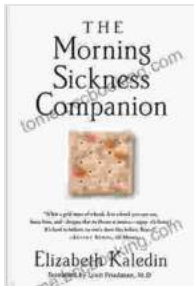


# The Morning Sickness Companion: Your Guide to Surviving the First Trimester



## The Morning Sickness Companion by Elizabeth Kaledin

★★★★☆ 4.4 out of 5

Language : English

File size : 864 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 176 pages



## What is morning sickness?

Morning sickness is a common pregnancy symptom that affects up to 80% of pregnant women. It is characterized by nausea, vomiting, and fatigue. Morning sickness usually begins around 6 weeks of pregnancy and peaks at 8-12 weeks. It typically resolves by 16-20 weeks.

## What causes morning sickness?

The exact cause of morning sickness is unknown, but it is thought to be related to the hormonal changes that occur during pregnancy. These hormones can slow down the digestive system, which can lead to nausea and vomiting.

## How can I manage morning sickness?

There are a number of things you can do to manage morning sickness, including:

\* Eating small, frequent meals \* Avoiding foods that trigger your nausea \* Getting plenty of rest \* Exercising regularly \* Taking prenatal vitamins \* Using over-the-counter medications

### **When should I see a doctor?**

If your morning sickness is severe or persistent, you should see a doctor. Severe morning sickness can lead to dehydration, malnutrition, and weight loss.

### **The Morning Sickness Companion**

The Morning Sickness Companion is the ultimate guide to surviving the first trimester of pregnancy. Written by a registered dietitian and certified prenatal yoga instructor, this book offers practical advice and support for managing the physical and emotional challenges of early pregnancy.

The Morning Sickness Companion covers a wide range of topics, including:

\* What is morning sickness? \* What causes morning sickness? \* How can I manage morning sickness? \* What are the best foods to eat during pregnancy? \* What are the best exercises to do during pregnancy? \* How can I cope with the emotional challenges of pregnancy?

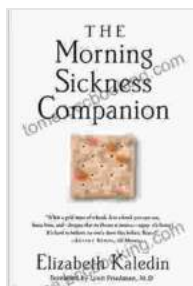
The Morning Sickness Companion is an essential resource for any pregnant woman who is experiencing morning sickness. This book will provide you with the information and support you need to get through the first trimester and enjoy your pregnancy.

# 10 TIPS FOR SURVIVING THE FIRST TRIMESTER

FROM A MOM WHO'S SURVIVED IT 6 TIMES!

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Free Download your copy of The Morning Sickness Companion today!



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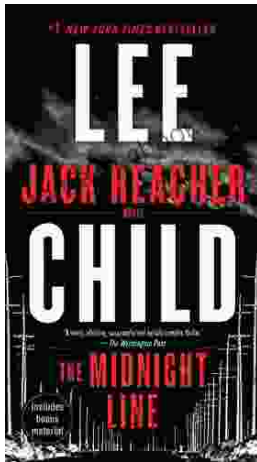
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