



## Drug-free Ways To Deal With Morning Sickness

(NAPS)—The National Center for Health Statistics estimates 4 million babies will be born this year. If you're having one of them, congratulations. If that one is causing you morning sickness, you're far from alone—almost 80% of pregnant women suffer morning sickness at some point—and, fortunately, you can do something to ease it.

### Take Care, Take Control

Here are hints on how:

**Food:** Avoid raw or lightly cooked eggs, soft and blue-veined cheeses and pate or liver products.



**Reducing the risk and misery of morning sickness may be easier than many mothers-to-be may realize.**

**Beverages:** Drink lots of water, milk and juice. It's best to avoid alcohol and keep coffee and tea to a minimum.

**Hygiene:** Be scrupulous about cleaning food, particularly if you have pets.

**Exercise:** Swimming, yoga and walking can help.

**Smoking:** Give it up as soon as you can for your own and your baby's health.

**Acupressure:** Understandably, most women are wary of morning sickness treatments in case it harms their unborn child. Fortunately, there's an easy, natural way to combat morning sickness without taking drugs. Sea-Band acupressure bands harness the natural effect of acupressure by applying continuous pressure on the P6 point on each wrist using a plastic stud. The bands are available on Amazon in sets of two and in a special "Morning Sickness Kit" including the wristbands, ginger lozenges and aromatherapy oil, all aimed at safely relieving nausea without drugs.

### Studies Show

A recent study in Italy found that morning sickness was reduced in 70% of women who used Sea-Bands and a study conducted by an American midwife showed that women wearing Sea-Bands also reported less anxiety, depression and hostility.

### Learn More

For further facts and tips, visit [www.sea-band.com](http://www.sea-band.com).