

## How can I overcome nausea and vomiting?

- **NOMETEX**: This is a small device that you attach to the wrist which has no side effects <http://www.chemoband.com/nometex-anti-nausea-band-for-chemotherapy.html>
  - **Nausea**: You may need to interrupt the program for a few days if you get ill due to the die off of degenerative disease and tumor cells. So start the program gently and if you have a strong reaction, back off for 4 or 5 days if necessary. Ease off on all the remedies and follow some of the suggestions here:
  - **Peppermint tea**: 2 teaspoons of dry peppermint leaves to 2 cups of water; boil and strain; add some Stevia and lemon juice if desired. If necessary, you can drink up to a gallon (4 Liters) of this tea in a 24 hour period if very sick (according to Dr. Gerson). It washes out the bile duct and duodenum, improving their function.
  - **Apis**: A homeopathic remedy for vomiting
  - **Epsom salts** (Magnesium Sulfate): **¼ teaspoon of Epsom salts in 1 glass (250ml) of water and sip on it throughout the day.** This should relieve the symptoms. Nausea might have something to do with the **gallbladder or the liver.** Early signs of magnesium deficiency include: loss of appetite, nausea, vomiting, fatigue, and weakness. As magnesium deficiency worsens, numbness, tingling, muscle contractions and cramps, seizures (sudden changes in behaviors caused by excessive electrical activity in the brain), personality changes, abnormal heart rhythms, and coronary spasms may occur. Severe magnesium deficiency can result in low levels of calcium in the blood (hypocalcemia). Magnesium deficiency is also associated with low levels of potassium in the blood (hypokalemia).
  - **Eat oatmeal**: when weak and suffering from nausea. Try also raw grated carrots, apple sauce, mashed bananas, or watermelon.
  - **'Gastrolyte'** (available in drug stores): It comes in a packet to mix with water. It hydrates, provides electrolytes and helps the stomach to settle. It is very similar to a [www.BudwigCenter.com](http://www.BudwigCenter.com) – [www.BudwigCenter.eu](http://www.BudwigCenter.eu) – [www.BudwigCenter.es](http://www.BudwigCenter.es)
- product for children called Pedeolyte. It is very light and easily tolerated by those who are very ill.
- **Cloves**: Chewing on a fresh clove will help. Another option is to take a 500 mg clove capsule 3 times a day with water. Clove essential oil – a few drops should stop vomiting and an infusion will relieve nausea.
  - **Ginger tea**: Put the juice of a thumbnail size of fresh ginger in hot water. Leave to infuse for 5 to 10 minutes; drink or sip the tea. You can also use 1 teaspoon of ginger powder in hot water, let sit for 5 minutes.