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Natural Pregnancy Health

Dr. Saunders' Top 4
Pregnancy Tips

No-Nonsense Guide to A
Naturally Healthy
Pregnancy

Healthy Eating for 2

The Gift of Life



GRANDMA'S CURE CORNER
ENCYCLOPEDIA OF NATURAL REMEDIES

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Dr. Saunders' Top 4 Pregnancy Tips

Having attended hundreds of deliveries, I have seen many highs and lows of childbirth. One girl, who was only 14 years old, seemed to be just about as tall lying down as standing. I didn't think she was going to be able to get that big baby out of her little body, but she squatted on the delivery table and pushed her baby out in twenty minutes. After we cleaned everything up and she was cuddling her baby with a big smile on her face, I then asked her, "How did you do that?" She replied with such wisdom for one so young, "I wanted to hold my baby, so I just thought of which muscles to tighten and which ones to relax to let him out."

Choose your helper

While modern techniques have dramatically reduced complications, there are still risks with each pregnancy. One decision that will affect pregnancy-related complications is the choice of a health care provider to assist in the delivery. Studies from both the US and Europe, comparing doctors and midwives, show a difference in healthy deliveries and babies.



For example, a large study published in 1998 (MacDorman and Singh) examined more than four million low-risk births in the United States. (Complicated pregnancies were eliminated because midwives generally handle only low-risk births.) Compared with physician-attended births, midwives have about one-third fewer newborn deaths, a third fewer low birth weight babies and almost sixty percent fewer complications, such as C-sections. It would be wise to consider a nurse-midwife if you have a low-risk pregnancy.

Whichever you choose, be sure your health care provider is aligned with your principles. Pregnancy and delivery is not predictable, so you may need to be flexible. Remember, the safety of the mother and baby is your first priority.

Grandma's Tips

Keep up with your labor!
Try this "Labor-Aid" Drink!

- 1/3 c. fresh lemon juice
- 1/3 c. honey
- 1/4 t. sea salt
- 2 calcium/magnesium tablets crushed
- Enough water to make 4 cups.

Enjoy 37 weeks onward to prepare your body for labor.

Prepare your body

Before you actually get pregnant, your body needs preparation not just to protect, but also to provide nutrition for your developing infant. When your baby needs nutrients, it will take them from your body, including from the food you are eating. Thus, your stomach and intestines need to digest and absorb nutrients well. For this reason, it is important to avoid foods to which you are allergic or sensitive. I often recommend also staying away from fried foods and sugary foods, since these can cause inflammation in the intestines.

Eat organic

Organic foods are best. Studies of people who eat organic show significantly lower levels of pesticides in their urine. The developing fetus is most vulnerable to pesticide exposure, which can cause developmental delays, behavioral disorders and motor dysfunction. Starting to eat organic foods early is important because women can build up pesticides that are passed from mother to infant in the womb, as well as through breast milk. Some exposures can cause delayed effects on the nervous system, even years after the initial exposure.



Eat only whole foods

Whole foods contain the proper nutrients. Taking a vitamin pill is not the same as eating a whole food, partly because many nutrients work synergistically for a much greater benefit. These include:

- Whole grains
- Fruit
- Vegetables
- Brown rice
- Nuts and seeds
- Beans, peas, and lentils
- Meat and eggs are a good source of protein and other nutrients, but don't need to be eaten in large amounts.

The added advantage of eating whole foods is having fewer problems with the bowels during pregnancy; the fiber in fruit, vegetables, whole grains and legumes prevents constipation.

Foods to avoid

• Alcohol

There is no safe limit for alcohol in the developing fetus. It is best to avoid it altogether if you are thinking of getting pregnant.

• Caffeine

Some studies indicate there may be a causal relationship between caffeine and miscarriages. While this may not apply to every pregnancy, it is best to avoid it. Caffeine decreases blood flow and increases the stress hormone levels in both the mother and baby.



• Soda or energy drinks

Both the sugar and stimulants affect the baby's development.

• Fish with mercury

Large ocean fish such as swordfish, shark, mackerel or tuna often contain mercury. There is no safe limit for mercury, so it should be avoided.

• Raw seafood, including lox and shellfish

These may be contaminated with bacteria such as listeria or algae, which may cause infection and miscarriage.

• Deli meats and imported soft cheeses

These contain preservatives and are often contaminated with listeria.

• Raw eggs

Avoid sauces or dressings made with raw eggs as they may have salmonella contamination.

Supplements to take

The most important part of development is the brain. If the nervous system develops normally, the rest of the body will follow. Therefore, the best supplements are those that feed the nervous system.

For example, over thirty years ago an association was noted between a lack of folic acid and spina bifida. More recently, an omega-3 oil DHA was found to be essential for brain development. How many more are there that we don't know about? This is why it is important to start off with a foundation of a good diet.

Most prenatal vitamins contain adequate levels of nutrients. However, with my research into brain re-generation in stroke victims, I have found a few formulas that can actually provide all the building blocks needed for normal brain development. Ideally, the prospective mother should start taking these before getting pregnant, because the nervous system is the first to grow, but any time they are started before delivery is an improvement.

[Brain Sustain, by Dr. David Perlmutter, MD](#)

--OR--

[EmPower Plus, by Truehope](#)

Use either one as directed on the label, which will replace the usual prenatal vitamins.

In addition, I recommend the following:

- [Cod Liver Oil](#) – 1 TBS per day (be sure it is mercury-free)
- [Vitamin B6](#) – 100 mg per day
- [Magnesium](#) – 400 mg per day

These last two (vitamin B6 and magnesium) will help prevent nausea and hypertension in the mother, as well as improving fetal development.

Please visit our *Home Cures That Work* [Amazon store](#) for your vitamin and

mineral supplement needs. Not all supplements are created equal, so we have researched those that safe for consumption, proven to properly digest and qualify according to label specifications. Don't leave your health to just any vitamin, supplement your health with the best in our [Amazon store](#).

Exercise

Many women are told not to exercise to avoid injuries during pregnancy, but this is a mistake. Exercise keeps the mothers metabolism normal, improves energy production and assures good circulation. Also, she will make more endorphins, hormones that calm stress, improve adrenal function, support the immune system and decrease delivery pain for both mother and baby. It is hard to overstate the importance of exercise!

However, keep in mind that the very high levels of hormones during pregnancy do soften the tendons and ligaments, allowing for easier sprains and strains, so don't overdo it.



The best exercise is the one you like enough so you will be motivated to do it regularly. You don't need to run marathons to release endorphins, just enough to break a sweat. Walking is great, as is swimming, riding bicycles or even lifting weights. Non-impact exercises such as yoga, tai chi or pilates are also excellent choices.

A great view

Even with all of these to help you, there are no guarantees. Pregnancy is a risk; it always has been. It is often compared to standing at the edge of the Grand Canyon, breathtaking and awesome, but a long way down! However, you can minimize the risks and improve both the pregnancy experience and outcome by taking good care of yourself using the best techniques and keeping a good attitude.

[Cherish your natural ability to nourish a healthy pregnancy and birth. Have any fears? We are here to help! Shoot us a comment HERE and we'll do our best to help you overcome the "why, if, when or perhaps" of natural pregnancy.](#)



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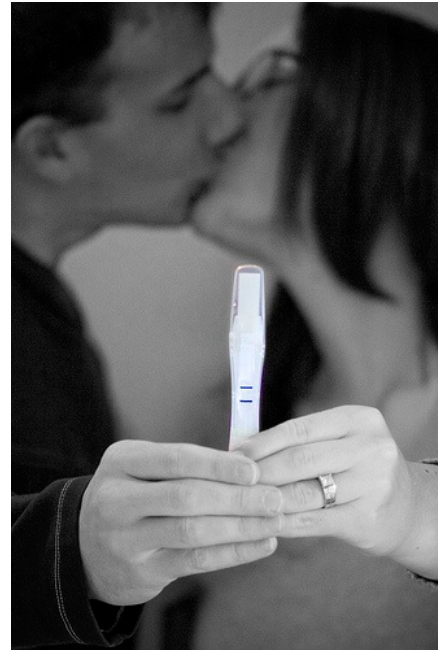
<http://drsaundersmd.com/>



No-Nonsense Guide To A Naturally Healthy Pregnancy

I remember my first pregnancy like it was yesterday. I stared down in disbelief at the plus (+) sign on my pregnancy test. A terrifying sound of happiness mixed with pure HomeCuresThatWork.com

unadulterated fear began to pour out of my mouth. My husband, having never heard me make such a noise, rushed into the bathroom. "I'm pregnant!" I exclaimed.



