Safe methods you can try to improve nausea

Because these potential remedies are safe—they may be a good place to start. These things may not prevent the nausea from starting but it may help decrease it. If these remedies do not help after trying for a couple days-then they likely will not help.

1. Ginger can be good for nausea. Ways to take ginger are: crystallized ginger, ginger tea, raw/cooked/pickled ginger, or ginger capsules (containing at least 1000 mg) [if take capsules then would take two or three capsules daily—usually two capsules is the recommended dosage but it has been shown that three capsules may promote gastric emptying in some people]. I do not like ginger ale or ginger candies—because that is all sugar!

2. Another method that may help is to take deep breaths during an episode of severe nausea. Try slow, deep breathing in cycles of 10 breaths with normal breathing. This can help you get through a severe wave of nausea with impending vomiting.
   a. Youtube has a good source of videos you can try. You can search “diaphragmatic breathing.” Below are 2 videos that may help.
      i. www.youtube.com/watch?v=kgTL5G1iblo
      ii. www.youtube.com/watch?v=UB3tSaiEbNY

3. Inhalation of isopropyl alcohol also can potentially help decrease nausea. Isopropyl alcohol is often available as rubbing alcohol or alcohol disinfecting pads. You can smell for short periods and it provides a peak effect within 4 minutes post-inhalation. If using the pads, can use multiple pads can be used for continued short-lasting nausea relief. A good way to use this is

4. Aromatherapy with peppermint oil, lavender oil, or ginger oil can potentially help nausea.
   Below are ways to administer the aromatherapy.
   i. Massage – This may be a good way to first try to see if aromatherapy may be helpful to you. Prepare a massage oil by diluting essential oil in sweet almond oil or virgin coconut oil. Make sure to use only 2-3% of essential oils in this mixture. Massage this on your temples or the back of your neck.
   ii. Nebulizing Diffuser - The best way to administer essential oils is to use a nebulizing diffuser. The pure essential oil is hit with a pressurized stream of air that sending millions of micro-particles into the air without any heat or water the oils maintain their therapeutic properties
   iii. Steam Inhalation - Prepare a hot bath of water in a bowl. Place three to four drops of essential oil into the water and dip a handkerchief into the water. Wring out the water and hold the wet handkerchief over the nose and mouth.

5. Travel wrist bands for nausea. Sea-Band is a popular brand—but any travel wrist band marketed for motion sickness that is made to apply acupressure to the wrist will work.

6. Nauzene and Quease Ease are over the counter medications for nausea.

7. FDgard may decrease stomach upset and in that way may decrease nausea.

8. Iberogast (available on amazon) may decrease stomach upset and in that way may decrease nausea.