



Research has demonstrated that gastric (stomach) contraction patterns are not the same in all women suffering from nausea and vomiting of pregnancy. Absent gastric wave contraction patterns as well as superfast contractions can occur, making treatment often a hit-or-miss situation.

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*Take Two Crackers and Call Me in the Morning!*  
 A real-life guide for surviving morning sickness by  
 Miriam Erick.  
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<https://morningsickness.net>  
 Stomach Action! cartoon by Kelly Lockett,  
 Brooklyn, NY.

One of the early appreciators  
of the physical and psychological  
elements of nausea  
(due to seasickness)  
was Marcus Tullius Cicero  
(106 BC–43 BC).  
He said he'd rather be put to  
death than experience the  
tortures of seasickness!

Just sending you a little historical  
trivia for a distraction....  
And fingers crossed for this  
misery to be over yesterday!