



6) - Spasming of the oesophagus

SOLUTION

this may be relieved – and handily through the skin – by **using magnesium oil/gel**. Not so much orally – get some to absorb through the skin – it works better and regardless of bad you feel – you can still be helping yourself . [The importance of magnesium to humans.](#)

It is irrelevant if it is how you always have lived - life is different when pregnant . .

7) - Can't think of what to eat?

This is the Spleen Qi basically on strike. Not a survival strategy. This needs fixing as an empty Stomach is the major reason for nausea and allowing this to continue – will guarantee more of the same - vomiting in pregnancy.

SOLUTION

As above. Anything that is NOT cold/raw or sweet – probably salty is best. Just a mouthful. Often. Clean your teeth. Have a sip of lemon water. Massage your points. Breathe in gold light and surround your baby with love.

REMINDER - Make sure you are poohing at least once daily – this in itself will start nausea again - if not – take more magnesium - when too much in board – you automatically will empty the bowels. Again – [use the magnesium on the skin.](#) Perhaps juicing your veggies will allow these [concentrated nutritional packages](#) to assist you. Food HAS to be a large part of your answer