# NAUSEA

- **The best tea for nausea is peppermint or ginger root. They should be easy to acquire. Ginger root is the knarly root you can purchase at the supermarket that most people make asian food with.**
- **Peppermint can be in the form of a peppermint tea, or a peppermint candy or a drop of essential oil mixed in 1/2 cup of water.**
- **Best to drink teas on an empty stomach 3 - 6 times a day.**
- **Slippery elm is another anti-nausea remedy.**
- **Oatmeal tea: cook oatmeal, filter the juice, add raw honey to the juice and drink.**
- **Rice tea (same preparation as oatmeal.**
- **Honey is a natural anti-biotic for the digestive system, soothing and healing.**
- **Cinnamon helps reduce nausea, esp. combined with honey.**
- **BRAT diet: bananas, rice, applesauce, toast.**
- **Activated charcoal for food poisoning.**
- **Acupoint PC6 for postoperative nausea, vomiting (also good for insomnia and anxiety) Stimulate the point for 30-120 seconds:**




