

# Nausea

## **Possible Causes and Contributing Factors:**

- Dehydration
- Excess refined or processed food
- Digestive insufficiency (hypochlorhydia, hyperchlorhydia, biliary stasis, biliary insufficiency, pancreatic dysfunction)
- Constipation or diarrhea
- Thyroid or adrenal dysfunction
- Ulcer

## **Suggested Dietary Changes:**

- 8 glasses pure water daily

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*