

## PREGNANCY: ENSURING HEALTHY OUTCOMES FOR MOMS AND THEIR BABES

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### OUTLINE

- Outcomes to avoid
  - For mom
  - For baby
- Role of Nutrition
  - Antioxidants and EFAs
  - Fiber and Protein
  - Probiotics
  - Calcium
  - Iron
  - B vitamins and Folic Acid
- Foods to avoid
- Role of Lifestyle
  - Sleep
  - Exercise
  - Stress management
- Role of Social "spirits"
  - Caffeine
  - Cigarettes
  - Alcohol
  - Cocaine
- Caution with Herbs
- Putting it all together: preparing for the big day

### OUTCOMES TO AVOID

- For mom:
  - High blood pressure
  - Pre-eclampsia
  - Gestational Diabetes
  - Premature rupture of membranes
  - Common complaints of pregnancy
  - Pre-term Labor
- For baby:
  - Low birth weight
  - Physical defects
  - Lowered IQ
  - Allergies
  - Asthma
  - Eczema
  - Autoimmune conditions
  - Malignancy

### ROLE OF NUTRITION: ANTIOXIDANTS

- Decreases risk of:
  - Pregnancy induced hypertension
  - Premature rupture of membranes
  - Asthma and allergies in children
  - Obesity and glucose intolerance in children



### ROLE OF NUTRITION: EFA'S



- Improves outcomes:
  - Visual development
  - Neurological development
  - Birth weight
- Protects against:
  - Early labor
  - Pre-eclampsia
  - Maternal mortality
  - Post partum depression

### ROLE OF NUTRITION: PROTEIN

- Increased requirements
  - 75 gms daily
  - 30 gms must be complete protein
- Needed for fetal growth
- Needed for maternal albumin levels
  - Transport of FFAs bilirubin, drugs, hormones
  - Buffers bloods
- Maintains concentration gradient in vessels
  - Third trimester swelling in extremities



### ROLE OF NUTRITION: FIBRE

- 28-30 gms daily
- Protective against
  - Constipation
  - Hemorrhoids
  - Pre-eclampsia
  - Gestational Diabetes
- Caution
  - Can leach minerals if excessive



### ROLE OF NUTRITION: PROBIOTICS

- Their importance **CANNOT** be understated...
  - Protective against
    - Immune dysfunction
      - Eczema
      - Allergies
      - Asthma
    - Yeast and urinary tract infections
  - Increases nutritional content of foods
  - Killed by
    - Antibiotics
    - Sugar
    - Commercial meat
    - Chlorine
    - Food additives
  - Initiates immune development of baby



### ROLE OF NUTRITION: CALCIUM



- Protective against
  - Preterm labor
  - Pregnancy induced hypertension
- Deficiency:
  - Fetal musculoskeletal malformation
  - Leg cramps
- Excess:
  - Maternal kidney stones
  - Hypercalcemia of fetus and placenta

### ROLE OF NUTRITION: IRON

- Needed for development of maternal and fetal blood
- Especially important in 3<sup>rd</sup> TM
- Low hemoglobin
  - Post partum hemorrhage
  - Pre-term delivery
  - Low birth weight
  - Frequent infections
  - Fatigue



### ROLE OF NUTRITION: B VITAMINS AND FOLATE



- Needed for protein assembly in the liver
- Protective against neural tube defects
- Protective for low mood
- Supports energy
- Progesterone production
  - Preconception
  - First TM

### ROLE OF NUTRITION: PLACENTAL ENCAPSULATION

- **Placental encapsulation** is the practice of ingesting the **placenta** after it has been steamed, dehydrated, ground, and placed into pills. AKA: Placentophagy
- Acts as the liaison between mother and baby
  - Reservoir of hormones and nutrition post partum
  - Eases mood disturbances post partum
  - Improves both supply and quality of lactation
  - Used in pain relief
  - Decreases risk of post partum hemorrhage
- Widely practiced around the world
  - Considered sacred