Once the shock wore off, the anticipation began. I shared the news with my co-workers from the local health food store. I was absolutely bombarded with questions.

- Are you going to vaccinate?
- You're going to breastfeed, right?
- Are you having a home birth?
- What prenatal are you going to take?
- Are you going to wait to cut the cord?

All these questions caused me to feel overwhelmed, to say the least. I knew I had a lot of research to do. I was about to pioneer natural pregnancy and childbirth amongst my friends who had not yet had a baby. I had made a choice that I would be doing this the most natural, healthy, non-invasive way possible. In this article, I hope to cover what I feel are some of the most important natural approaches during pregnancy, birth and beyond.

The Foundational 3

The most common question I get from pregnant women is, "What supplements should I take

during pregnancy?” There are 3 things I believe are extremely beneficial for pregnant mothers to take throughout their pregnancy and even while nursing after the baby is born. They are safe and important in the overall health of mommy and baby.

1. A Quality Prenatal

I have taken several brands and forms of prenatal vitamins. It has become my belief that a whole food prenatal is the best form you can take. The price point is typically higher than your run of the mill prenatal, but in this case, I believe you definitely get what you pay for.

The biggest complaint you run into with prenats is nausea. Companies like [New Chapter](#), [Megafood](#), and [Garden of Life](#) have pretty much solved this problem. Their prenats are so gentle that you can take them on an empty stomach! This is especially important during the first trimester, when it can be hard to eat much more than saltines.

2. Omega-3 DHA

Another important supplement during natural pregnancy and breastfeeding is DHA, an omega-3 fatty acid, which is crucial for focus and concentration. DHA is not only important for Mommy’s brain, but for baby’s developing one. If the mother is not taking an adequate amount of DHA, the developing or nursing infant will get it from their mom’s reservoir. I believe many new mothers experience foggy brain and forgetfulness because they are lacking DHA. Many experts even believe that the lack of omega-3 fatty acids contributes to postpartum depression.

DHA is most commonly present in fish oil. It is imperative, especially during pregnancy, that your fish oil be contaminant free. Make sure the company guarantees that it is been tested for purity and is free of PCBs and heavy metals. Nordic Naturals and Carlson’s are two of my favorite fish oil brands and are known for their quality.

3. Red Raspberry Leaf

[Red raspberry leaf](#) is famed for its use during pregnancy. It is one of very few safe herbs to take while pregnant. Most pregnancy teas have red raspberry as their main ingredient. I personally was not a fan of the taste and opted for the pill form. However, both can dramatically improve and prevent pregnancy complications.

Here is a list of just a few of the things red raspberry leaf can do:

- Ease morning sickness
- Prevent miscarriage
- Reduce pain during labor
- Make labor faster
- Increase milk supply

One of red raspberry’s greatest benefits is its ability to tone the uterus. This is how it is able to prevent miscarriage, reduce pain and increase labor speed.

I typically recommend 3-4 cups a day of the tea. For the pills, I recommend:

- 2 pills during the first trimester
- 3 pills for the second trimester
- 4 pills a day during the third trimester

[Solaray](#) and [Nature’s Way](#) are my go-to brands for the pills. Most women I know who were diligent with their red raspberry leaf had their babies in less than 5 hours. This is including myself. My longest labor was only 2 hours.



During the last trimester I also recommend alfalfa, which builds red blood cells and helps prevent hemorrhaging. Adequate [vitamin D](#) is also very important during pregnancy. Thirty-five (35) IU per lb of body weight is my standard recommendation.

Natural Options for Pregnancy Discomforts

There is nothing quite like the thrill of having a life formed inside of you. It is truly beautiful. Unfortunately, pregnancy can also have some pitfalls. Carrying a life may be beautiful, but it is far from comfortable.

Natural Morning Sickness Remedies

Ginger

[Ginger](#) is world-renowned for its anti-nausea properties and has been used for centuries for morning sickness. The key is using REAL ginger. Most ginger ales beverages do not contain real ginger. Real ginger comes in many forms including:

- Fresh ginger root
- Ginger pills
- Ginger tea
- Real ginger ale
- Ginger candy



You can tell when it's true ginger because it will have a kick to it. My favorite is [crystallized ginger](#), which is essentially real ginger candy and is great to suck on for nausea relief. You

can find true ginger products at your local health food store.

B6

Experts aren't exactly sure why or how it works, but studies have shown that supplementing with [vitamin B6](#) can help end nausea and prevent vomiting. It is important to keep the dosage below 100 mg. Studies also show it works best taken at night. I prefer the [P-5-P form](#), which is more absorbable than regular B6.

Goji Juice

[Goji berries](#) are extremely high in antioxidants. Goji worked very well when I took it for nausea and is becoming more and more popular amongst pregnant women. Sip on 2 to 8 ounces of [goji berry juice](#) diluted in a liter of water throughout the day for nausea relief.

Dealing with Constipation Naturally

Constipation is very common during pregnancy. It is always important to have regular bowel movements so that toxins and waste are eliminated from the body. If you are not having at least one significant bowel movement a day, you are constipated.

Chia

Most people know that fiber is important for good bowel function. My absolute favorite fiber is [chia](#). You can sprinkle it on your cereal, bake with it or throw it in liquid and drink it. The great thing about chia is that it is also a great healthy source of omega-3 fatty acids. As with any fiber, make sure you are drinking plenty of water throughout the day.

I like to make something called chia pudding, which tastes very similar to tapioca. It is delicious and super easy to make!



Chia Chocolate Pudding

- 1/4 cup [chia seeds](#)
- 3/4 cup milk (almond, rice, or regular)
- 1 heaping tbsp cocoa powder
- 1 tbsp of maple syrup
- 1/4 tsp vanilla extract

Mix ingredients together and let it sit for 10 minutes. Stir and place in the fridge for an hour to thicken.

[Magnesium](#)

[Magnesium citrate](#) is a very safe natural laxative. It draws water to the colon helping to “flush” the waste out. Most laxatives are stimulants and are not safe during pregnancy. I prefer to take magnesium citrate in a powder form called [Calm](#). Magnesium is also a natural muscle relaxant and “calms” helping you sleep at night

Safe Cold and Flu Remedies

You should take great caution in taking herbal preparations while pregnant. Luckily, there are several that work well in building the immune system. These healthy options are still safe while baby is growing and developing. My top recommendations are:

1. [Echinacea](#)
2. Garlic
3. [Elderberry](#)
4. [Vitamin C](#)

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Birth and Beyond

I will touch briefly on some subjects that I encourage you to look into pertaining to the birth of your baby. These are options that you will have to include in your childbirth plan if you are having a hospital birth.



[Delayed Cord Clamping](#)

There is a lot of positive evidence that waiting to cut the cord after labor can be very beneficial to your baby. That extra blood can prevent jaundice and increase baby's hemoglobin, blood volume and iron stores.

[The Hepatitis B Vaccine](#)

With a hospital birth, you will sign a waiver determining whether or not you want your newborn baby to receive the Hep B vaccine. Their little immune systems are so weak that I recommend waiting or forgoing the vaccine altogether.

[Antibiotic Eye Ointment](#)

This ointment is used for one reason. It prevents the spread of gonorrhea or chlamydia to the baby. If you have neither STD, then it is simply unnecessary.

[The Vitamin K Shot](#)

This is given to the baby in cause of a rare condition of bleeding on the brain. This shot,

like vaccines, can contain toxic preservatives. If you opt out of the vitamin K shot, you can ask about the oral form.

