

10 MIRACLE HOME REMEDIES TO STOP VOMITING



Ginger

Soothes the stomach and reduces vomiting sensations. Try ginger tea or candies.



Peppermint

Relaxes stomach muscles and eases digestion. Sip peppermint tea or use essential oil.



Lemon

Citrus aroma and acidity curb nausea. Mix lemon juice with warm water and honey.



Chamomile Tea

Calms the stomach and prevents vomiting. Enjoy a warm cup of chamomile tea.



Apple Cider Vinegar

Regulates stomach acid levels to minimize nausea. Dilute with warm water.



Cumin Seeds

Chew cumin seeds to relieve nausea and discomfort.



Cinnamon

Its anti-inflammatory properties ease vomiting sensations. Add it to warm water or herbal tea.



Mint Leaves

Chewing mint leaves or making mint tea can quickly ease vomiting sensations.



Bananas

Easily digestible and rich in potassium, bananas soothe the stomach and combat vomiting.



Acupressure

Apply gentle pressure to the P6 point on your wrist to relieve nausea.