

Early Pregnancy Symptoms and Fibromyalgia



Manage your normal human stuff
Specific tips for morning sickness
Managing fatigue
Managing pain
Preparing to head off pelvis issues
and more

www.melissavsfibromyalgia.com

Early Pregnancy Symptoms and Fibromyalgia

Pregnancy is an exciting time but it can also be tricky dealing with the early symptoms. Adding the fibromyalgia complexity makes it just a bit more difficult.

Here's my tips for managing pregnancy symptoms with Fibromyalgia:

(Catch your free report *Managing Early Pregnancy Symptoms* on the Resources page)

Manage your normal human stuff first

- Sleep as best as you can
- Rest
- Eat as healthily as possible
- Pregnancy multi vitamin
- Drink lots of water
- (Don't forget I literally wrote the book on [Pregnancy and Fibromyalgia](#))

Specific for morning sickness

- Ginger tea
- Peppermint tea
- Peppermints
- Ginger lozenges
- Vitamin b6
- Acupressure wrist bands
- Lemon juice (smell or put a little in water)

If it's bad, as in you're not keeping water or food down, seek medical attention. Hydration is crucial, as is nutrients for your developing baby.

There are a couple more options that I used that you need to do your own research on - essential oils.

(Catch your free report on *Essential Oils for Natural Health* on the Resources page)

Here's two starter articles for you.

<https://www.mamanatural.com/eo-pregnancy-birth/>

<http://www.thehippyhomemaker.com/using-essential-oils-safely-for-pregnant-nursing-mamas/>

I used [lavender](#) for pain and [peppermint](#) for nausea and headaches.

Managing fatigue

For me, fatigue is the big issue to manage. My fatigue levels can cause nausea and orthostatic intolerance even without morning sickness.

Really prioritise sleep and rest! After the children are in bed I found lying down to read (with my knees up to rest my low back) really helpful. Even if insomnia is plaguing you, resting helps. Try a meditation.

If, like me, increased pain hits you in pregnancy you might like to try these

- Stretching - cat and cow pose, child's pose, forward bend, hip flexor stretches, low back stretches etc.
- Keep exercising gently
- Warm baths and showers
- Arnica pain cream
- Physiotherapy/massage/osteopathy etc.

If you're trying to head off pelvis issues like me, here's what I'm doing (my physiotherapist taught me how to do these appropriately),

- Knee presses
- Mini squats
- Calf lifts
- Pelvic floor, stomach engaged pelvic tilts
- Superman pose

Please remember that this is a finite time and you'll soon be thinking on other things, namely your fast growing passenger.

For more information

Come join the Fibro Mama Pregnancy and Fibromyalgia [Facebook group](#)

Try my full [Pregnancy and Fibromyalgia](#) course

Get the [Pregnancy and Fibromyalgia full workbook](#) from my Etsy Store.

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