Postpartum Depression and Milk Supply

Two of the most common complaints after baby is born are postpartum depression and reduced milk supply.

Postpartum depression occurs during the rapid readjustment of hormones after birth. Preventing it is easier than treating. Breastfeeding your baby is one of the best ways to prevent postpartum depression. It helps regulate hormones and increases your endorphin levels. As I mentioned earlier, omega-3 from fish oil can also help prevent postpartum. Adequate [vitamin D](#) intake is also very beneficial.

[Blessed thistle](#) is an herb that is recommended for not only postpartum depression but also for increased milk supply. My favorite is combining blessed thistle with fenugreek for maximum milk production. I believe this herbal combo is the fastest and most efficient at increasing milk supply. Eating well and often and drinking enough water are also very important.

The Joy of Choosing Natural

Six years have passed since my first pregnancy. I felt much more prepared and relaxed with my next two pregnancies. All three of my children were born naturally and two were even water births. I have also personally used all the recommendations and supplements in this article. My “pioneering” has paid off and I’ve become known in my community and beyond for natural pregnancy, birth, and children’s health.

Pregnancy and childbirth are so exciting. There is truly nothing like the feeling you experience once your baby is placed in your hands. Scientists have found that there is actually a love cocktail released in your body during birth and breastfeeding. Endorphins combined with Oxytocin, the love hormone; create a feeling of euphoria and joy.

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I encourage you to walk out your pregnancy and birth, not with fear and trepidation, but with happy anticipation. You can do this! And you too can be a pioneer of a natural healthy pregnancy amongst your friends.

Are you still looking for natural pregnancy health solutions? Take a moment now to tell us a story, provide a tip or ask a question!



Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She’s been in the health and wellness industry for over 10 years and currently has a Naturopathic consulting practice in Sioux Falls, SD. Her passion is helping others achieve wellness of the whole person - mind, body, and spirit. If you don’t have a good local naturopathic doctor to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight

loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog “My Life in a Healthnut Shell” for contact info:

<http://amandabox.blogspot.com/>

Healthy Eating for Two

**How to give your
baby a healthy start
– and the same to
you!**

So, you are pregnant! This is a joyous time for you and your baby as you both celebrate the miracle of life! It is one of the few times in life where you actually get to play God!



Since the birth of...well, birth... it has been so very important to nourish the child growing inside you. Make sure you eat right and take good care of yourself so you and baby are strong and healthy 100% of the time during all your “-mesters.”

We have come a long way, baby, regarding healthful habits and what to do. More importantly, we have also discovered what *not* to do.

For instance, back in “the day,” (Actually, I never thought I would hear myself say stuff like that...It is akin to “back in MY day” and, frankly, reaching that point in life is the equivalent of 7,612 nails screeching down the same

chalkboard at the same time.) it was perfectly acceptable for pregnant women (I’m not sure why I made that distinction – like a man could ever be pregnant) to smoke and drink alcohol. We now know this is a “no-no.”

In fact, if you watch older shows or those depicting older times, the doctors who made sure everything was going according to plan throughout this precious pregnancy period often smoked in the examination room – during the exam!

So, I guess the first thing we need to talk about here is if you smoke and drink – stop! At least cut it out during your pregnancy. This may seem like a “gimme” but you never know...

The next thing on our agenda today is...

What you should eat if you want a win-win for you and baby

This is one of the most exciting times in your life. Don’t let a bad diet spoil it for you and your new little bundle of joy. Now, I am not saying it is going to be all cake and frosting (or pickles and ice cream for that matter). You will be dealing with oddball cravings...certain foods may make you ill...but you may find that the most satisfying eats may not be right for your inner (and outer) glow.

Author’s note: Actually, when my wife was pregnant, she craved escargot and live conch siphons – sans ice cream – ending an 8 year vegetarian existence! I know... EWWWW!

Okay, you get it. Good nutrition and plenty of it is one of the most important actionable ideas you can have. This month we are here to help! Now let’s roll our sleeves up and get busy... because you are going to need about 300 more calories each day to eat right than you did before you became pregnant.

All of your calories should come from high protein, high calcium and iron rich foods.



Whole grains are a good idea for everyone, but especially if you are with child. The recommended daily allowance is 6 – 11 servings of whole grains and healthy breads (made with unbleached, unprocessed flour or sprouted grain like [Ezekiel bread](#))!

You should also limit caffeine containing beverages to no more than 2 cups per day. It may give you a morning boost, but caffeine does pass through the placenta to the baby and is a plausible cause of birth defects.

Grandma's Tips

You should also limit caffeine containing beverages to no more than 2 cups per day. It may give you a morning boost, but caffeine does pass through the placenta to the baby and is a plausible cause of birth defects.

The reason to eat enriched grain products is they contain iron, B complex, minerals and folic acid (which is very important because it reduces the risk of brain and spinal cord defects by up to 70%). You can get more folic acid from OJ, spinach and kale.

Next, you will need:

- 2 – 4 servings of fruit
- 4 or more servings of vegetables (basically, all you can eat)
- 4 servings of dairy (or if you are vegan, be sure to get 1000 mg of calcium every day)
- 3 servings of protein – beef, chicken, fish, eggs and nuts

Your daily dose of necessities

Here is a bit of a chart (on the next page) for you to take a gander at because there is no need for guesswork and this no time to “wing it!”

The following is a nutritional chart you should follow closely when pregnant. It gives you a clear idea on what to take in each day if you want to stay healthy and nourish your precious baby.

Daily Nutritional Intake for You and Baby

Nutrient	Units	Some Natural Sources
<u>Water</u>	3 liters	Juices, tea, milk, soup, lettuce, cucumber, papaya, watermelon
<u>Carbohydrate</u>	175 grams	Barley, rice, tapioca, couscous, dates, raisins, cornmeal, wheat flour, bulgur, chocolate
<u>Protein</u>	71 grams	Poultry, lamb, beef, pork soybeans, ricotta and cottage cheese
<u>Fiber</u>	28 grams	Barley, bulgur, beans, peas, lentils, wheat fiber, oat bran, artichokes, dates, chickpeas
<u>Linoleic Acid</u>	13 grams	Safflower oil, sunflower seeds, corn oil, soybean oil, pine nuts, pecans, sesame oil, chicken fat
<u>Alpha-Linolenic Acid</u>	1.4 grams	Flaxseed oil, walnuts, canola oil soybean oil, fatty fish
<u>Vitamin A</u>	770 mcg	Turkey and chicken giblets, carrots, pumpkin, sweet potato, spinach, collard greens, kale, cantaloupe, turnip greens, beet greens, winter squash
<u>Vitamin E</u>	15 mg	Ready-to-eat cereals, tomato, sunflower seeds, nuts, spinach, safflower oil, turnip greens
<u>Vitamin K</u>	90 mcg	Kale, collards, spinach, turnip greens, beet greens, dandelion greens, mustard greens, Brussels sprouts, broccoli
<u>Vitamin C</u>	85 mg (excess causes cell damage in baby)	Oranges, grapefruit, sweet red peppers, papaya, cranberries, strawberries, broccoli, Brussels sprouts
<u>Vitamin B1 (thiamine)</u>	1.4 mg	Ready-to-eat cereals, enriched white rice, wheat flour, oat bran, pork loin, enriched cornmeal
<u>Vitamin B2 (riboflavin)</u>	1.4 mg	Turkey giblets, milk, ready-to-eat cereals, duck, yogurt, soybeans, spinach
<u>Niacin</u>	18 mg	Poultry, fish, wheat flour, barley, ready to eat cereals, tomatoes, enriched white rice, buckwheat flour, yellow cornmeal, pork loin, ham, bulgur, beef, couscous, lamb, peanuts
<u>Vitamin B6 (pyridoxine)</u>	1.9 mg	Ready-to-eat cereals, chickpeas, fish, beef, turkey, enriched white rice, potatoes, chestnuts, buckwheat flour, chicken breast and giblets, pork loin, prune juice, duck, bananas, plantains
<u>Folate (folic acid)</u>	600 mcg	Enriched white rice, ready-to-eat cereals, cornmeal, turkey giblets, wheat flour, lentils, cowpeas (black-eyed peas), beans, chickpeas (garbanzo beans), okra, spinach, asparagus, beef
<u>Vitamin B12 (cyanocobal)</u>	2.6 mcg	Cooked clams, turkey giblets, cooked oysters, cooked crab, fish, ready-to-eat Cereals, beef, lamb

