

Pregnancy

Harmony & Health

(812)738-LIFE(5433)

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Being pregnant is truly one of the most beautiful experiences you'll have in your life. When you take a holistic approach, you prepare your body for the birthing process, connect with your baby while they're in the womb, provide your baby with a healthier start, while reducing stress on your body and mind.

When looking to have a more natural pregnancy, make sure you connect with your provider and explain your concept of a more holistic approach — and, if you feel like your provider isn't supportive, look for one that will be. Trust in yourself, do your research, and enjoy this journey.

Here are 4 things you can do to have a more holistic pregnancy:

1. **Diet is your foundation:** there is no discounting how important eating well is for you & the development of your baby. Focus on a whole foods diet, including leafy greens, good fats, quality proteins, variety of vegetables, antioxidant-rich berries & fruits, & whole grains. If nausea, smoothies can be your best friend. You only need about 300 calories more than normal, so avoid eating in excess.
2. **Relax & Restore:** Give yourself grace to relax, accept help when needed, & take time to intentionally connect with your baby. Take the time to unwind & connect with yourself and your baby (journaling, meditation, long walks), and make sleep a non-negotiable.
3. **Stay Active:** Move your body in ways that make you feel good. This is not the time to start a vigorous workout, but walking, stretching, and maintaining physical health is wise.
4. **Supplements to Support:**

Nature's Prenatal –multi-vitamin for pregnancy & breastfeeding to meet the nutritional needs of both mother and baby. It also contains ginger to soothe the stomach.

Calcium w/Magnesium & Vitamin D or Skeletal Strength - provides extra calcium to help with bone development and reduce the risk of leg cramps, hypertension and preeclampsia.

Methyl Combo– Body's need for folate doubles during pregnancy. Prefer methyl folate form.

Iron, Chelated or I-X - is helpful for women who may become anemic during pregnancy.

Red Raspberry – strengthens the uterus & female reproductive system, can help morning sickness

Lecithin - feeds the nervous system & brain. It also helps prevent stretch marks & gives elasticity to the skin.

DHA - good for the baby's brain and nervous system..

Special Issues:

- Constipation - Fiber is wise, **Nature's Three, Psyllium or LoClo**. For a laxative, use prunes or **Gentle Move**. Drink plenty of **water** to stay hydrated! **Chlorophyll** is a great addition to your water.
- Gas - **Papaya Mint, AntiGas or Proactazyme** (a digestive enzyme)
- Morning sickness - **Vitamin B-6, Ginger, & Magnesium** might help. Try **spearmint or peppermint tea**
- Stretch marks - **Lecithin, Vitamin E or Vitamin A&D** (open capsules and use on skin)
- Labor- **5-W** -take last 5 weeks of pregnancy to strengthen the vaginal wall & uterus, help contractions, ease labor.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

Building Better Health Naturally

