

Morning Sickness (Pregnancy)

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Half of women will face a span of time in their pregnancies when they experience nausea and possibly vomiting. Weeks 6-12 are usually when Morning Sickness is at its worst, though some morning sickness will last past the 12th week.

Ginger- Internal - Purposes: Eases nausea. Dosage: Capsule or tea form.

Catnip- Internal - Purposes: Eases nausea.

Dandelion- Internal - Purposes: Eases nausea.

Peppermint- Internal - Purposes: Eases nausea.