**Title** Morning sickness and pica – better understanding helps GP’s help pregnant women

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Morning sickness is the only time in the human lifecycle when there is a variably severe, periodic alteration to appetite that is aversive to many healthy foods.

Women can also have bizarre cravings. Pica is the more extreme form where not-nutritive items are ingested possibly to neutralise toxins.

But who develops it and how can long hours of daily fasting due to nausea, vomiting, ketosis and even weight loss still result in their babies nearly always ‘doing well’?

Better understanding of the nutritional physiology during pregnancy allows GP’s to give appropriate advice to women prior to pregnancy.

GP’s can help women when they are having difficulty with conflicting nutritional information and managing morning sickness and craving symptoms and signs of pregnancy. Better pregnancy outcomes can be expected, in addition.