<u>Iron</u>	27 mg	Beef, turkey, duck, cooked clams, chicken, soybeans, fortified cereals, lentils, spinach, lima beans, refried beans, chickpeas, tomatoes, and prune juice
<u>Iodine</u>	220 mcg	Cheese, bread, milk, salt, cooked seafood.
<u>Vitamin D (cholecalciferol)</u>	5 mcg (IU)	Salmon, rockfish, tuna, milk with added vitamin D, ready-to-eat cereals, skin exposure to sunlight
<u>Biotin</u>	30 mcg	Cooked egg, cheddar cheese, whole-wheat bread cooked salmon, pork, avocado
<u>Choline</u>	450 mg	Egg, salmon, turkey, beef, pork lion, lamb, soybeans, baked beans, ham, chickpeas (garbanzo beans), kidney beans
<u>Pantothenic Acid</u>	6 mg	Ready to eat cereals, beef, mushrooms, chicken, turkey, duck, canned condensed or evaporated milk, sunflower seeds, couscous, rice, bulgur, yogurt, corn , peas
<u>Calcium</u>	1000 mg	Ready-to-eat cereals, milk, cheese, cornmeal, yogurt, wheat flour, collards, rhubarb, sardines, spinach, soybeans, turnip greens
<u>Phosphorous</u>	700 mg	Cornmeal, canned condensed or evaporated milk, raw oat bran, fish, ricotta cheese, duck, barley, clam chowder, soybeans, bulgur
<u>Magnesium</u>	360 mg	Buckwheat flour, bulgur, oat bran raw, semisweet chocolate, fish, wheat flour, spinach, barley, pumpkin seeds, cornmeal, soybeans, white beans
<u>Copper</u>	1000 mcg	Beef, cooked oysters, cooked crab, mushrooms, chocolate, tomato products, nuts, mature soybeans, sunflower seeds, chili con carne, cooked clams
<u>Zinc</u>	11 mg	Cooked oyster, ready to eat cereals, baked beans, turkey, beef, cooked crab, chicken, duck, lamb, pork, kidney beans
<u>Chromium</u>	30 mcg	Broccoli, grape juice, orange juice, English muffin, waffle, potatoes, garlic, basil, beef, turkey breast
<u>Manganese</u>	2 mg	Raw oat bran, wheat, bulgur, pineapple, barley, nuts, ready to eat cereals, white rice, spaghetti, okra, brown rice, chickpeas, spinach, raspberries, lima beans
<u>Molybdenum</u>	50 mcg	Beans, lentils, peas, nuts, cereals, peas spinach, broccoli
<u>Selenium</u>	60 mcg	Nuts, chicken or turkey giblets, fish, cooked oysters, turkey, duck, wheat flour, enriched white rice, oat bran, pork, ricotta cheese

Now, let's move on to tastier, more fun stuff...like meals!

Moving on to meal time

Here are 3 delicious and easy recipes to nourish you through your pregnancy, get the caloric intake you need, and help you bring a happy, healthy baby into the world.

Breakfast Fresh Fruit Platter*

Enjoy a platter full of sliced up honeydew, cantaloupe, papaya, strawberries and bananas. Then move on to a nice egg omelet.



Stuff it full of fresh spinach and your favorite cheese. Add salmon, red and green peppers and onions for added nutrition.

Giant Pregnancy Powerhouse

Salad Lunch**

This big, hearty salad is not for those with delicate appetites. It is simple to make and requires no pre-made dressing. For the meat, use cooked chicken, naturally processed bacon, wild Alaskan salmon---a fish low in mercury and a great source of omega-3 fatty acids---hard-boiled egg or no meat, at all.

Use dried tart cherries, raisins, sliced dried pears or your favorite dried fruit for a densely packed nutrient powerhouse. Choose your favorite cheese and nuts. Marinated artichoke hearts add an extra eat right zip to the salad.

What you will need:

- 4 cups lettuce (green lettuce, butter lettuce, romaine or spring mix), washed well and blotted dry
- 3 to 5 oz. chopped cooked meat, ¼ cup cooked bacon pieces or 2 crumbled hard-boiled eggs
- ¼ cup dried fruit
- ¼ cup diced or shredded cheese
- ¼ cup toasted nuts or seeds
- ¼ cup diced red bell pepper
- 8 sliced olives
- ¼ cup sliced marinated artichoke hearts (optional)
- ¼ tsp. dried dill weed or 1 Tbsp. fresh chopped dill weed
- 1 clove garlic, crushed through a garlic press salt and pepper to taste
- 3 Tbsp. balsamic vinegar
- 3 Tbsp. extra virgin olive oil

Toss the lettuce, meat or eggs, fruit, cheese, nuts, bell pepper, olives, artichoke hearts, dill, garlic, salt and pepper in a large bowl. Pour the balsamic vinegar over the salad and toss lightly. Sprinkle the olive oil over the salad and toss thoroughly with two forks. The salad will shrink somewhat after tossing. Transfer the salad to a large salad bowl.



Sarah's Simply Marvelous Meatloaf Dinner***

What you will need:

- 3 Tbsp. olive oil
- 1 cup parsnips, peeled and shredded
- 3/4 cup carrots, peeled and shredded
- 1/2 cup celery, finely diced
- 1/4 cup onion, finely diced
- 3 lb ground sirloin
- 2 cup fresh bread, pulled into crumbs
- 1 cup skim milk
- 2 eggs
- 1/2 cup ketchup
- Salt and pepper to taste

What to do:

Preheat oven to 375 degrees. Soak bread crumbs in milk in large bowl.

In large skillet, saute vegetables in oil and a pinch of sea salt and pepper until softened, about 6-8 minutes. Set aside to cool.

Add eggs and ketchup to soaking bread crumbs, mix well. Next combine meat and cooled vegetables in bowl until evenly mixed.

Transfer to 8x8, 9x9 or round baking dish. Bake 1 1/2 hours or until center reaches 150 degrees Fahrenheit. Allow to cool for 10 minutes before slicing so juices don't run out. Cut into 12 slices and serve.



Bring on the snacks!***

Those are definitely some tasty and simple meal ideas. But, what happens in between? You may need a quick boost of energy or just to quiet down your stomach...if she's a bit restless...

So, here are some terrific and healthy snack ideas that you can take to the couch for movie night – or anywhere.

Nuts & Bolts



What you will need:

- 4 cups bite-size shredded wheat
- 1/3 cup melted butter
- 1 1/2 cups pretzel sticks
- 1/2 cup dry roasted peanuts
- 1/2 cup raisins
- Garlic powder

What to do:

Spread shredded wheat out in a cake pan. Cover with melted butter and sprinkle on some garlic powder to taste. Bake at 350 degrees for 15 minutes. Add pretzel sticks, peanuts and raisins. Keep in airtight container.

Serving size: 1/4 cup

Oven Corn Chips

What you will need:

- 12 corn tortillas (thin)
- 2 teaspoons olive oil

What to do:

Preheat oven to 350 degrees. Brush each tortilla with a small amount of oil. Cut tortillas into 8 pie-shaped wedges. Arrange chips in a single layer on a cookie sheet, which has been sprayed with non-stick spray. Bake until crispy and slightly brown, about 10 minutes. Serve with your favorite bean dip or salsa.

Servings: 96 chips. Serving Size: 16 chips



What chip would be complete without a dip?

