



Tips



Books and DVDs from me or the public library



Yoga DVDs in your own living room!



Strolling a child is a great tantrum breaker and sleep encourager for child and momma!



SWIMMING is the #1 Florida pregnant mothers' favorite! Simply floating and stretching allows water pressure to lower your blood pressure, reduce swelling and cool your body while exercising in the water can be a serious workout. Ask me about public pool schedules and locations.

SQUAT AND KEGEL

Squatting and kegels tone the muscles of your pelvic floor and perineum. Squat and tighten at least 3x, twice a day to prepare those muscles for birth. Build on the number of squats you do each month.

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Tips

Exercise

If you are beginning a routine, start with 20 minutes at moderate pace, 3x a week. Adjust this length by listening to your body.

- Can you talk?
- Are you out of breathe?
- Do you feel more energized when you are finished or
- Do you feel exhausted?

Some mothers like to track their heart rate; 120 – 140 per minute is a moderate pace for a low risk healthy mother in my care ☺



Water

Some mammas will drink the recommended minimum half gallon a day; still others will drink a gallon or more; at least 8 -8 oz glasses drunk through out the day. This is real and serious; DRINK WATER. I always have water too, check the fridge, and help your self ☺

Chiropractic

Chiropractic care aligns your spine and joints so that your body functions like it should. Many women find that regular chiropractic adjustments relieve pain AND contribute to a more effective labor and faster delivery!



Massage

Massage feels marvelous, get some!



Tips

Backache

Research and try

- **Hot and Cold;** hot pad, rice sock or very warm face cloth, warm bath, an ice pack, zip lock bag with ice or frozen veggies. Be sure to keep ice off of skin directly and don't use anything so hot that it is painful to your skin. Alternating hot and cold can be helpful.
- **Proper Body Mechanics** Squatting, instead of bending over, is very important especially when lifting objects- no matter how heavy!
- **Bra** properly fitted; can reduce the stress on upper back muscles. If you have upper back pain, let's assess how well your bra is adjusting to your growing chest size.
- **Belly support**, belly band or belly bra. These can be found in stores or online. There are many different levels of support.
- **Shoes**; comfortable and well fitting. High heels belong on your top shelf.
- **Sleep** on a good mattress. Use pillows between your legs, under your belly and behind your back.
- **Pelvis tilt**; squeezing your butt muscles and tilt upward. This ones a good one and can provide immediate relief.
- **Yoga**
- **Walking**
- **Chiropractic adjustment** Back pain can be a signal that your growing belly has caused your pelvis and spine to come out of alignment. An adjustment that corrects this can make you feel better and be crucial to a fast and productive labor.
- **Massage** I have recommendations ASK
- **Tylenol** start with the minimum as directed on the label and do not exceed

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Tips

Backache

¹Herbs and homeopathic remedies to research and try

- **St John's Wort Oil** used topically 1 part St John's to up to 6 parts olive or sesame oil. A gentle application rubbed completely over the painful area just before sleep is effective.
- **Arnica** can be used straight from the tube in ointment form directly on the sore area.
- **Hypericum 30C** (homeopathic St John's Wort) taken by mouth every two hours during painful episodes
- **Arniflora** homeopathic arnica gel used topically on painful area as directed.

Call me if in addition to your backache

- you feel pain when you urinate
- have a fever
- experience a rhythmic tightening of your belly

¹Heart and Hands, 2222, Shannon Anton and Elizabeth Davis

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Tips

Cold Symptoms

Wash your hands often and be conscious of germs when you are around someone who is coughing and sneezing.

If you are experiencing severe symptoms please contact you're doctor. Please tell the doctor you are pregnant and in my care.

Research and try

- **Vitamin C** - 500 to 1000 mg three times a day. Do not exceed, (take more than), 3000 mg of vitamin C per day.
- **Water**, drink 8-16 oz of fluid for each hour that you are awake
- **Netty pots and vaporizers/humidifiers** can help with chest and head congestion. You can purchase these for less than 20\$ at most stores.
- **Gargling** with ¼ teaspoon salt per 6 oz of warm water will sooth a sore throat.
- **Throat lozenges** can be used safely as directed on the package but be watchful of excessive sugar in the ingredients.

Safe, over the counter remedies, use as directed on the label

- made by **Tylenol**
- **Sudafed**
- **Robitussin**
- **Vapor rubs (Vicks, Toms)**

Call me if

- You are unsure about a medication
- Your fever is over 100.4
- You need a referral to a Dr

(Headache symptom relief on back)

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Tips

Headache

Most normal headaches in pregnancy are a result of muscle tension and stress, dehydration, low blood sugar or caffeine withdrawal.

Research and try:

- **Relax** and rest
- **Drink Water**
- **Massage**; especially upper body, neck and head
- **Caffeine** Have you recently stopped all caffeine? Wean slowly from your habit, a bit of coffee or half a coke may help you feel better.
- **Tylenol** as directed
- **Healthy snacking** (whole grains, fruit, veggies, meat, yogurt, cheese) Light and often, every few hours, if you suspect low blood sugar may be causing your head to ache. Do not snack with sodas, candy or cookies.

