

COMMON DISCOMFORTS OF PREGNANCY

Anemia

1. Floridex liquid iron
2. Increase Vitamin C to 200mg per day
3. Avoid coffee, black tea, chocolate, and soda
4. Herbs to use: nettle, dandelion, yellow dock, kelp, parsley, chives, wheatgrass, red raspberry and dark green leafy veggies

Backaches

1. Focus on good posture
2. Pelvic rock to strengthen lower back and abdomen
3. Don't stand for long periods of time
4. Get lots of rest
5. Wear comfortable shoes

Bleeding Gums

1. Caused by increased blood supply
2. Increase Vitamin C

Braxton-Hicks Contractions

1. Good for you!
2. Prepares the baby, uterus, and you for labor
3. Breathe through them
4. Get as much rest as possible
5. If accompanied by cramping and become longer, stronger and closer together call your midwife.

Constipation

1. Eat fresh and dried fruit
2. Drink 1 gallon of water a day
3. Increase high fiber foods
4. Avoid straining and laxatives
5. Prunes, molasses, flax, slippery elm, psyllium seeds

Cramps

1. Pull toes back to ease cramp
2. Increase calcium, potassium and sodium

Herbs for Pregnancy

Red Raspberry – tones the uterus

Nettles – High in vit K which helps control hemorrhage in birth

Peppermint – helps in digestion of food, may help with morning sickness

Chamomile – aids in relaxation and digestion

Dandelion – helps ease constipation, is high in iron and calcium

Red Clover – high in many vitamins, protein and includes trace minerals. Good for promoting fertility

Skullcap – helps you sleep

Squawvine – uterine tonic

Alfalfa – high in mineral

Fatigue

1. Take naps
2. Lower the stress in your life
3. Increase iron
4. Increase vitamin B
5. Drink chamomile tea before bed

Gas

1. Identify offending food and avoid
2. Pelvic rock
3. Avoid carbonated beverages

Headaches

1. Try to rest as much as possible
2. Remember any drug you take goes right to the baby
3. Drink water – 1 gal/day
4. Eat some protein and calcium
5. Take a bath
6. Tell your midwife if headaches occur frequently
7. Herbs – dandelion, kelp, nettles, hops, skullcap, catnip and peppermint can be rubbed on the temples.

Heartburn

1. Identify offending food and avoid
2. Moderate physical activity
3. Yogurt and honey
4. Papaya
5. Apples and toast
6. Eat smaller meals, chew food thoroughly
7. Avoid carbonated beverages
8. Sleep sitting up

Hemorrhoids

1. Caused by impaired circulation and constipation
2. Kegels
3. Pelvic rocks
4. Sitz baths
5. Increase exercise, fiber and water

6. Combine any of the following for an external poultice: witch hazel, yarrow, comfrey, mullein, plantain, apple cider vinegar, potatoes

High Blood Pressure

1. Eat cucumbers, onions and garlic
2. Tincture of skullcap, valerian, passion flower, hops
3. Avoid stimulants and reduce stress

Mood Swings

1. Caused by normal hormonal changes
2. Increase Vitamin B and iron

Morning Sickness

1. Eat protein just before bed
2. Eat crackers before getting out of bed
3. Eat if you get up at night
4. Drink ginger tea, peppermint, cinnamon, catnip, red raspberry or fennel teas
5. Recognize the huge emotional factor in coming to terms with a new pregnancy and baby
6. Increase vitamin B

Nose Bleeds

1. Increase vitamin C
2. Use a humidifier
3. Avoid nasal sprays and nose drops

Sciatic Pain

1. This is the nerve that runs through the hip and down the back of the thigh
2. See a physical therapist
3. Wear comfortable shoes

Skin Problems

1. Increase vitamin B complex
2. Take dandelion

Sleep Problems

1. Exercise every day
2. Eliminate coffee, coke, etc.
3. Confront any emotional problems or fears
4. Take Calms Forte – a homeopathic remedy by Hylands
5. Increase Vitamin B, protein and calcium
6. Check for anemia

Urinary Tract Infection

1. Can lead to premature labor
2. Take 2,000mg of vitamin C before bed
3. Drink cranberry juice
4. Increase water intake

Varicose Veins

1. Caused by impaired circulation and clogged liver
2. Keep feet elevated when sitting
3. Pelvic rock
4. Increase vitamin C, E
5. External applications of comfrey, witch hazel, yarrow, plantain, apple cider vinegar

Weight Gain

1. There is no set maximum or minimum weight gain
2. Eat a well balanced diet
3. Avoid junk food, sugar, fats
4. Exercise regularly

Yeast Infection

1. Eliminate sugar and dairy during infection
2. Take acidophilus
3. Increase vitamin C and B
4. Apply aloe vera topically

When to call your midwife

Abdominal pain
Persistent vomiting
Painful urination or vaginal discharge
No movement of baby
Dizziness
Persistent headache
Excessive swelling
Broken water
Anything coming out of your vagina