Artichoke Dip

What you will need:

- 1 cup light mayonnaise
- 1 cup grated parmesan cheese
- 1 can artichokes packed in water, drained
- Dash of garlic salt

What to do:

1. Mix all ingredients in a food processor and purée until artichokes are chopped fine.
2. Pour mixture into 8" x 8" glass baking dish. Bake at 350° F until bubbly, about 30 minutes.

Easy breezy, wealth of health

All you need is love...and that love first comes from what you eat while carrying your growing child...

Be sure to get plenty of water, folic acid and fiber to keep your system nourishing from conception to birth. Round off your baby diet with good lean protein, and fruits and vegetables. You may even find that after your baby is born you have actually trained your body to crave these healthy foods. If you choose to breast feed, this is a very good thing because the milk you give contains the nutrition you take.



It's just that simple

It is so easy to take good care of yourself and your baby. There is no need to worry or make a fuss because you can get a wealth of great health by keeping your eyes open for great eating right ideas, getting some exercise and staying away from pollutants, smoke and alcohol.

As a parent, you may not be able to do everything right when raising your child. But as a pregnant mother, you can do everything like eat right to make sure your baby starts her way into the world as happy and healthy as she was meant to be.

Cheers!

[Have other nutritious recipes to share for a healthy pregnancy?](#)
[What are your favorite dishes \(or snacks!\) to prepare that are easy-to-make and easy-on-your-stomach with many ingredients and nutrients required to satisfy your baby's nutritional needs, and yours?](#)

Chart courtesy of [Perinatology.com](#)
*Courtesy [voices.yahoo.com](#)
**Courtesy [ModernMom.com](#)
*** Courtesy [babyfit.sparkpeople.com](#)



“Then the LORD God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and man became a living being.” Genesis 2:7

Always remember, life never requires a right to exist... it IS existence personified.

Life does not depend upon man's permission to begin anymore than it requires mans permission to end.

Can you imagine if the government started legislating gift giving? Would you be comfortable with that? China and some provinces in India are already legislating God's greatest gift, children.

In China, each family is limited to two children. With that being said, the Chinese have been aborting females for years so they could have (2) males to carry on the family name. In poor provinces of India, they are doing the same thing, but for a different reason. Though they are relatively poor, their culture demands a very expensive dowry upon marriage.

Today, the result of both countries attempt at “playing God” has created dire consequences.

For the Chinese, the ratio of men to women is astounding, thus a diminished race, increased homosexuality and an obvious rise in violent crimes, especially rape. In India, the problem is on a much smaller level, but several orphanages

The Gift of Life



The timing for this month's theme, “Natural Pregnancy Health” couldn't have been more relevant. As I write, journalists — regardless of their political persuasion — are equally outraged at the Presidents decision to bypass the Constitution and usurp authority over the Catholic Church concerning birth control, contraceptives and surgery (a political term for abortion). I will try to uncover the heart of God in this post in lieu of my own emotions on this “hot button” topic.

You see, life is a gift — the greatest gift of all. You didn't create your life. It was created for you.

have begun to take in girls to spare them from abortion.

Rule of thumb: whenever man tries to be God, the result will always be devastating.



As I am writing, I am finding that most (not all) dictionaries, wikipedia entries and government periodicals try to domesticate abortion where it appears to be at the same level as having a tooth pulled! Then, I found this definition:

Abort: “To terminate or bring to a premature end because of a problem or fault.”

So, I looked up the word *terminate* and here is one definition:

Terminate: “To stop suddenly, murder or assassinate.”

Look at these definitions...if life does not require a right to exist, who wants to take responsibility for something that is not theirs to take? What was the problem or fault? A child is an inconvenience, not a gift?

I am so thankful that several of my adopted friends had birth mothers who chose to bring them into the world so they could be adopted instead of deciding they had no reason to be. By the way, you would be shocked to find out how many well-known, musicians, artists, poets and world changers came from the stream of adoption. Think of all the songs, sonnets, sculptures, seascapes and psalms the world

would have never experienced if these lives had been terminated.

I read this quote by Ronald Reagan yesterday and marveled at its simple wisdom:

“I’ve noticed that everybody that is for abortion has already been born.”

How can those who have freely received the gift of life deny another the same virtue? I don’t know about you, but I am actually tired of everything people don’t want to talk about being branded as “politics.” I am not talking about politics; I am talking about the sanctity of life.



For me, the term “political life” is an oxymoron! My life didn’t come from Washington D.C. It came from my Father in Heaven and it is sacred.

“I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the Earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.”

~ Psalm 139: 14-16

**Whenever God wants to change something,
He brings a child into the world!**

“For unto us a Child is born, unto us a Son is given; and the government shall be upon His shoulder. And His name shall be called Wonderful, Counselor, the mighty God, the everlasting Father, the Prince of Peace.”

~ Isaiah 9:6

Verse 7 of this scripture tells us that this government and peace shall have no end. The prophet Isaiah is not talking about any earthly government or system of man. He is talking about a world outside this world, a government far above Washington D.C. (in case you fear this post is political), which rests upon the broad shoulders of the Almighty forever!

Every four to eight years our administration in Washington changes hands. Change comes and often the result is financial vulnerability or security, war or peace, love or hate, but regardless innocent ones are aborted and denied entry into our world. We *take* life, yet God continues to *give* life.



In fact, God loved this world so much that he gave the ultimate gift, His only Son! The reason God did this was so humanity — who lives in darkness, beneath the drop ceiling of His glory — could put their trust in a Son from heaven — who was not corrupted by the earth.

How did we treat God’s Son? We tried to abort Him, but the grave couldn’t hold Him. Even our corruption was no match for His love. Because He lives today, there is one who redeems the children we abort and saves all who call upon His name. His name is Jesus. He is a redeemer; we are called consumers. He creates; we destroy His creations. Remember, this month’s topic is: Natural Pregnancy Health....

Pregnancy IS natural. Abortion is not.

In our lifetime, we would be hard pressed to find a more outspoken advocate for the unborn than Mother Teresa. Whether she was home in Calcutta with the Sisters of Mercy, or receiving the Nobel Peace Prize in 1971, or the guest of honor at the National Day of Prayer in Washington D.C., her message was loud and clear:

“Stop aborting your babies. If you do not want them, send them all to me.”

With a speechless audience, including Bill and Hillary Clinton and Al and Tipper Gore, this weak, tiny (in stature only) nun pointed her finger and said,

“Any country that accepts abortion is not teaching the people to love, but to use any violence to get what they want. That is why the greatest destroyer of love and peace is abortion.”

Grandma's Tips

The U.S. has approximately 3,700 abortions per day, according to agi-usa.org. Each is a lost purpose and destiny, robbing the world of the gift placed in that child.

On another visit to America, Mother Teresa was invited to the White House to have lunch with Hillary Clinton. During lunch, Mrs. Clinton asked Mother Teresa this question,

“Mother Teresa, why do you think America has never had a woman president?”

Without skipping a beat, Mother Teresa replied,

“Because you have probably aborted her.”



There is no fear in love and Mother Teresa was fearless. Fearful people never change the world. Selfless love always will.

So, what is my number one tip for natural pregnancy health? Keep your baby... and receive the greatest gift of all... Life!

God Bless You!

[Human life is sacred. We are given the means to protect life, the responsibility as co-creators. How do you face the threats of life?](#)

Michael Tyrrell, www.michaelyrrell.com is the founder of the Network Center Inc., a not-for-profit, 501(c)(3) organization founded in 2001 which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries in connection with their outreach ministries or missions based activities. Michael has been committed to training their key leaders and members to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting through the organic roots of the Christian faith and other areas as needs arise. Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician. <http://michaelyrrell.wordpress.com>



Encyclopedia of Natural Remedies for Pregnancy

Praise God pregnancy is only for a season. Though beautiful in many forms, pregnancy is often uncomfortable (to say the least!). The child growing inside of you will be worthwhile! Here are a few natural remedy tips and tricks that I have learned to relieve common discomforts of pregnancy, such as constipation, heartburn, stretch marks and more.



