



Pregnancy Recommendations

Our goal is to nourish your body throughout your pregnancy to keep you comfortable, healthy, and to support the development of a strong and vibrant child.

General Guidelines

- Take a prenatal vitamin. Here are some options:
 - Prenatal Nutrients by *Pure Encapsulations*
 - Prenatal One by *Rainbow Light*
- Consider the following supplements: Folate (methylated), Vitamin D, Omega 3 Fatty Acids
- Drink plenty of water
- Eat a variety of fresh fruits, vegetables, lean meats, and whole grains
- Use organically grown produce, additive-free foods, free-range eggs, fresh fish, and organic meat and poultry
- Eat as much variety as possible to give baby diverse nutrients
- Have snacks with you at all times, avoid getting overly hungry
- Minimize highly processed foods, sugar, and caffeine
- Refrain from cigarette smoking, marijuana, alcohol
- Avoid pesticides and chemicals when possible:
 - Hair dyes, perfumes, chemical household cleaners, nail polish remover, garden sprays, paint fumes, etc.
- Exercise in moderation – it is okay to continue your regular exercise regimen. Avoid starting any new, intense exercise during this time.
- Get 8 hours of sleep, nap if needed
- Do activities you enjoy, spend time outside in nature
- Listen to your body – rest and eat when needed

Nausea

Nausea is estimated to affect one third of all pregnancies. It will help to follow these guidelines:

- **Adequate Fluid intake**
 - Drink plenty of water, tea, and other nourishing liquids such as coconut water, bone broth, or soups.
 - Dry lips, feeling thirsty and a reduced urinary output are signs that your fluid intake is inadequate. If your urine output decreases to only once a day you need to let your doctor know.

- o If it is difficult to drink fluids, concentrate on having small amounts frequently. Try soups (potato soup can be useful as it is very bland) or warm teas. Ginger tea or peppermint tea are often helpful.
- **Have small regular snacks to keep your blood sugar levels stable**
 - o Eat a small snack every 1.5 to 2 hours (maybe a few raisins or nuts, ½ a sandwich, ½ a piece of fruit).
 - o Avoid sugary foods that will quickly elevate your blood sugar levels such chocolate, cakes, pastries, juice, etc.
 - o Have a snack that is high in protein (nuts, yogurt) before going to bed and a carbohydrate-based snack (toast, crackers) upon waking.
- **Listen to your body, focus on foods that work for you**
 - o If you are feeling cold and tired, focus on warm drinks and soups.
 - o If you experience phlegm in your throat, try avoiding dairy products, especially milk and cheese.
- **Rest**
 - o Rest will definitely be beneficial.
 - o If possible arrange some down time for that time of day when you are most prone to feeling nauseous.
- **Supplements**
 - o Magnesium can radically reduce nausea and vomiting in pregnancy. (400 mg daily)
 - o Vitamin B6 as a part of a B-complex or a quality prenatal supplement is well-studied to reduce nausea in pregnancy. (50-200 mg daily, depending on the degree of nausea)
- **Other Tips**
 - o Ginger Ale
 - o Mineral water with lemon
 - o Ginger Tea. Grate a piece of root ginger, seep in boiling water for 10 minutes – add honey to taste. Do not exceed 3 cups per day.
 - o Peppermint tea

Heartburn

It is normal for pregnant mothers to experience a burning feeling that travels from the stomach into the throat. Heartburn happens when digestive juices leave the stomach and travel into the esophagus. Changes in progesterone and estrogen levels in pregnancy cause the smooth muscle tissue in the body to relax. This allows the digestive juices to leak out of the stomach.

During the later stages of pregnancy, the uterus may press into the stomach and cause heartburn to intensify. Once the baby "drops", or descends before birth, symptoms may lessen when pressure from the uterus decreases.



The following recommendations may help ease heartburn:

- Prop your torso up with pillows to sleep more comfortably
- Keep to small meals and avoid large meals 3 hours before bed
- Refrain from laying down after eating
- Avoid drinking while eating
- Walk after eating to promote digestion
- Avoid foods that give you indigestion
- Limit or avoid spicy and rich foods, fried and fatty foods, processed meats, chocolate, coffee, alcohol, and carbonated beverages
- Fennel seed tea is a good digestive aid after meals

Constipation

Some women experience slower bowels during pregnancy. To stimulate the bowels, we recommend:

- Taking probiotics
- Kiwi fruit - try and eat at least 1 per day
- Eating a banana first thing in the morning on an empty stomach
- Drinking a cup of hot prune juice or lemon juice in hot water half an hour before meals
- Natural Vitality Calm Magnesium Powder

Childbirth Preparation

In order to prepare for childbirth, we recommend taking classes offered by your hospital/clinic and reading the following book:

- *Ina May's Guide to Childbirth* by Ina May Gaskin