



Ana-med
ACUPUNCTURE

Morning Sickness

In order to prevent morning sickness.....

Eat every couple of hours and small meals.

Eat protein with every meal.

If you wake during the night, eat something.

Rest when you are tired and get adequate rest wherever possible.

Stay well hydrated.

(Farrell & Erlich, 2012)

Nutrition

Coconut water (non-pasteurized is better but in NZ the drinking coconuts are our only option) helps with hydration.

Drink plenty of water.

Eat nutritious, cooked and easily digested foods like rice congee and soups (see recipe section below).

Teas such as mint, chamomile, ginger, or mei gua hua (baby rose) are hydrating.

Add honey and good quality natural salt (this makes an electrolyte solution to help rehydrate).

Other teas that may be useful - dried citrus peel (mandarin is typical called *chen pi* in Chinese), fennel, and green tea (no more than two cups a day), grapefruit peel.

Combinations - ginger, dried citrus peel and mint; ginger, dried citrus peel and 2

Chinese red dates (jujube/da zao); ginger, citrus peel and brown sugar/honey.

Beneficial foods: lentils, millet, rice, chicken soup, stock from beef and carrots, peppermint, ginger, almonds, eggs, bean products, lean pork, plums.

Foods that may aggravate morning sickness are greasy, fatty foods and acidic foods: chilli, garlic, cinnamon, lamb, coffee, excess black and green tea, red wine, crab/crayfish, citrus fruit (the peel is usually fine).

Some women also find it useful to carry around a lemon or other essential oils that work for them in order to cover any unsavoury smells that might set them off.

Ingredients such as dried mandarin peel/chen pi, dried red dates/jujube/da zao – or hong zao (seedless), baby rose/mei hua gua and others from the recipes below can be purchased from most Asian grocers. You can make your own dried citrus peel by drying it on a plate in the sun or a warm dry place over a few days (the older it is the stronger it's properties).

The recipes below serve as typical medicinal foods for anyone who is lacking in nutrition. They are easily digested and tolerated well so are ideal ways for women with morning sickness to get the nutrients they need.



Recipes

Bone stock/broth

Classic Asian examples of nutritious bone broths or stocks to rebuild a recovering mother are chicken or beef and seaweed.

The stock can be used as an ingredient for making other dishes or a simple soup snack and should be eaten over several days.

Follow directions for *Beef broth* in the **Korean postpartum seaweed soup** substituting chicken for the beef if desired, a vegetarian option is also outlined with Dried Chinese mushrooms (shitake).

Preparation for cooking broth - *feiseui* (flying through water) or parboiling meat and poultry is thought to be very important before the ingredients are acceptable for adding to soup.

The process involves putting the raw bones/meat (preferably skinned with fat trimmed and rinsed) in boiling water with a few slices of ginger and boiling for 5-10 minutes until the foamy coagulation rises to the top, discard the water then rinse the bones/meat thoroughly (Chen, 2009). Some would also soak the bones in water for about 30 minutes prior to boiling (Chang 2011).

As a child I was told that the foam that rises to the top of the pot is the toxicities that come out of the meat/bones.

Korean Postpartum Seaweed Soup

Beef broth

1 pound beef bone, oxtail or shank.

30 cups of water, or water to fill stock pot

Broth:

Fill stock pot with water and prepared beef bone, oxtail or shank and bring to a boil. Simmer for 2-3 hours. Set aside and let broth cool down. Skim fat.

Beef bone and bone from oxtail and shank can be used 2-3 times to produce beef broth. If using oxtail or shank, remove meat before boiling for second time.

Vegetarian broth

4 dried Shiitake mushrooms

one handful dried kelp (kelp/kombu is available in strips and one would generally be adequate)

half an onion

Rinse dried mushrooms and kelp and place in 8 cups of water. Soak in water for 2 hours. Add onion and bring to boil. Boil for 10 minutes. Remove mushrooms, kelp, and onion from broth.

Seaweed soup using prepared broth

1. 2 cups of rinsed and drained seaweed (take handful of dried kombu, cover with water and soak for 15-30 minutes - some types of seaweed such as wakame and karengo need only 2-3 minutes soaking).

Rinse, drain and chop into bite-size pieces if needed.

2. Add seaweed and 5-6 cups soup stock; bring to a boil. (If you used oxtail or shank, add the cooked meat to soup.) Boil for about 15 minutes over medium heat.

3. Add 1-2 teaspoon soy sauce or salt, to taste.



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Simple beef seaweed soup

1. Cut beef, such as brisket, into small pieces.
2. Add sesame oil to pot and cook meat on medium heat.
3. Add seaweed that has been soaked and drained.
4. Slowly add 5-6 cups of water/broth and bring to a boil.

Garnish with toasted sesame oil, salt/soy sauce and fresh herbs e.g. chives, coriander, parsley.

(Adapted from Chang, 2011).