Constipation

The valuable source of treating constipation is the fiber flaxseed. The fiber in flaxseed binds with water, swelling to form a gel, which, like other forms of fiber, helps soften the stool and move it along in the intestines. [Flaxseed](#) is better alternative remedy than psyllium seed, because there will significantly fewer problems with constipation, abdominal pain, and bloating than those taking psyllium.

Dose: 5 g of whole, cracked, or freshly crushed [flaxseeds](#) soaked in water and taken with a glassful of liquid 3 times a day. Results in 18-24 hours, so continue flaxseed for a minimum of 2-3 days.

Cramping

[Magnesium](#) supplementation is a valuable therapeutic tool in the treatment of pregnancy-related leg cramps. Some research indicated a connection between leg cramps and a build up of lactic acid, caused by too much starch and sugar, which then impairs blood flow in the legs.

[Magnesium](#) can work magic for reducing cramping and decreasing the intensity of Braxton Hicks contractions, as well as help with constipation.

Dose for pregnant women, BEFORE BED:

- 19-30 years: 350 mg
- 31-50 years: 360 mg

Depression

A deficiency in omega-3 fatty acids may cause or contribute to depression, especially during pregnancy when the baby is needing and using up stores of these fatty acids for it's own growth and development. Taking a [cod liver oil](#) or fish oil supplement may help alleviate symptoms and will certainly also be good for you and your baby.

Cod liver oil supplies you with both EPA and DHA, which are needed for proper brain and nervous system development. It contains high levels of a natural form of vitamins A and D, needed for strengthening the immune system, autoimmune system, bone strength, sugar balance and cancer prevention. [Cod liver oil](#) contains more vitamin A and more vitamin D per unit weight than any other common food.

Dose: 2 teaspoon or 20 capsules, providing 19,000 IU vitamin A and 3900 IU vitamin D



Heartburn

Another pregnancy topic, heartburn is near and dear to my heart. [Papaya enzyme](#) is a digestive enzyme that is inexpensive option that creates good bacteria in the stomach to assist in promoting better digestion. Relieve indigestion discomfort by avoiding trigger foods (caffeine and citrus foods, especially), eating smaller meals without any liquids.

Another natural alternative remedy is slippery elm lozenges. [Thayer's Slippery Elm Lozenge](#) is a popular brand.

Hemorrhoids

A natural remedy for hemorrhoids is [citrus bioflavonoids](#), which strengthens the walls of blood vessels. The citrus bioflavonoids (diosmin and hesperidin) have been proven to reduce the frequency and severity of hemorrhoid attacks,

relieve symptoms once a flare-up of hemorrhoid pain has begun and prevent new hemorrhoid attack.

[Citrus Bioflavonoids](#) Dose: 500 mg twice daily (combination of 90% diosmin and 10% hesperidin)

Prevent Miscarriage

Support your pregnancy and prevent miscarriage by taking [vitamin B12](#). Without enough B12, the ability of a fetus to create new proteins and produce DNA is stunted, which is linked to miscarriage. B12 is naturally found in animal foods such as liver, trout, salmon, beef, yogurt milk and cheese.

[Vitamin B12](#) Dose: 2.6 micrograms of B12 daily

Stretch Marks

Prevention is key. Pregnancy robs your body of its nutrient stores leaving the skin more likely to over stretch and be unable to compensate. That is where butters and oils come in; they are to enforce your skin. They "feed" your skin vitamins and oils that it greatly needs to be highly pliable. Skin becomes more pliant, more plasticized and better able to stretch when it's well hydrated when moisturizing with cocoa butter or shea butter.



Dose: Moisturizing three or four times a day with products that contain cocoa butter or shea butter as a prime ingredient. Massage the

moisturizer deep into breasts, belly, hips, and buttocks.

Consider making your own "Belly Butter!" it is as easy as following a simple recipe. Once the ingredients are gathered, all that's left to do is melt and pour (and it only takes a few minutes).

What you'll need:

- 1/2 cup cocoa butter
- 2 tablespoons wheat germ oil
- 2 teaspoons sesame seed oil
- 2 teaspoons apricot kernel oil
- 2 teaspoons vitamin E oil
- 4 teaspoons grated beeswax
- 2 teaspoons vanilla extract (optional)

What to do:

1. Measure all ingredients, except vanilla, into a heavy saucepan. Warm mixture over low heat until cocoa butter and beeswax have melted (two to five minutes). Stir well.
2. Remove from heat and stir in vanilla, if using. Another option would be to add a few drops of essential oils.
3. Cool briefly then pour into jar(s). Leave lid off and allow to cool completely (about an hour).

To help prevent stretch marks, rub a small amount onto the stomach daily. Upon application, it may appear oily, but will quickly be absorbed.

Swelling

Dandelion leaves are widely recommended as a food supplement for pregnant women because of the many nutrients they contain. Dandelion leaves have been found to produce a mild diuretic effect, which has led to its proposed use for people who suffer from mild fluid retention, such as may occur in pregnancy. [Dandelion root](#) is sometimes a natural remedy recommended for mild constipation.

[Dandelion tea](#) can be useful if you have high blood pressure to help relieve hypertension or headache discomfort.



Dandelion Dose:

- 2 to 8 g, 3 times daily of dried [dandelion root](#)
- 250 mg, 3 to 4 times daily of a 5:1 extract
- 5 to 10 ml, 3 times daily of a 1:5 tincture in 45% alcohol.
- The dandelion leaves may be eaten in salad or cooked

Varicose Veins

Another alternative remedy that may help with varicose veins is [horse chestnut](#). Horse chestnut reduces swelling and inflammation by "sealing" leaking capillaries, improving the elastic strength of veins, preventing the release of enzymes that break down collagen and open holes in capillary walls.

[Horse Chestnut](#) Dose: 300 mg twice daily (which should contain total daily dose of 100 mg aescin, the leading component in horse chestnut)

[Are any other pregnant mamas out there struggling pregnancy issues? How do you cope with heartburn during pregnancy? Have you found a stretch mark cream that works miracles?](#)

[Share your strategies with us!](#)



Grandma Barton is mother to Joe Barton (founder of Barton Publishing), grandmother to 6 grandkids and 28 step-grandkids, and over 3000 Home Cures That Work members. She is a two-time breast cancer survivor with the help of Dr. Saunders and natural remedies. Grandma loves finding cures within the home to treat all sorts of ailments. With tips she's learned on the farm and along the way, Grandma Barton brings a time-tested and trusted voice when it comes to home remedies. She really is an inspiration to us all.

Weight
LOSS
Corner

The Importance
of Controlled
Pregnancy
Weight Gain

Pregnancy weight gain is the way in which the body ensures that both the mother-to-be and the Baby have sufficient resources to enable them to successfully negotiate the birth and to thrive in the following days, weeks and months.

The increased weight obviously provides nutrients for the baby's development and also enables the mother to successfully breast feed during the early months of life. It should be noted that either too much or too little pregnancy weight gain could lead to problems. The subject is quite complex and varies from woman to woman depending on a variety of factors.

In my opinion, from studying available information, there are still areas where there is inconsistent interpretation of the available data so it is important to get clarification from your Doctor early in the pregnancy.

Almost irrespective of your starting weight, the expected healthy pregnancy weight gain at delivery is between 25 and 35 pounds. This is because, whatever the mother's starting weight, the birth weight of a baby born full term is in the range of 5 lbs 8 to 8 lbs 12 with the average being 7 lbs 8. The mother's pregnancy weight gain will normally be about 20 lbs with the placenta and amniotic fluid making up most of the rest of the gain.



But for seriously overweight women, the recommended pregnancy weight gain needs to be closely controlled to be in the range of 15 to 25 lbs by the time of delivery. This projected weight gain is substantially lower than the standard recommendation although the mother-to-be would still be likely to produce a normal weight baby.

The inference therefore is that a pregnant woman who also happens to be overweight is expected to 'contribute' about 10 lbs of the essential pregnancy weight gain from the 'reserves' she has stored away!

