

Nausea or Morning Sickness

- Smoothie: $\frac{3}{4}$ cup coconut water
 $\frac{1}{4}$ cup ground flax seed
 1 frozen banana
 1 TB raw honey
 1 TB almond butter
 1 inch peeled ginger root
 BLEND
- Smaller meals more frequently throughout the day.
- Cool Compress: apply ice pack to the back of your neck. Let sit for 15 mins.
- Get some fresh air.

Back Aches

- See a chiropractor.
- Elevate your feet.
- Stretching daily or Join a Pregnancy Yoga class.
- Birthball.
- Soothing bath with 5 drops of lavender essential oil.
- Swimming (with the green light from your doctor).
- Avoid standing for long periods of time.

Constipation

- Drink plenty of water (8, 8oz glasses a day).
- Eat small frequent meals and make sure to completely chew up the food.
- Add more fiber (flax seed, oatmeal, fruits and vegetables).

Mood Changes

- Talk about your feelings and concerns with your partner or another trusted person.
- Consider joining or starting a pregnancy support group.
- Take time to pamper yourself. Hair and nails often grow quickly during pregnancy.
- Exercise on a regular basis. You may find prenatal exercise classes to be a valuable source of support from other pregnant mothers

Swelling

- Eat foods high in protein.
- Try to avoid standing for long periods of time.
- Drink the fresh juice of a lemon in a cup of warm water to help decrease fluid retention.
- Avoid sitting with your legs crossed. Use a footstool when sitting and perform ankle circles whenever possible.
- Avoid socks with tight bands.
- Drink plenty of water (Surprisingly, this helps your body retain less water)