

HOW TO OVERCOME NAUSEA and VOMITING

Nausea – You may have to **back off the program for a few days** if you get very ill because of the die off. So start off slow 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:

Epsom Salts (Magnesium Sulphate) mixed with water, sipping it through the day. This relieved the symptoms. Nausea **might have something to do with the gallbladder or the liver.** - ¼ teaspoon of **Epsom salts in 1 glass (250ml) of water and sip on it throughout the day** 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 can 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).**

Lemon Juice - most who experience nausea find that happens if they eat the fso and cc in the morning. **So eat your fso and c cheese at noon or evening.** If you have nausea drink the juice of a lemon is usually very effective. fso = flax seed oil; cc = cottage cheese

Peppermint tea very good if very ill. 2 teaspoons of dry peppermint leaves to 2 cups of water, boil and strain and add a little Xylitol or raw Demerara sugar and lemon juice if desired. Could drink up to a gallon (4 Liters) of this tea if necessary in a 24 hour period of very sick according to Dr. Gerson. It washes out the duodenum and bile which makes it work better

Eat **oatmeal** as your meal when weak and suffering from nausea. Also eat **raw grated carrots, apple sauce, mashed bananas, watermelon** may be all you can eat with bad nausea

"Gastrolyte" from a drug store. It comes in a packet and get mixed with water. It hydrates, provides electrolytes and settles the tummy down. It is very similar to a product for children called Pedeolyte. It is very light and easily tolerated by someone who is very ill.

Vomiting - Some have nausea and then vomiting. This may happen to everyone once in a while, especially if you forgot to take the precautions mentioned above. A very effective **homeopathic remedy is PSN just ½ a dropper** full usually stops nausea and vomiting. Drink the juice of one pure lemon before taking the products. Some find they can only tolerate the flaxseed oil and cottage mixture at noon and evening but not at breakfast

Cloves – chew on a fresh clove will help or take 1 x 500 mg of clove capsule 3 x day with water
Clove oil – few drops stops vomiting and an infusion will relieve nausea

Ginger tea – put the juice of a thumb nail size of fresh ginger in hot water....let sit for about 5 or 10 minutes and drink the tea or you can use 1 teaspoon of ginger powder in hot water, let sit for 5 minutes and sip on it

ARE YOU GROUNDED?