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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Pregnancy: Eat Right For Your Baby's Sake!**

**By Yvonne Lapp Cryns**

There is reason to believe that the fetus competes with her mother for available nutrients. If they are not available in sufficient quantity, the baby may have long-term consequences. Pregnant women who have deficient diets may cause miscarriage, stillbirth, low birth weight, brain damage, psychological problems or weak immune systems in their babies. Good nutrition can diminish these problems. Laboratory animals who were fed a diet lacking in magnesium, B6, choline and protein developed a toxemia-like condition. In toxemia, the mother experiences excessive swelling, headaches, high blood pressure and proteinuria and they baby may be of low birth weight or even die.

For some women, miscarriage may be prevented through good diet. Miscarriage can result from deficiencies or eating too little or too few protein foods. For those at risk, supplementing with Vitamin C with bioflavoids may help maintain the pregnancy (beginning with 500 mg. and increasing to 4 grams then increasing to 15 grams daily as the pregnancy goes to term). Additionally, up to 200 IU of Vitamin E and folic acid may prevent miscarriage.

Birth defects have been linked with a deficiency of folic acid. Good sources of folic acid are eggs, liver, milk and raw, green leafy vegetables.

Hemorrhage may be prevented by ensuring sufficient Vitamin C and flavinoids are in the diet as well as Vitamin K.

To prevent anemia, miscarriage and birth defects, the pregnant woman should eat iron-rich foods such as liver, oysters, heart, lean meat, leafy green vegetables, whole grains, dried fruits, beans and molasses.

Some pregnant women seem to ride an emotional roller-coaster and this can be somewhat alleviated by eating adequate protein, B complex vitamins and calcium.

Morning sickness or nausea afflicts many women during pregnancy. Some women may find relief from eating 25 mg Viamin B6 with each meal.

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Labor pain may be reduced by getting enough Vitamin D and taking additional supplementation during labor. One recipe suggest taking 2000 mg at the beginning of labor and at the start of active labor for less pain. Vitamin E may relieve some pain also and make birth occur easier and quicker.

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### **Top Tips To Ensure Pregnancy Health Both For The Mom And The Baby**

**By Robert Thatcher**

Finally the pregnancy test kit showed that you are positively pregnant! You double-check by going to an ob-gyne and after undergoing a battery of tests the doctor confirmed that you really are pregnant.

Pregnancy can bring so much joy to a family. However, it can also pose innumerable health risks to the woman and to the baby, as well. Pregnancy is oftentimes one of the most awaited events in a woman's life, especially if the woman has had a hard time trying to conceive. This means that when a woman is pregnant taking some precautions for health maintenance is downright required.

Here are some ways that a pregnant woman can employ to ensure the health of her baby and her self, too.

Eat well, conceive well.

It's not true that you have to eat for two when pregnant. Eating more than the amount of food that is enough for one person will only cause the unwanted bloat. According to research, a pregnant woman will only need an extra 200 to 300 calories per day. And who knows, you might be already eating those extra calories. Eating healthy food will do the mother and the young life inside the mother just right. Of

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course, those extra calories should not come from junk food.

Supplement your wellness.

A pregnant mom should take a vitamin supplement that contains folic acid, better even before conception and during early pregnancy. Why folic acid? Because this micro-mineral, which is found mostly on green leafy veggies, when taken 400 mcg daily before and during early pregnancy, can reduce the risk of having babies born with neural tube defects.

Away with your vices.

It could have been awfully hard for you to quit on your smoking and frequent alcohol intake. Now is high time for you to rethink your actions. The nicotine from cigarettes and alcohol from the alcoholic beverages you consume can harm your growing baby. Usually, babies from mothers that have been smoking are born with low average birth weight, are prone to being born prematurely and may die from sudden infant death syndrome compared to babies of non-smoking moms. Caffeine is one substance that should be avoided, too. So, say ta-ta to your espressos and brewed fraps for your baby's sake.

Precautions schmasions.

Even before pregnancy, it won't hurt to get prenatal care. Making sure that you are immune to certain diseases that might affect your pregnancy counts a lot. An example of these diseases that a pregnant woman should be cautious of is rubella or German measles. Knowing your blood type will also help you prepare for any medical condition that you might encounter during pregnancy.

Exercise properly for you and your baby.

Exercising is one good way to help keep a pregnant woman fit, as well as her baby. However, there are certain conditions that ob-gyne's need to approve before a pregnant woman can do any exercise. One of the important forms of exercise that can be done during pregnancy include those that help improve the muscles' endurance. Stretching can help a lot, too. But all of these activities should be done with ample amount of precaution, of course.

It all boils down to the fact that if a woman would like to have a healthy pregnancy, she has to simply have a healthy lifestyle.

Robert Thatcher is a freelance publisher based in Cupertino, California. He publishes articles and reports in various ezines and provides pregnancy resources on

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