

### **Natural Remedy For Nausea & Vomiting**

1. Chamomile enema
2. Drink peppermint tea; chamomile tea
3. Keep nil by mouth
4. Crush 2 charcoal mix with chlorophyll
5. Check DXT
6. Place cool wet towel on the forehead for relaxation
7. Place hot pack at stomach
8. Ginger – not for cancer patients or in pregnant women
9. Pressing P6 acupressure point for 1 minute on each site – Neiguan site
10. Diet of banana/ apple sauce/ toast/ rice
  - Toast not to be taken in cancer patients