

Enjoy Pregnancy On Cruise Control With Natural Health Support

Pregnancy should be a time of abundant health and joy but, unfortunately, many women find pregnancy a struggle, due to fluctuations in energy levels and other health challenges. Nowadays, very few mothers-to-be have the luxury of just taking it easy through their pregnancy as a result of the need to juggle family and work alongside growing a new baby. During this period it is important for women to receive adequate nutrition and minimise stress, not only to benefit their own health, but also the long-term health of their child. A Naturopath's holistic approach and natural medicines can help beautifully with this.

An overview of what I can offer in way of a wellness program for pre-conception, pregnancy and beyond

I always recommend a low glycaemic load wellness diet, and offer comprehensive guidance to ensure every client succeeds to grasp and implement this way of eating for their own, their unborn child and their families long term health. This easy to follow eating plan is based on protein rich foods with each meal, and good quantities of vegetables, fruits and berries, nuts and seeds, complex carbohydrates and limited starchy carbohydrates.

It is paramount to have a stable and healthy digestive system so that all other body systems are not thrown out of balance due to dis-regulation and dysbiosis of the gut. If digestion is not working properly, nutrients cannot be absorbed properly and deficiencies can occur for both mother and child. Also for the health of the new born baby it is essential for the mothers gut micro flora to be healthy and in balance as the mother passes on these micro-organisms to the baby during and after birth.

If there are any irregularities here a safe comprehensive gut healing program is essential.

The other crucial factor for a healthy pregnancy is reducing stress (seen as virtually impossible for most people in the high pressured world of today). A woman ideally needs to be nurtured and supported throughout her pregnancy so that she can put her best energy into growing a healthy child while remaining 100% healthy herself. So addressing stress and looking at ways to counteract it in lifestyle management is something important to address, and where necessary safe and effective herbs and nutrients can help balance stress levels well.

As part of a low stress and wellness program for pregnancy I encourage all pregnant women to have a monthly massage - something I also offer in my clinic.

When the diet is under control, the digestive system is working as it should, and stress is minimised, a otherwise healthy pregnant woman should be able to confidently look forward to a perfectly happy and healthy experience and sustain:

- stable blood sugar levels
- little or no symptoms of nausea
- a strong immune system
- good energy levels
- no gestational diabetes
- optimum nutrition for both mother and child
- good health and vitality pre and post birth

and give birth naturally to a perfect, beautiful, happy and healthy baby!

continued over ...

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This is a small selection of practitioner only products I commonly recommend to pregnant women who come in to see me. They are all the Metagenics brand.

Supplement	Dose	Rationale
Pregnancy Care	1 tablet daily	Pregnancy Care is a vitamin and mineral supplement specially formulated to support a healthy pregnancy. Nutritional needs increase during pregnancy and lactation. Sufficient vitamins and minerals are required to support maternal metabolism as well as foetal growth and development.
Mineral Essentials	1 scoop daily	Mineral Essentials provides key minerals to support healthy neurological function, hormone production, bone development and cellular energy production. Many Australian women are mineral deficient, with the average Australian woman consuming less than the RDI for calcium and iron. ¹
Ultra DHA Liquid	½ teaspoon daily	A high potency DHA formula to assist with brain growth and nervous system development of the foetus. DHA may also help maintain healthy cognitive function in the mother and reduce perceived stress. Children from mothers with high DHA levels at delivery have been shown to have improved cognitive development in their early years. ²
Ultra Flora Restore	1 capsule daily	Therapeutic probiotic strains present in Ultra Flora Restore help support gut and digestive function, and maintain normal healthy immunity.
Bio Q 150	1 capsule daily	A co-enzyme Q10 supplement to support mitochondrial energy production.
Fibroplex Plus	1 rounded scoop daily	To assist with stress, muscular aches and regulation of healthy blood sugar levels.

Wishing you the best of health
Meryn

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