

Start Growing Healthy Children Before Getting Pregnant

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By Margaret Paul, Ph.D.

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By Dr. Margaret Paul

When I was in my early 20's, I read Adele Davis's book, "Let's Eat Right To Keep fit." I learned from her that "you are what you eat." I also learned that our babies are what we eat while we are pregnant, and then are what they eat once they are born. If you nurse your babies, then they continue to be what you eat as long as you are nursing them. My bible during my first pregnancy over 38 years ago was "Let's Have Healthy Children," also by Adele Davis. I started to follow her guidelines way before getting pregnant, knowing that my health had a big effect on my baby's health.

There is much more information about good nutrition available today, and I want to encourage anyone who wants to have healthy children to start early in learning about and implementing a healthy way of eating. Educating yourself regarding good nutrition is a major part of good parenting. However, a good rule of thumb is, if they didn't eat it 200 years ago, don't eat it now! This means no fast food, no packaged food – including sodas, cakes and candies – no preservatives, no fruits and vegetables grown

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with pesticides or artificial fertilizers, or animals grown with hormones and fed food grown with pesticides. It also means no smoking or drinking. It means no caffeine. If you want healthy children, you need to put pure, clean organic food into your body before you get pregnant and continue throughout your pregnancy. Of course, then you want to continue to feed yourself and your family clean food once your children are born.

If you are pregnant or thinking about getting pregnant, you have a wonderful opportunity to lay a strong foundation of health for your child. Why not start now feeding yourself well and learning all you can about creating healthy children? You are going to be a parent the whole rest of your life. You can do so much to make your parenting experience a joyful one by taking responsibility for your own physical and emotional health before getting pregnant. If you have not been disciplined enough to eat well before

getting pregnant, perhaps the idea of eating well for your child will be enough to motivate you.

It's not as hard as you might think. It really doesn't take much more time to eat well than to eat junk. And the payoff is huge. Not only were my three babies healthy, they were calm. They slept well and were happy children, who learned easily and did well in school. The only time they were hyperactive - actually bouncing off walls! - was after returning from birthday parties where they had ice cream, cake and sodas.

In my many years of counseling, I've often worked with parents who were struggling with their children's behavior problems. Of course not all behavior problems are nutritional, but you might be surprised how many problems have their cause in poor nutrition. I've often wondered why so many people are careful to put the right octane in their gas tank but put the wrong fuel into their bodies - and then wonder why there is so much illness, learning disabilities, and so on.

I want to tell you a little story about the power of food. We had a 6 month old golden retriever puppy who was dying of irritable bowel syndrome. He had constant diarrhea and was getting thinner and thinner by the day. We had been giving him the very best quality kibble and it wasn't working. Fortunately we learned about raw food for dogs. Within two meals of raw food, he was completely healthy! Here I had been studying nutrition for so many years and it had never occurred to me that a dog's natural diet is raw food! Wow, what a lesson!

Margaret Paul, Ph.D. is the best-selling author and co-author of eight books, including "Do I Have To Give Up Me To Be Loved By You?" She is the co-creator of the powerful Inner Bonding healing process. Learn Inner Bonding now! Visit her web site for a FREE Inner Bonding course: <http://www.innerbonding.com> or <mailto:margaret@innerbonding.com>. Phone sessions available.

5 Heart Healthy Exercises You Can Do During Pregnancy

By Tia Rodriguez

Pregnancy is a time of celebration, love, and unwanted but necessary weight gain. However, being pregnant doesn't mean that your health and figure has to suffer permanent damage. You can gain

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weight in a healthy fashion while doing some very easy and safe heart healthy pregnancy exercise routines.

One of the simplest and most effective pregnancy exercises you can do is walking. Not only is walking one of the best cardiovascular exercises, it is also one of the safest pregnancy exercises you can engage in. Walking is one of the few pregnancy exercises that you can do for the complete duration of your pregnancy.

Another extremely beneficial heart healthy pregnancy exercise is swimming. Countless doctors and pregnant women have attested to the wonderful benefits of swimming during pregnancy. A weekly pregnancy exercise routine of swimming gives both the arms and legs a great workout while promoting cardiovascular health. Because of the nature of being subdued in water, swimming will also remind expectant mothers what it felt like before the pounds were added on. This is definitely a welcome change every now and then.

The third pregnancy exercise routine you can start doing to keep your body healthy is enrolling in an aerobics class. Many fitness centers and community centers offer low impact aerobics classes for pregnant women. One of the nicer benefits of this pregnancy exercise is that it is done in the company of other pregnant women under the watchful eye of a professional aerobics instructor. This means you are going to get a safe workout catered to the special needs of pregnancy.

Weight training is also a very beneficial pregnancy routine to keep your body healthy. Although you must only use very light weights when engaging in this pregnancy exercise, weight training is an excellent way of toning your body and increasing muscular strength.

The last heart healthy pregnancy exercise you can do to stay fit is Pilates/yoga. Both of these body conditioning exercises promote stretching and flexibility within the muscles. Yoga is also a nice accompaniment to walking. By doing a combination of these pregnancy exercises, you can have a healthy balanced cardiovascular routine.

Being pregnant doesn't mean that you have to sacrifice exercise and health. By walking, swimming, doing aerobics, weight training, and engaging in a Pilates/yoga routine, you can have a healthy and fit pregnancy.

Tia Rodriguez is a health and wellness coordinator for an upscale sports management agency. To learn more about how a pregnancy exercise routine can benefit you during your pregnancy, check out the resources at

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