

SIMPLE HERBAL NAUSEA GUIDE

THINGS YOU CAN GET FROM THE GROCERY STORE PRODUCE SECTION

Understanding Herbal Relief for Nausea

Nausea can disrupt your day, but nature offers gentle relief. This guide provides simple herbal remedies, using ingredients that you can find at your local grocery store, to soothe your stomach and hopefully help you feel a little better. (Always consult your healthcare provider for persistent or severe nausea).

Ginger: The Digestive Dynamo

Best Uses:

- GI Bug
- Food Poisoning
- Morning sickness
- Motion sickness
- Chemotherapy-induced nausea
- General indigestion

Preparation:

1. **Ginger Tea:** Slice 1-2 inches of fresh ginger root and steep in hot water for 10-15 minutes. Add honey or lemon to taste. Take small sips all throughout the day.
2. **Ginger Lozenges:** Cut a small slice of ginger, place it on your tongue, suck on it as tolerated if unable to keep liquids down.

Tips:

- Start with small doses to assess tolerance.
- Fresh ginger is more potent than dried.

Peppermint: The Soothing Soother

Best Uses:

- Indigestion
- Bloating
- Travel Nausea
- Headaches related to nausea

Preparation:

1. **Peppermint Tea:** Steep 1 teaspoon of dried peppermint leaves or handful of fresh leaves in hot water for 5-10 minutes. Keep covered while steeping! Take small sips.
2. **Peppermint Oil:** Inhale peppermint essential oil or apply diluted to temples (avoiding eyes).

Tips:

- AVOID peppermint if you have acid reflux, as it can worsen symptoms.
- Peppermint candies can offer mild relief.

Chamomile: The Calming Companion

Best Uses:

- Stress-related nausea
- Anxiety
- Motion sickness
- General stomach upset

Preparation:

1. **Chamomile Tea:** Steep 1-2 teaspoons of dried chamomile flowers in hot water for 5-10 minutes. Keep covered. Drink tea slowly in one sitting.

Tips:

- Chamomile has mild sedative properties.
- Avoid if allergic to ragweed or other Asteraceae family plants.
- Can be combined with ginger or peppermint for enhanced relief.

Lemon Balm: The Gentle Balancer

Best Uses:

- Nervous stomach
- Stress-induced nausea
- Mild indigestion

Preparation:

1. **Lemon Balm Tea:** Steep 1-2 teaspoons of dried lemon balm leaves or a handful of fresh leaves in hot water for 5-10 minutes. Keep covered. Sip as tolerated throughout the day.

Tips:

- Lemon Balm can interact with certain medications, consult your doctor if you are on medication.
- It has a mild, pleasant citrus flavour.
- Best used for ongoing mild nausea relief.

Marshmallow Root: The Gut Protector

Best Uses:

- Acid reflux
- Gastritis
- Ulcers
- Soothing Irritated Digestive Tract

Preparation:

1. **Marshmallow Root Infusion:** Steep 1-2 teaspoons of dried marshmallow root in cold water for at least 4 hours or overnight. Strain and drink.

Tips:

- Marshmallow root is mucilaginous, meaning it creates a soothing coating in the digestive tract.
- Avoid taking it with other medications, as it can interfere with absorption.
- Safe for long-term use

Important Considerations

- This guide provides general information and should not be considered medical advice.
- Consult your healthcare provider for persistent or severe nausea, especially if accompanied by other symptoms.
- I am currently pregnant and feel comfortable using all of these myself, but always consult your own midwife/OB.
- Be aware of potential allergies or interactions with medications.

More science:

GINGER Mechanism & Antiemetic Action

5-HT₃ Receptor Interaction Studies

- **Ginger and its pungent constituents non-competitively inhibit activation of human 5-HT₃ receptors of enteric neurons.** Shows that ginger extracts and key compounds inhibit 5-HT₃ receptor activation in human neurons, a mechanism related to its anti-nausea effects.
PMID: 23490018
- **Effects of ginger constituents on the gastrointestinal tract: role of cholinergic M3 and serotonergic 5-HT₃ and 5-HT₄ receptors.** Explores how ginger compounds interact with 5-HT₃ and other receptors involved in gut motility and nausea.
PMID: 21305447

Clinical/Systematic Evidence

- **Medicinal plants for chemotherapy-induced nausea and vomiting: a systematic review.** Summarizes evidence that ginger (gingerols, shogaols) may act via 5-HT₃ receptor modulation and other pathways to relieve nausea.
PMID: 40771488

PEPPERMINT Aromatherapy & Smooth Muscle Effects

Aromatherapy Clinical Trial

- **Effect of aromatherapy with peppermint, ginger, and lavender on postoperative nausea severity.** A randomized trial showing that inhalation aromatherapy including peppermint significantly reduced nausea severity after surgery.
PMID: 40154579

Mechanistic Study

- **Mode of action of peppermint oil and (-)-menthol with respect to 5-HT₃ receptor subtypes.** Demonstrates that peppermint oil and menthol inhibit 5-HT₃ receptor channel activity in vitro, supporting a potential anti-nausea mechanism.
PMID: 21077259

(Note: there are no large clinical trials on peppermint alone for nausea in PubMed, but peppermint's smooth-muscle effects and some aromatherapy trials support its use.)

CHAMOMILE Clinical & Supportive Evidence

Clinical Trial Evidence

- **Effectiveness of chamomile in reducing nausea and vomiting after surgery.** A clinical trial showing that chamomile reduced nausea severity four hours after middle ear surgery.
PMID: 40092536
- **Effect of ginger and chamomile on nausea and vomiting caused by chemotherapy.** A randomized trial showing both ginger and chamomile reduced vomiting frequency in women undergoing chemotherapy.
PMID: 27644672

Supporting Review

- **Chamomile (*Matricaria chamomilla* L.): a review of effects including nausea/vomiting.** A broad review covering bioactive components and clinical uses, including supportive evidence for nausea/vomiting relief.

LEMON BALM Calming & Digestive Support

While PubMed evidence specific to lemon balm and nausea is limited, there are **systematic and pharmacological reviews** supporting its calming and digestive role:

- **Clinical efficacy and tolerability of lemon balm (*Melissa officinalis*).** Review of lemon balm's calming properties and broader system effects on anxiety and nervous system tone, which often influences nausea.
PMCID: PMC11510126
- **Effectiveness of lemon balm for anxiety and mood (systematic).** A clinical review suggesting lemon balm may improve anxiety symptoms, indirectly supporting its use for stress-related nausea.
PMID: 34449930
- **Lemon balm basal and spasmolytic effects on GI tract.** An animal/experimental study showing lemon balm extract affects GI contractility, which can relate to digestive comfort.
PMCID: PMC6653806