

Healing by Design

Pregnancy and Post-Partum

Top 10 List:

1) Pregnancy is a gift from God and the gift of LIFE. Stewarding pregnancy and bringing a healthy child into this world means stewarding your own bodies (men and women). Work on your health and cleanse your body BEFORE getting pregnant. Healthy children come from health parents.

2) **Nutrition is important.** We recommend eating fresh fruits, vegetables, nuts, seeds and lean quality meats. We encourage avoiding everything else which is not on that list such as dairy, alcohol, coffee, all grains, all sugars except fruit, etc. Mom and baby will thrive on a clean, healthy diet but suffer under a heavy, congesting or processed diet.

3) **Fresh air (oxygen), sunshine, exercise and water.** Equally, if not MORE important than nutrition are the basic components of life we often take for granted. Mom should be getting fresh, clean country air, adequate walking or other exercise, plenty of healthy sunshine and fresh, clean water to support the most basic functions of life.

4) **Morning sickness, nausea, cholestasis, varicose veins, hemorrhoids, gestational diabetes, constipation and preeclampsia** do not have to be a part of your pregnancy. These only seem normal because they are so common. Pregnancy often reveals health issues of the mother and we think it is common sense that pregnancy does not cause health conditions. This means mom needs to work on her liver, kidneys, pancreas, digestion and circulation. It does not mean you have a disease. All of this can be prevented by taking care of your health before and during pregnancy.

5) **Supplement if needed.** Most women can benefit from quality supplements to support her pregnancy. Here are some common ones that are helpful.

a) **Minerals.** *Quintessential BioTerrain Restore and Optimum Mineralization by Quinton* for electrolytes and works to restore healthy blood to proper mineral levels. Has been studied for over 100 years to benefit fertility and healthy pregnancies! *Inner Vitality plant minerals by Morningstar* provides all trace minerals the body needs in a liquid plant-based form.

b) **Healthy Blood by Garden of Life** for anemia and blood issues.

c) **Prenatal by Synergy Company or Garden of Life**

d) **GREENS like Aloe Life Daily Greens by Aloe Life, Green Vibrance by Vibrant Health, Alfalfa tablets by Pine (recommended 4000mg during 3rd trimester)**

e) **Proferia by Arthur Andrew or Progesteronic by Wishgarden** for progesterone support. Crucial for any woman who has had, or is concerned about, miscarriage.

f) **Welcome Womb by Wishgarden** for 1st trimester. Designed to prevent miscarriage.

- g) **Renew Life or Garden of Life probiotics.** Healthy intestinal flora is vital to good health and the health of the baby.
- h) **Balance formula by Herbally Grounded** has great hormone balancing and pregnancy herbs to help with strengthening the uterus and preparing the body for birth.
- i) **Magnesium oil by Health and Wisdom** foot soaks at night to relax, replenish magnesium, relieve sore aches and muscles, and open up healthy blood flow in the body.
- j) **Holy basil by Cedar Bear or CBD Oil by Elixinol** to help with stress, anxiety, fear, worry or other concerns.
- k) **Evening Primrose oil** helps to prime the cervix before birth, to be taken at 36 weeks at a dosage of 500mg 3x daily
- 6) **Consider a home birth.** Do your research. They are considerably safer than hospitals and much more peaceful, relaxing and natural. A hospital is a great emergency backup plan, but not a healthy or safe environment to bring a baby into the world.
- 7) **Don't be a victim of the system.** We have seen too many women with tears in their eyes, mourning over their hospital experiences. If you do choose a hospital birth, know and fight for your rights about vaccination, vitamin k shots, antibiotics, pitocin, epidurals, episiotomy and so many other invasive procedures that are considered "standard protocol."
- 8) **Prevent and heal prolapse.** The best way to prevent prolapse is to avoid constipation during pregnancy. Exercises that strengthen the connective tissue like pilates and stretching are helpful. **Bone & Connective Tissue Formula by Dr Morse, Joint Vibrance by Vibrant Health, Living Silica by Ojio and Pure Radiance C by Synergy** all help to strengthen connective tissue.
- 9) Prevent post partum depression (PPD). Taking care of yourself during pregnancy is most important. There are many nutrient deficiencies tied to PPD, so supplementing these during the pregnancy can help avoid PPD. It is also beneficial to begin taking these immediately after birth.
- a) Breastfeeding is crucial to avoid PPD, the mother/baby bond connection is important for proper hormone release
- b) **Proferia by Arthur Andrew Medical and Progesteronic by Wishgarden.** The drop in progesterone after birth is likely the biggest reason for PPD. So taking these during and after pregnancy can help tremendously.
- c) Mineral deficiencies are strongly linked, especially CALCIUM and ZINC. You can take **Zinc and Raw Calcium by Garden of Life, Endure electrolyte minerals by Trace Minerals Research, Quintessence Optimum Mineralization by Quinton or Inner Vitality** to be properly mineralized after birth. What baby needs often leaves mom depleted.
- d) **DHA vegetarian algae capsules by Flora.** Other healthy fats can help like evening primrose, flax oil, fish oil, etc.
- 10) **You were designed for this!** Your body has God-given intelligence beyond anything the medical system can offer. Although medical intervention can be necessary in emergencies, it is not a normal part of happy, healthy birth. Invite the Lord into this process and embrace it!