

NAUSEA

Generally described as a queasy or uneasy stomach, with or without the feeling that you are about to vomit.

POSSIBLE CONTRIBUTING FACTORS



- Biliary insufficiency or stasis (cholestasis) secondary to vitamin B6 deficiency
- Liver damage or dysfunction
- Digestive dysfunction (low or excess stomach acid leading to acid reflux, pancreatic insufficiency)
- Irritated mucosal lining of the GI tract
- Parasites
- Pregnancy
- Viral infections
- Mechanical obstruction
- Appendicitis
- Nutrient excess: vitamin A toxicity, niacin toxicity, excess copper, iodine or selenium toxicity, too much zinc on an empty stomach
- Histamine overload
- Food sensitivities

LIFESTYLE & DIETARY RECOMMENDATIONS



- Hydrate with lemon water throughout the day
- Liver/gallbladder support: dandelion root tea, beet kvass, castor oil packs
- Consume ginger, peppermint tea
- Consume a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Consider an elimination diet removing the common offenders like gluten and dairy for a minimum of 30 days followed by a re-introduction. Also consider eggs, nuts, yeast, soy, corn, peas.
- Consider a short-term low FODMAP diet while addressing the root cause
- For rapid relief: apply pressure for a few minutes on the inner wrist, about 2.5 inches (6.4 centimeters) down, in between two large tendons

SUPPLEMENT CONSIDERATIONS



- D-Limonene
- Liver/gallbladder support formula (milk thistle, taurine, burdock, dandelion, choline, artichoke extract)
- Digestive support (betaine HCL, pancreatic enzymes, ox bile or digestive bitters)
- DAO enzyme (if histamine related)
- Ginger capsules (1,000-1,500mg/day with meals)
- Nox vomica homeopathy