

feel better, naturally

To fight nausea, look to drug-free tummy helpers

Certified Holistic Health Counselor Barbara Anderson offers these holistic remedies for morning sickness:

When it's hot, freeze brewed peppermint or ginger tea in ice-cube trays and suck the cubes to beat nausea—and the heat!

Ginger candies are appealingly sweet and spicy, but chewing raw ginger or adding slices of it to meals can also relieve queasiness.

Whole-grain cereals as snacks between meals help, too. And try cooked millet, available at health-food stores, which is rich in the B vitamins that can combat your nausea.

- 1 Ginger Twist Whole-Leaf Tea Pouches | \$9 for 15, mightyleaf.com
- 2 PsiBands Motion Sickness Bracelets | available this fall, psibands.com
- 3 Original Ginger Chews | \$2 for a 3-ounce bag, gingerpeople.com
- 4 B-natal Cherry TheraPops and Green Apple Lozenges with vitamin B6 | each \$16 for 28, bnatal.com
- 5 Preggie Pop Drops in Sour Lemon, Sour Tangerine, and Sour Raspberry | \$6 for 21, threelollies.com