However, I haven't been able to find any authoritative references to any need for an overweight woman to adopt a diet rich in any specific nutrients to compensate for the fact that the 'new' weight produced is actually considerably *less* than the total considered to be

required for a healthy mother and baby combined!

On the other hand, the pregnancy weight gain range for an underweight woman is only a couple of pounds more than that for normal weight women.

This is easier to understand but I am of the opinion that the recommended increase for an overweight mother-to-be needs to be discussed in some detail with their medical advisor.

I would emphasize this point because apparently only about 40% of women get any properly informed advice about pregnancy weight gain. Maybe the other 60% haven't been given sufficient preliminary information to enquire further but medical research continues to shed more light on the importance of the actual amount of weight gained although the linkage between this and the 'quality' of the diet is often not very clearly stated as far as I've been able to discover.

Earlier this year (2011), strong evidence gathered from several research teams working in a number of different countries showed that a mother's diet during pregnancy can alter their baby's DNA in a process called epigenetic change.

This sounds quite alarming to me and strengthens my personal opinion that the emphasis should not only be on actual pregnancy weight gain but also on the nutritional value of the solid food and liquids consumed for both mother and baby.

The results I referred to earlier showed that, depending on how 'good' or 'bad' the mother's diet appeared to be, her child could have a real risk of accumulating body fat as he or she grows up.

The study showed that this effect is largely independent of the mother's body mass index (BMI) at conception and of the baby's birth weight.



Product Reviews



The Importance of Folic Acid During Pregnancy

Many studies have shown that women who get 400 micrograms (0.4 milligrams) of this vitamin on a daily basis *prior* to conception and during early pregnancy reduce the risk that their baby will be born with a serious neural tube defect (a birth defect involving incomplete development of the brain and spinal cord) by up to 70%.

All nutrients are essential in preparing for pregnancy, but one — folic acid — merits special consideration.

Folic acid (folate, folacin or B9) reduces the risk of spina bifida in offspring (a leading cause of childhood paralysis) when consumed by pregnant women. It may also reduce the chance of other birth defects as well as childhood leukemia in offspring.

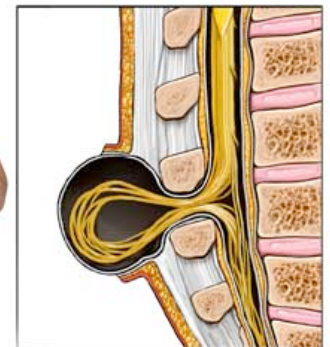
To quote the report's conclusion "A mother's nutrition while pregnant can cause important epigenetic changes that can contribute to her child's risk of becoming obese during childhood."

Please note that this research does not talk specifically about pregnancy weight gain but instead considers the quality and type of nutritional intake of the mother while pregnant.

So despite the apparently simple pregnancy weight gain recommendations, just relying on staying within a fairly broad range of gain is, in my opinion a serious over-simplification and more emphasis should be put on quality rather than quantity which should also be linked to the controlled intake of vitamins, minerals and dietary supplements.

This article has only scratched the surface of what is a potentially a very important subject for all pregnant women.

Numbers on a scale are one thing, but putting it into practice is altogether another thing! Do you feel fat? How do you control your pregnancy weight control?



Defect in vertebrae allows spinal nerves to protrude

The most common neural tube birth defects from folic acid deficiency are:

- Spina bifida, an incomplete closure of the spinal cord and spinal column

- Anencephaly, severe underdevelopment of the brain
- Encephalocele, when brain tissue protrudes out to the skin from an abnormal opening in the skull

In a new study from Norway, women who took folic acid supplements in the first two months of pregnancy were less likely to have kids with severe language delays.

When's the last time you ate your Brussels sprouts? With the fast pace of modern living, it's easy to slack on your folic acid consumption. Many Americans, deficient in this important B vitamin, suffer from depression, fatigue and insomnia. You don't want to be one of them! Folic acid is crucial for bones, births and bedtime!

Folic Acid is found in the following foods:

- Fortified breakfast cereals (look on the label to see if the cereal has been fortified with folic acid)
- Lentils
- Asparagus
- Spinach
- Black beans
- Peanuts (only if you do not have a peanut allergy)
- Orange juice (from concentrate is best)
- Enriched breads and pasta
- Romaine lettuce
- Broccoli

Most people can get sufficient folic acid from their diet, but folic acid supplements are generally recommended for women who are pregnant or may soon become pregnant.



The Importance of Folic Acid during Pregnancy

Adequate folic acid intake is very important before conception and at least 3 months afterward to potentially reduce the risk of having a fetus with a neural tube defect.

Folic acid from supplements and fortified foods is actually absorbed twice as well as that from regular food sources. Consequently, if you are relying on supplements or fortified foods to reach the RDA, you need only one-half the amount listed in the following RDAs:

- The RDA for pregnant women is 600 mcg
- For lactating women it is 500 mcg
- All women capable of becoming pregnant consume 400 mcg from supplements or fortified foods, in addition to intake of food folic acid from a varied diet.
- To treat folic acid deficiency, 250 - 1000 mcg per day is used, although higher amounts (1 to 5 mg) may be appropriate in cases of severe deficiency.

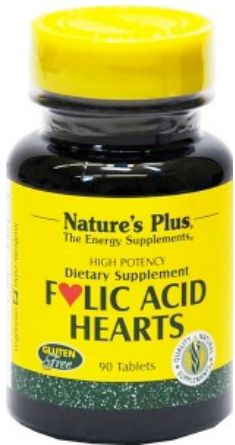
Although prenatal vitamins shouldn't replace a well-balanced diet, taking them can give your body — and, therefore, your baby — an added boost of vitamins and minerals. Some health care providers recommend taking a folic acid supplement in addition to your regular prenatal vitamin.

The following folic acid supplements have been approved by a third party testing lab that control quality, digestion and proper labeling. These three are safe to consume for your folic acid needs before, during and after pregnancy:

- [Freeda Pure Folic Acid](#)
- [Life Solutions Liquid Folic Acid](#)
- [Nature's Plus Folic Acid Hearts](#)

Please visit our Home Cures That Work [Amazon store](#) for your vitamin and mineral supplement needs. Not all supplements are created equal, so we have researched those that safe for consumption, proven to properly digest and qualify

according to label specifications. Don't leave your health to just any vitamin, supplement your health with the best in our [Amazon store](#).



Folic acid is good for mom and dad, too.

Folic acid is important for everyone in maintaining health. It plays an important role in the production of red blood cells. A large body of research suggests that getting adequate amounts of folic acid protects against colon cancer — and possibly prostate cancer, as well. One theory is that the vitamin

helps to maintain the integrity of DNA, preventing the kinds of errors that lead to malignancy.



Home Cures For Morning Sickness

Pregnancy is a crucial time for natural remedies. Especially in early pregnancy, when you want to avoid taking medications as much as possible, nausea can be draining and fatiguing.

The irony is that morning sickness is not just confined to morning hours... it can last all day long... for months. The thought alone can stir up many an unpleasant memory and unsavory flashback of constant nausea that often culminates in vomiting.

The good is you don't just have to tough your morning sickness out. Popular statistics show that up to 70% of pregnant women suffer from morning sickness, which can really take the pleasure out of early pregnancy. The best morning sickness remedies that actually work are natural.

Believe it or not, some so-called natural remedies actually make women feel worse. For example, ginger can create heartburn.



If you are feeling green around the gills, check out Good Morning Mama by Native Remedies to ease the symptoms. Good Morning Mama is a safe, non-addictive, FDA registered natural remedy containing *100% homeopathic ingredients* formulated to relieve nausea (morning sickness) during pregnancy. Good Morning Mama helps to safely settle the stomach and also reduce common revulsion to certain foods and smells.

Safe and easy to administer, these pleasant tasting granules are simply sprinkled on the tongue and rapidly absorbed in the mouth—making them easy to take.