Call me if

- You have visual changes or see spots
- You have a history of migraine headaches
- You have high blood pressure
- You are experiencing swelling more than usual

(Cold symptoms relief on back)

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Tips

Constipation

Hormones, prenatal vitamins and a growing baby can slow down your colon and cause constipation. Drinking plenty of water and regular exercise goes a long way. Eat salads, fruits and veggies, oatmeal/oats, bran and beans regularly.

Foods to avoid are cheese, greasy foods, and dairy.

- **Metamucil** or other fiber supplements (I recommend organic acacia) can be used as directed (with lots of water)
- **Fish oil**, 500 -1200 mg with a big glass of water at bedtime.
- **Prune juice** 6-12 oz followed by water (again yes, water)
- **Chiropractic** adjustments
- **Massage**
- **Exercise**, if possible at the same time daily
- **Yoga** Specific poses encourage regularity. Ask or read.
- **Docusate** (brand name Colace) occasionally -with water, as directed

Call me if

- you haven't pooped in 3 days or suggestions don't work ☺

Diarrhea

Pregnant women get food poisoning and stomach flu sometimes, stay hydrated and avoid losing all your nutrients while the bug runs its course.

Research and try

- **Eat light**; chicken soup or whole grain crackers
- **Drink** water, diluted Gatorade or sports drink.
- **ginger or peppermint tea**; healthy brand teabag or make your own with fresh peppermint or grated ginger; steep in boiling water, sip, a little goes a long way, experiment adding sweetener to taste.
- **Bananas, rice, apples and tea**, (BRAT diet) weak tea, cooked rice soft, and ripe apples and bananas will be easy on your belly ☺
- **Kaopectate** occasional use only, please call me after three uses

Call me if

- diarrhea is severe or lasts longer than 24 hours

(Hemorrhoid suggestions on back)



Tips

Hemorrhoids

Hemorrhoids are swollen veins (varicose veins) in your rectum. They are caused when your blood gets stuck in that exact area and not able to return to circulation. Extra baby weight, episiotomy, constipation, diarrhea, sitting for long periods of time and bad muscle tone can be contributing factors. To avoid the occurrence of hemorrhoids research and try:

- **Regularity** Maintain regular bowel movements (see other side)
- **Kegal** (tightening and releasing of perineal muscles) exercises, 20 per session, 5x a day
- **Reinsertion** of hemorrhoid (back into your bum) using some K-Y if needed, can be done together with Kegal tightening.
- **Tucks pads** as directed
- **Witch Hazel Extract** on compresses applied to hemorrhoids
- **Preparation H** as directed
- **Hamamelis 30C** (homeopathic witch hazel) can be found in healthy food stores and used orally whenever hemorrhoids flare
- **Red Clover and Nettle;** to increase circulation. Use an ounce (or handful) of each, fresh or dried herb per 1 quart of boiled water, just off the heat. Steep for 4 hours or more. Add peppermint tea brewed separately for taste.

Call me if

- hemorrhoid feels hard or grows larger
- You experience extreme discomfort

(Constipation and diarrhea on back)

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Tips

Swelling/Edema

Pregnant moms swell because they have extra fluid that pools in places like feet and fingers. Standing in one position for a long time, especially if the swollen area is below the heart level, can contribute to extra swelling.

To increase circulation and decrease swelling, research and try;

- **Drinking** more water
- **SWIM**
- **Elevating** your feet to heart level (Put those feet up!)
- **Lie down**
- **Walking** and regular exercise
- **SWIM**
- **Support hose** (apply in bed before rising)
- **Bathe**, Soak in a bath with bath salts or Epsom Salt as directed on label
- **SWIM**
- **Nettle** Use an ounce fresh (or handful dried) nettle per quart of boiled water, just off the heat. Steep for 4 hours or more.

Call me if swelling

- moves to your face
- Increases all of a sudden
- Is accompanied with high blood pressure or visual changes

(Varicose veins on back)

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Tips

Varicose Veins

Pregnancy hormones and size can slow circulation and cause varicosities in your legs and pelvis. A varicose vein in your rectum is a hemorrhoid. Varicosities can occur in your legs and vulva also. To increase blood flow to and from the varicosity research and try:

- **Exercise;** walking and prenatal yoga
- **Swim** or exercise gently in the water
- **Uncross legs** when sitting
- **Avoid standing** for long periods of time
- **Upside down slant** 5-20 minutes, through out the day as needed, lie on floor with legs slanting up, buttocks either resting on the floor, or for greater effect, up, off the floor in a supported pelvic tilt. Use a couch or chair to rest legs on –visualize blood and fluid circulating up to your heart. Add kegals for greater circulation.
- **Elevate legs** when sitting
- **Avoid constrictive clothing**
- **Support hose** applied before rising
- **Kegal** squeezing perineal muscles and releasing, 20, 5x a day, ask me for a sticker to remind you ☺

Call me if varicosity becomes

- Painful
- Hard

(Swelling/edema on back)

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Tips

Leg Cramps

Extra pressure on nerves and slowing blood flow can cause leg cramping in pregnancy. To increase circulation and relieve cramping research and try:

