

Women's Health Issues: PREGNANCY

Harmony & Health

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While pregnant, woman should eat well, get adequate rest and take some supplements for added nutrition. Pregnant women need about 300 extra calories per day, plus folic acid.

Some Supplements to consider:

Nature's Prenatal – a multi-vitamin for women who are pregnant or 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.

Folic Acid – The body's need for folic acid doubles during pregnancy.

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

Red Raspberry – helps with morning sickness as well as strengthens the uterus and entire female reproductive system.

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

DHA - is needed for baby's brain according to recent studies.

Special Issues:

- Constipation - Fiber is essential. Try one of these fibers: **Nature's Three**, **Psyllium** or **LoClo**. For a laxative, use **Gentle Move**. Drink plenty of **water** to stay hydrated!
- Gas - **Papaya Mint**, **AntiGas** or **Proactazyme** (a digestive enzyme)
- Morning sickness - **Vitamin B-6**, **Ginger**, & **Magnesium** might help. Try spearmint tea, too.
- Stretch marks - **Herbal Trim**, **Lecithin**, **Vitamin E** or **Vitamin A&D** (opened & used on skin)
- Labor - **5-W** used during the last 5 weeks of pregnancy will strengthen the vaginal wall & uterus to help with contractions and ease labor.

Important: The 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 treat-



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