed' without attending to has been done to deviate its perfect workings. Babies need your close attendance to the previous page's advice, as their Spleen Qi is naturally weak (see page 202), thus they can easily 'get sick'. It is usually not everyone who 'catches' tummy bugs as they circulate - its the ones who can't fight them off - **lowered immunity = lowered available Yang Qi**, that do.

REASONS FOR NAUSEA

ACTIONS TO COUNTERACT

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| 1 - Stomach Qi is too weak /or empty (also Spleen Yang weak pp 23,102,103) → | 1 | } - Eat small amounts of easily digested foods, very often. |
| 2 - Stomach Qi is too full. → | 2 | |
| 3 - Stomach Qi is too cold. (also Spleen Yang is weak pp 23,102,103)) → | 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 - Stomach Qi is insulted /assaulted. (over 'ripe'/damaged food). → | 4 | - Avoid 'rubbish'/all toxicity/including odd mixtures/food combinations (p 104). |
| 5 - Stomach Qi is being attacked by Liver Qi Stuck (stressed pp 51, 138). → | 5 | - (Stress) Recognise it , and change especially eat in serene settings. |
| 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. → | 6 | - Ensure daily, complete bowel movement. In early pregnancy, the state of Mum's qi is often weak, and herbal tonics may help (pp 108-109), also abdominal self-massage (pp 82-83). |