



Home Remedies to Treat and Prevent Morning Sickness: Nausea and Vomiting During Pregnancy

Anna White

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Nausea and vomiting are one of the most common ailments during a woman's pregnancy. In fact, 50 to 90 percent of women experience nausea during the first trimester (the first thirteen weeks). Symptoms usually begin at the end of the first month, max out during the third month, and disappear by week 14.

Of all the races, white women are most commonly affected. Up to 3 percent of women develop harsh and unrelenting nausea and vomiting. This condition, called hyperemesis gravidarum, may call for hospitalization to sustain nutrition and hydration.

A number of factors are responsible for nausea and vomiting during pregnancy. They include hormonal shifts, heightened sense of smell, psychological challenges, and genetics. Luckily, most women have mild symptoms. Although those symptoms may make you miserable, the good news is that nausea and vomiting during pregnancy doesn't inhibit your fetus's growth.

Also, there are quite a few simple and effective home remedies you can use to get through those harsh days.

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