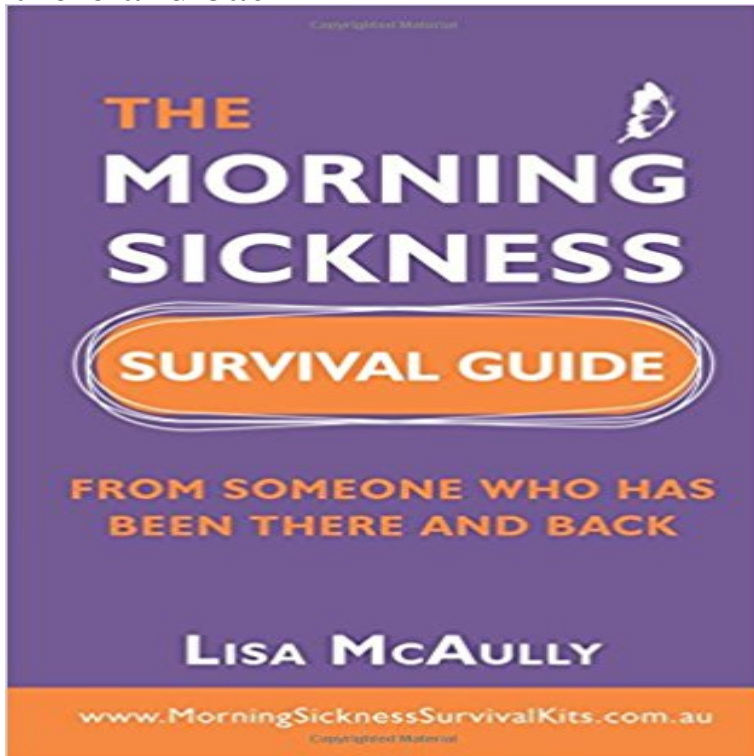


# The Morning Sickness Survival Guide: From someone who has been there and back



The Morning Sickness Survival Guide is an extremely useful guide for women experiencing pregnancy nausea and vomiting. Short and to the point, it offers real help and practical ideas. No gimmicks or platitudes, no dry medical fact sheets - just a practical guide aimed at helping women with morning sickness. The guide is all about helping you take care and feel better! Some of the topics covered in Morning Sickness Survival Guide include:

- How to combat nausea triggers
- Dealing with hunger and food, drinking and snacking, and aversions.
- Finding relief from pregnancy, handling sleep and fatigue, as well as nausea and vomiting.
- Starting the day right, multi-vitamins, essential oils, ginger, aromatherapy, acupressure, prescription medication, and supplements.
- Planning for your morning sickness journey
- How to plan for your morning sickness journey in a practical way.
- The imperfect morning sickness diet
- Being unable to eat as well as you'd like for your baby's well being
- Managing vomiting
- Practical tips for managing vomiting during pregnancy and how to stop permanent and irreversible damage to your teeth.
- Surviving morning sickness when you already have kids
- Super-practical advice and tips.
- Surviving morning sickness at work
- Managing morning sickness symptoms in the workplace.
- Everything from deflecting nosy colleagues to handling workplace vomiting like a pro.
- Journal notes
- Personal journal notes from the book's author, starting at week 4 of pregnancy and going through to week 15, when her nausea finally eased.

As the subtitle to Lisa McAully's book *The Morning Sickness Survival Guide* suggests, *From someone who has been there and back*, this author is well qualified to write a guide about morning sickness for pregnant women. During her first pregnancy Lisa suffered morning sickness for seven months. She continued working in a

demanding role and has some handy tips for surviving morning sickness at work, including deflecting the nosey colleague and handling workplace vomiting like a pro. In her second pregnancy, Lisa suffered severe pregnancy nausea and vomiting from week 5 until week 15. Pregnant with her second child while she was writing this guide, Lisa offers practical advice about surviving morning sickness with kids, such as explaining to them your sudden fondness for spending time with your head in the toilet, prioritising the demands of housework and meals, and reaching out to friends, family and the community. A practical, common-sense guide that is short, humorous, and easy to read, The Morning Sickness Survival Guide is an ideal toolkit for equipping first-time mums, women who have other children to care for, and women juggling work commitments.

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