



Diet and Pregnancy

During pregnancy your body and the growing baby require a healthy balanced diet that includes organic vegetables, salads, fresh fruits, whole grains, fish, lean meats, and organic seeds and nuts.

You also need to increase your fluids and more particularly water. This is because your kidneys are now filtering waste products for two.



You may also need to take some vitamin and mineral supplements. Your Naturopath or Doctor will be to advise you about this.

If you have been wise enough to prepare your body for pregnancy by nourishing your body with organic fresh foods, and avoiding those foods affected by pesticides and chemicals, then you will most likely have a healthy and trouble-free pregnancy.

Pregnancy is a natural event, a primal condition that is all about feelings and changes within your body.

Pregnancy

Congratulations you've done it. You're happily pregnant.

You are a woman of childbearing years and pregnancy is a normal and natural state for your body to experience. Your body automatically knows how to grow and nurture this baby within you.

You are going to make some wonderful discoveries about yourself and your body, about your emotions, thoughts and your beliefs. These are going to open up a brand new magical world for you; a beautiful and mysterious time that may on occasions seem a little daunting and unsettling. And this is all perfectly normal.

How you experience your pregnancy depends on many factors. You can choose to read books and discover what is happening physically to your body or decide to listen to the advice of those who have been pregnant before you. However, remember that you are a unique individual, and that the story of your pregnancy is your very own special story, your own experience, one that will be just right for you.

Morning Sickness

You might say that morning sickness is a very efficient way for the body to cleanse itself. If you have been preparing your body as stated opposite, you probably will avoid having this problem. It is a good idea as a precaution, to stop consuming greasy, fatty foods; unrefined carbohydrates and sugary foods, and to stop putting an extra strain on the liver with carbonated drinks coffee and alcohol. Instead drink Fennel and Peppermint teas that assist digestion. It may also be useful to have small, frequent meals to prevent a drop in your blood sugar level. When your blood sugar levels are low this can also trigger morning sickness.

Heartburn

In the latter stage of pregnancy it's quite common for some women to experience "heartburn", also known as gastric reflux. Heartburn is caused by the pressure of the growing baby against the pouch of the stomach. This pressure pushes the acidic contents of the mother's stomach upwards. Heartburn can be made worse by a diet high in coffee or other drinks containing caffeine. This is because caffeine allows relaxation of the little valve that normally prevents the acid contents of your stomach from rising up and into the oesophagus. When the rising acid continues to irritate the lining of the oesophagus, you experience the burning sensation.

There are a number of safe Naturopathic treatments available for morning sickness and heartburn, as well as diet and lifestyle strategies to ensure that your pregnancy is a happy and healthy one. Naturopathic counseling and support will help make this an empowering time for you, as you prepare yourself for a relaxing and joyful birthing experience.