- **Exercise** walking, swimming, prenatal yoga
- **Legs elevated** while sitting or lying through out the day as needed.
- **Flex foot** heel pointed, While flexed, apply firm pressure against the bottom of the foot by pressing against the floor (if standing), wall or footboard if sitting or lying, or partner's hands.
- **Chiropractic adjustment**
- **Massage** professional or, calf massage while foot is flexed
- **Heat** applied as water, warm cloth or heating pad, add massage for bonus relief ☺
- **Magnesium citrate** 250 mg a day
- **CALM** the powdered supplement available in healthy food stores, use as directed, (not the type with added calcium)

Call me if

- Cramping occurs at a varicose vein
- Hardness or swelling appears in your leg

(Pelvic tenderness/round ligament on back)

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Tips

Pelvic Tenderness/ Round Ligament Pain

The uterus is suspended in your body with ligaments that stretch as your belly grows. This stretching is sometimes felt as twitching, tenderness or a heavy belly sensation. To reduce the twitching or painful feelings, research and try:

- **Bath;** A warm bath with soothing scent such as lavender.
- **Belly Support** A maternity support band
- **Knees to Chest** position
- **Bending** over, into the pain
- **Heat;** a heating pad or warm wet towel over the painful area.

Call me if

- You have a fever
- Pain increases

(Leg cramps on back)

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Tips

Nausea and Vomiting

Many mammas feel nausea most noticeable between 6 and 16 weeks of pregnancy. Both low blood sugar and the high level of HCG (pregnancy hormone that turned your test +) are thought to contribute to this yucky pregnancy side effect. Here are some suggestions to research and try:

- **Eat small amounts often;** healthy snacks every 2 hours to maintain an even sugar level. Protein (meat, cheese, peanut butter, yogurt) and complex carbs (whole grain oatmeal, toast, beans and rice) –no candy, sodas, white bread.
- **Ginger;** double tea bags or herbal infusion made with one ounce grated ginger per quart of boiled water, steep ginger in water off heat for 10 minutes, sweeten with honey or agave to taste. Sip slow.
- **Peppermint;** double tea bags or herbal infusion using handful of dried peppermint or 1 oz of fresh leaves per 1 quart of hot boiling water. Steep for 5-7 minutes off heat. Sweeten to taste with honey or agave. Sip slow.
- **Morningsicknesshelp.com ;** Bio bands, Sea bands, Morning teas, ginger candies, pregnancy pops and more
- **Sea bands;** Walgreens carries these bands worn around your wrist according to instructions. Works by acupressure point on wrist.

Call me if

- You can't hold anything down
- Also have diarrhea
- Also have a fever 100.4 or more

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Tips

Insomnia / Need-to-Sleep

Research and try

- **Exercise** but finish several hours before bed time
- **Regular bed time** and rising hour
- **Bath** warm, lavender scented, just before bed time
- **Sex** Orgasm releases oxytocin which relaxes the body and mind and can help you to sleep ☺
- **Eye Pillow** filled with lavender and flax
- **Massage**
- **Chamomile Tea** double the tea bag to taste

Herbs found in healthy food stores to be researched and tried:

- **Motherwort tincture** ½ dropper at bedtime
- **Skullcap** ½ dropper at bedtime
- **Catnip** ½ dropper at bedtime
- **Valerian** ½ dropper at bedtime

This homeopathic suggestion is for the mother who awakens with nervous fear and to be used only during times of sleepless anxiety

- **Aconite 30C**
 - Please call me if your insomnia becomes scary and your need to sleep is not being met.



Tips

Safety Precautions

FISH –is healthy for you and your baby, fish is good for your brain!

Mercury can accumulate in some fish therefore we recommend that you eat fish with the least mercury and limit your portions.

Pregnant women may eat up to 12 ounces (two average meals) per week of low mercury fish such as salmon, pollack, shrimp and catfish.

Canned light tuna has less mercury than albacore or white tuna.

The Environmental Protection Agency and Food and Drug Administration recommend that pregnant women

not eat shark, swordfish, king mackerel or tilefish because they are high in mercury.

It is best to avoid raw fish or sushi because of parasites. Sushi that has been cooked or frozen is fine. Raw shellfish is best to avoid because of bacteria.

Hot dogs, deli meat and soft cheese, OH MY!

About 500 pregnant women each year contract listeriosis due to a compromised immune system –of those, one in five (1/5) miscarry. You may choose to avoid hot dogs, luncheon or deli meat (unless they have been heated to steaming), soft cheeses, pates, unpasteurized milk and raw or undercooked meats.

ALCOHOL, TOBACCO, STREET and OVER THE COUNTER MEDICATIONS should be avoided. If you feel you need one, Call me first!



Tips

3 Day Diet Recall

| meals | Day 1 | Day 2 | Day 3 |
|----------------------------|-------|-------|-------|
| Breakfast | | | |
| Morning snack | | | |
| Lunch | | | |
| Afternoon snack | | | |
| Dinner | | | |
| Evening snack | | | |
| Water and forgotten extras | | | |

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