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# *Morning Sickness Remedies*

*Eliminating the Symptoms of Morning Sickness*

By Lindsey Morrow

Faced with a wealth of conflicting information on the causes, remedies and prognosis of morning sickness, it's no wonder pregnant women continue to suffer from nausea and vomiting in early pregnancy. But many of those pregnant women—be they first time moms, moms pregnant again or even women hesitating having more children—can't help but wonder if there is indeed a solution to the symptoms of morning sickness.

In *Morning Sickness Remedies: Eliminating the Symptoms of Morning Sickness*, Lindsey Morrow explains that pregnant women don't have to suffer from morning sickness. With some adjustments prior to and throughout pregnancy, there's no reason someone shouldn't be able to reduce or even eliminate the symptoms of morning sickness. *Morning Sickness Remedies* thoroughly explains what morning sickness is and is not, who can get it and how long it lasts. The eBook discusses the theories behind what causes morning sickness (besides simply becoming pregnant!) in order to get a better understanding of ways to prevent and treat it.

Best of all, *Morning Sickness Remedies* remains true to its name and details numerous remedies for this ailment, which include holistic as well as conventional approaches. With this time saver, women who are already low on energy can easily find solutions without scouring the internet.

In addition to providing many varied remedies for morning sickness, Lindsey recalls her own experiences with it and brings documented peer reviewed research to the table, allowing you to decide what course of treatment seems best for you. Included are comments/advice by both holistic birth experts and midwives. *Morning Sickness Remedies* is a comprehensive companion for any woman wanting a deeper understanding of morning sickness and how she can combat it on every front.

**Lindsey A. Morrow** is a certified doula, childbirth instructor, birth assistant, president of the Tallahassee Doula Coop, mother of two, as well as author and blogger at Mother Rising. She brings years of experience and compassion to her work and continues to build a strong and supportive community for pregnant women on her website, as well as in her hometown of Tallahassee, FL.

## What Others Are Saying

*"Packed full of helpful information, easy to read, and visually appealing. Lindsey covers every possible angle of morning sickness, and is sure to help countless women with her wisdom. This book would make a great gift for pregnant friends and family. I wish I had read it before I had my first!" ~ Kaitlin Alfermann*

*"When I had morning sickness all I would hear was that it is a side effect of being pregnant, and I had to wait it out. Or, that if I went to the doctor they would go straight to prescription medications (which I was allergic to). I love all the different options available in this eBook! The way Lindsey writes makes me feel like I have a friend in my corner." ~ Corinn Fitzgerald*

*"Whether you are a first time mom or an experienced mama, you will find something in this book that will ease your morning sickness. Lindsey covers the whole scope of remedies from traditional to herbal/ holistic. I especially enjoyed this book because its relaxed style made it less like reading a reference book and more like having a conversation with a very knowledgeable friend. I have already tried some of the suggestions in this book and they work! Instead of spending hours online trying to sift through information about morning sickness, this book gives you all the answers in one place...what a time saver!" ~ Susan Asher*

*"Morning Sickness Remedies was a great resource to treat my morning sickness. It was really nice to have all the suggestions and options in one place rather than having to scour the internet for help. I especially enjoyed the suggestions for all the natural remedies in this book. As a first time mom, I am really concerned about the health of my baby and am trying to stay away from medicine if possible." ~ Cherie Guerrero*

## Media

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