

# 6 Myths about Morning Sickness

Adapted from *Morning Sickness Remedies* by Lindsey Morrow

Despite morning sickness being an age old problem it remains as problematic today as always. Not only do millions of mothers suffer with it daily, but we see it in the media all the time. For example, Kate Middleton and Jill Duggar have recently been in the news, sharing about their morning sickness struggles.

Following the recent media attention it seemed like a good time to go over common misconceptions about morning sickness. There's nothing worse than getting bad advice from well-meaning friends and family when struggling with morning sickness.

1. **If you have morning sickness you are pregnant with a girl.** If only it were this easy to know the sex of an unborn baby! Unfortunately, there is no research to back up this claim. In my personal experience I experienced morning sickness in both my pregnancies that resulted in a boy and a girl.
2. **Morning sickness will always go away after the first trimester.** While this may be true for some moms, it is not uncommon for morning sickness to last well into the second trimester. A small percentage of women even experience nausea and vomiting up until birth.
3. **Morning sickness is the same thing as hyperemesis gravidarum.** Hyperemesis gravidarum is severe morning sickness that leads to dehydration, extreme nausea and vomiting, weight loss, and an inability to carry on with your normal life and responsibilities. This is not normal! If you are experiencing these symptoms contact your care provider ASAP.
4. **When it comes to hyperemesis gravidarum there is no genetic link.** According to one study there is indeed a genetic link. If your mother, sister or aunt had hyperemesis gravidarum there is a higher chance of you experiencing the same thing. In my personal experience, I had morning sickness in both my pregnancies... but my mother did not! I did not follow in her footsteps.
5. **The best remedy for morning sickness is the B.R.A.T. diet.** This is simply not the case. Eating a diet of bananas, rice, applesauce and toast will spike your blood sugar and help slightly, but not bring any long term relief. A nutrient dense diet including magnesium supplementation is a more effective treatment for nausea and vomiting in pregnancy.
6. **Morning sickness cannot be lessened.** Through extensive research and interviews, I have come to the conclusion that there is indeed a root problem or problems. If we fix these underlying issues (especially prior to pregnancy) morning sickness can be reduced if not eliminated completely.