**Pacific harvest has a good range of seaweeds with some such as korengo, kelp and agar being sourced from New Zealand.

Miso with bone stock and seaweed

Soak 1 Tablespoon seaweed (wakame is the green seaweed often seen with miso but any quick cooking seaweed is good) for 2 minutes.

Bring to the boil 2.5 cups of stock add wakame and any other vegetables or tofu you may want to add (and cut small) then simmer for about 5 minutes.

In a bowl mix 4 Tablespoons of the hot stock water to the miso paste and mix until all lumps are dissolved.

Pour the miso mix back into the pot and stir then garnish with chives or spring onion.

**Avoid boiling miso as this can destroy the fermented microorganisms that are beneficial.

(Adapted from Basic Miso Soup, Pg 67 - Wang, Sheir & Ono, 2010)

Rice Congee – Jook

A simple and nourishing medicinal food with many possible variations to suit every taste. It can be made into a savoury or sweet dish. The basic recipe...

½ cup rice

4-5 cups of water or stock (depending on whether you like a watery, soupy jook or a thick, creamy, porridgy jook).

Bring to the boil then lower heat and simmer on low heat until rice has broken down and mixture becomes the consistency of porridge (if you want a thick jook). A good hour is usually adequate time for this unless using brown rice which may take a bit longer (generally brown rice jook is a bit more watery as it's not as glutenous).

Make up your own Jook recipes by choosing from the Qi and Blood building foods above, some examples are...

Savoury versions can be made with stock (bone or vegetarian):

Shitake mushroom (pre-soaked and finely sliced) with chicken slices.

Seafood of your choice and fresh ginger.

Aduki bean and beetroot.

Seaweed, shitake mushroom and Chinese red date.

Garnish with spring onion/chives/parsley, a dash of soy sauce and toasted sesame oil.



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Sweet versions:

Chinese red date (or normal date), dried longan fruit, fresh ginger

Fig and almond

Coconut and citrus peel

Apricot and ginger

For extra protein add some amaranth or quinoa.

To garnish choose from - honey, bee pollen, tahini, seeds (chia/toasted sesame/flax/sunflower), milk, fresh fruit.

You could also try... **Henry Lu (2005) recipes**

Boil 15-20g of grapefruit peel and drink as tea.

Fry 250g of sweet rice with 30ml of fresh ginger juice until the rice breaks, grind into a powder and take 10-20g in warm water 2 times a day.

Bring 60ml of rice vinegar to the boil, add 30g of sugar and stir until dissolved, break an egg into the boiling vinegar. Once egg is cooked drink.



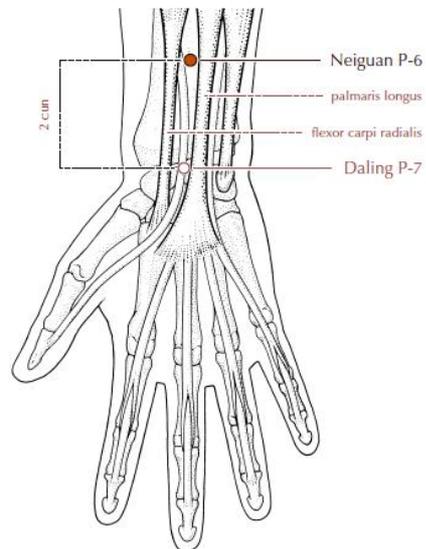
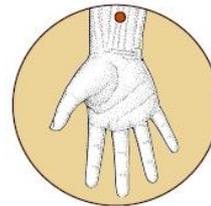
Acupressure Points

The acupressure points below may be useful in reducing nausea during pregnancy. Seabands can be purchased from many chemists and are used on Neiguan P-6.

NEIGUAN P-6 Inner Pass

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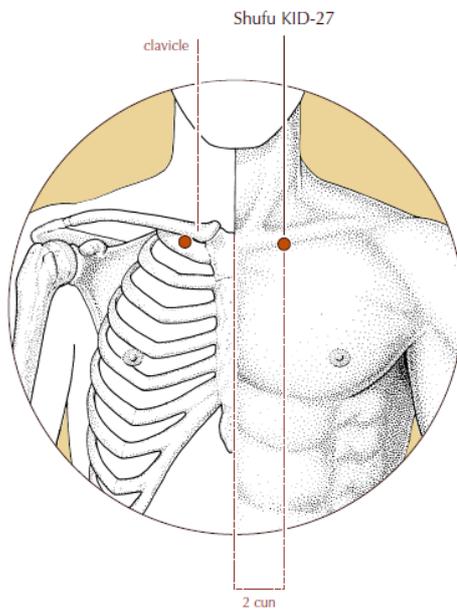
LOCATION
On the flexor aspect of the forearm, 2 cun proximal to Daling P-7, between the tendons of palmaris longus and flexor carpi radialis.



SHUFU KID-27 Shu Mansion

俞府

LOCATION
In the depression on the lower border of the clavicle, 2 cun lateral to the midline.



LOCATION NOTE
The 2 cun line is located midway between the midline and the mamillary line.

(Deadman, 2000)



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