Benefits of Good Morning Mama:

- Safely relieves nausea and queasiness experienced during pregnancy
- Alleviates symptoms of 'morning' sickness at any time of the day
- Reduces revulsion to certain foods and smells during pregnancy
- Calms the digestive system during pregnancy, especially in the first trimester

Pregnancy is one of the most desired phases of a woman's life. Your body begins to change with the growing child within you and unfortunate for some this can cause some morning sickness unpleasantness, as well.

Get back to feeling normal again. Nourish yourself and your little one with safe, natural methods for morning sickness.



Good Morning Mama works quickly and shows results after the first dose.

Order your dose of natural nausea relief [HERE](#), so you can have a Good Morning, Mama!

**CELEBRITY
HEALTH
WATCH**

**Gisele
Bündchen
Wants You to
Go Au Natural**

Gisele Bündchen may have just stolen Tom Brady's Super Bowl spotlight. The super model managed to criticize the ability of his team's receivers to be able to win the big game.

But, Gisele won the real game of life when she brought her and Tom's son, Benjamin, into the world naturally, without meds and in a bathtub at their home.

She told the Brazilian TV channel FantasticoShe that, "I didn't want to be drugged up. So I did a lot of preparation, I did yoga and meditation, so I managed to have a very tranquil birth at home." She continued to say, "The whole time my mind was focused in each contraction on the thought 'my baby is closer to coming out'. It wasn't like 'this is so painful'. So I transformed that intense feeling into a hope of seeing him."

Most women go into the hospital with a definite birth plan in their heads to deliver their children, but often times their original plans get altered. Plenty of women fully intend to give birth naturally, but once the reality of childbirth pain sets in, they ultimately decide to have some assistance from an epidural or other pain relieving method.

But by avoiding the hospital all together, you don't have be drugged, tied down with leather straps, or suffer an episiotomy. Instead, you can feel confident giving birth in your home and feel more relaxed in the comfort or your own surroundings.



Brazilian born supermodel Gisele Bündchen chose to deliver her son, naturally, in a water birth instead of giving into the culture of hospital births and Caesarian sections.

As the rates of intervention, c-sections and problem births increase in our westernized culture, more women are choosing home births, water births and/or birthing centers, where available.

Studies Say Water Births Ease Pain

In a water birth, mothers sit waist-deep in heated water to simulate body temperature through labor and delivery. Within seconds of

the baby emerging, the midwife or doctor brings its head above water. The cord can be cut in or out of water, depending on the woman's choice.

At least eight studies of nearly 3,000 women comparing water to regular births have shown that women need less pain relief in a water birth. Water allows the mother to move, take the pressure of her back and legs and get into a physiological position to allow the baby to do its work. They say water birth is like, "A thousand hands are holding her up."



Opt for Natural Childbirth

Gisele Bündchen is so convinced of the benefits of a natural childbirth at home that she launched a project to reveal the different birthing methodologies from around the world. The natural birth advocate believes not only in sharing her drug-free and pain-free home water birth, but the right to sharing information and normalizing the birth experience.

"I believe that sharing information and show different possibilities of birth may help to demystify some questions about natural childbirth that for a long time was the only way of giving birth," she added. "I hope that I can learn even more about the subject through the experiences of these women around the world and be able to share this with you here on my blog."

You can start reading the incredible journey of the most intense and life-changing experiences a woman can have, one that leaves you so vulnerable yet so strong at the same time:

[Click HERE for:](#)
[Birth Around the World](#)



Anti-Aging
Hormone
Increases the
Chances of
Pregnancy
...and
Decreases Miscarriages

A recent study, conducted by scientists from Tel Aviv University in Israel, has revealed that women taking anti-aging pills have increased chances of getting pregnant.



The physicians have found out that taking this pill boosts the chances of pregnancy by 300%. The reason behind it is that these pills contain a hormone called DHEA.

In the study, the scientists focused on two groups of women. The first group comprised women, who went in for the

conventional treatment for poor ovulation, whereas the second group of women went in for the same treatment and also took the DHEA supplement.

This hormone is produced in the brain, testes and the ovaries. The maximum levels of the hormone are present in the people when they are in their 20s and then they reduce by the 30s.

They were surprised to see the results of their study. The study was headed by Adrian Shulman of Tel Aviv University.

Shulman disclosed to the *Daily Express* that they thought that the decreased levels of this hormone have a connection with the conception problems of older women, when using the IVF technique.

He added that they had not thought that this hormone would result in a considerable increase in the chances of pregnancy.*

The Center for Human Reproduction have been conducting considerable research on pregnancy in older women and the aging ovary who have had a harder time trying to get pregnant. Those women with diminished ovarian reserve (DOR) or ovarian impairment due to advanced age or premature ovarian aging (POA), DHEA supplementation has proved promising results.

Effects of DHEA in Women with DOR

- Increases egg and embryo counts and quality
- Increases chromosomally normal embryos available
- Speeds up time to pregnancy in fertility treatment
- Increases spontaneously conceived pregnancies
- Improves IVF pregnancy rates
- Decreases spontaneous miscarriage rates
- Likely reduces chromosomal abnormalities in embryos

Overall, DHEA supplementation makes women feel much better.

Positive Ant-Aging Side Effects of DHEA

- Improved overall feeling
- Physically stronger
- Improved sex drive
- Mentally sharper
- Better memory

Further observation has also noted a surprisingly low miscarriage rate in DHEA pregnancies. Since miscarriages, especially in older women, are mostly due to chromosomal abnormalities, this observation, too, suggested the possibility that DHEA may reduce chromosomal abnormalities.



The Center for Human Reproduction data has not only confirmed the high pregnancy rate in very unfavorable patients with diminished ovarian reserve, but demonstrated an identical reduction in miscarriage rate if supplementing with DHEA. The percentage of miscarriages of women over 35 is 50% more than under the same age, but DHEA hormone reduces that risk.

Since older women represent in the USA the most rapidly growing age group of women having babies, these findings provide good news and hope. DHEA may become an anti-aging supplement to be given, like prenatal vitamins, to all older women contemplating pregnancy.



Free Remedy Report: Natural Back Pain Relief System

How common ingredients found at your local supermarket can naturally reduce inflammation in your back...give you back the mobility you crave and remove pain better than drugs.

The *Natural Back Pain Relief System* is six steps to a better tomorrow for your spine, body and mind.

Research shows the two main goals of back patients are (1) receive information about how to manage the pain and (2) how to resume normal activities. This *Natural Back Pain Relief System* will restore your normal activities and function, plus go one better on the managing pain. Follow the steps and it will help you erase pain for good.

STEP 1: Put yourself in charge

More than 85 percent of the people with back pain that show up in a health practitioner's office will never leave with an exact cause for it. Not just on the first visit, but ever. So don't wait for what the tests show or don't show. Put yourself in charge. Right away, even before you consult your health practitioner.

STEP 2: Get to know your spine and back

Self-care starts with realizing that good back habits and back awareness can stop small problems from becoming big health issues.

Step 3 might be the most important of all in the *Natural Back Pain Relief System*:

STEP 3: Start moving and keep moving

STEP 4: Eat foods daily that fight inflammation

The report covers the primary components of eating for a healthy and pain-free back.

STEP 5: Dietary Supplementation

Our goal for the supplements is simple. We are targeting inflammation, which does more harm than good for anyone with back pain.

STEP 6: Make getting enough sleep a priority in your life

Research proves out that cheating yourself on sleep can undermine everything from burning less fat to putting yourself at increased risk for heart disease to, yes, most definitely, blocking back pain relief.

Following all six steps of *The Natural Back Pain Relief System* every day can prove impossible. But, follow the six steps most days—the overwhelming number of days—and your life and back will change for the better forever.

[Discover The 6 Simple Steps Anyone Can Follow To Get Relief From Your Back Pain RIGHT NOW... Eliminate Your Suffering Completely In Two Weeks Or Less...No Drugs, No Shots, No surgery... Results Guaranteed!](#)

[**Download your complimentary copy of the Natural Back Pain Relief System HERE.**](#)