## FOODS TO AVOID IN PREGNANCY

- Raw meats
- Deli meats
- Mercury containing fish
- Smoked seafood
- Raw eggs
- Raw shellfish
- Soft cheeses
- Unpasteurized milk



## ROLE OF LIFESTYLE: SLEEP

- Body is working hard to accommodate a new life
- Usually becomes a problem later in pregnancy
  - Increasing size of fetus
    - Pressure on bladder
    - Changing pressure on back
  - Increased heart rate
  - Shortness of breath
  - Leg cramps
  - Heartburn and constipation
- Anxieties surrounding the upcoming birth



## ROLE OF LIFESTYLE: EXERCISE

- Benefits:
  - Good muscle tone
    - Prepares for labor
  - Improves sense of well being
  - Optimizes bowel function
  - Helps with sleep
  - Helps regain pre-pregnancy form
- Walking, swimming, biking, yoga (modified)



## ROLE OF LIFESTYLE: STRESS MANAGEMENT

- Can't avoid it
- Extreme stress linked to:
  - Preterm labor and miscarriage
  - Pre-eclampsia
  - Post partum depression
  - Impaired cognitive function
  - Gestational diabetes
- Lowers energy and immunity



## ROLE OF SOCIAL 'SPIRITS': CAFFEINE

- Prolongs the body's response to stress
- Crosses placenta
  - Baby not equipped to process caffeine efficiently
    - slow processing means increased stress response in baby
  - Leaches important minerals from body
    - E.g.: calcium



## ROLE OF SOCIAL 'SPIRITS': ALCOHOL

- No known safe level
- Variable effect depending on type and quantity
  - Role of antioxidants
  - Crosses placenta
- Associated with
  - Spontaneous miscarriage
  - Low birth weight
  - Fetal alcohol spectrum disorder



### ROLE OF SOCIAL 'SPIRITS': COCAINE



- Maternal effects
  - Preterm labor
  - Placental abruption
  - Miscarriage
- Fetal effects
  - Low birth weight
  - Intestinal atresia
  - Limb defects
  - Small head circumference
  - Shorter body length

### USE WITH CAUTION

- Herbs
  - Can be tremendously helpful
  - Need to be aware of risks
    - 4 main categories to avoid
      - Strong laxatives
        - E.g. cascara sagrada
      - Uterine stimulants
        - Stimulates smooth muscle
        - E.g. Angelica aka Dong Quai
      - Herbs that stimulate "flow"
        - Blue cohosh
      - Toxic herbs
        - Henbane: used for pain relief



### PUTTING IT ALL TOGETHER

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| <ul style="list-style-type: none"> <li>▪ Whole foods diet                             <ul style="list-style-type: none"> <li>▪ Emphasis on protein, fats, fermented foods</li> </ul> </li> <li>▪ Moderate exercise                             <ul style="list-style-type: none"> <li>▪ Prepares your body for labor</li> </ul> </li> <li>▪ Listen to your body                             <ul style="list-style-type: none"> <li>▪ Get enough rest</li> <li>▪ Take time to decompress if overwhelm sets in</li> </ul> </li> <li>▪ Drink plenty of fresh filtered water</li> <li>▪ Maintain a healthy weight</li> </ul> | <ul style="list-style-type: none"> <li>▪ Educate and empower yourself</li> <li>▪ Acknowledge and ventilate fears/anxieties/excitement</li> <li>▪ Build your support team                             <ul style="list-style-type: none"> <li>▪ Doctor</li> <li>▪ Midwife</li> <li>▪ Doula</li> <li>▪ Family members</li> </ul> </li> <li>▪ Consider a birth plan</li> </ul> |
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### LACTATION SUPPORT

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| <ul style="list-style-type: none"> <li>▪ Colostrum: baby's first 'milk'                             <ul style="list-style-type: none"> <li>▪ Normal for baby to loose up to 10% of body weight during this period</li> </ul> </li> <li>▪ Feeding on demand                             <ul style="list-style-type: none"> <li>▪ Helps establish milk supply                                     <ul style="list-style-type: none"> <li>▪ Night feedings</li> <li>▪ Avoiding use of pacifier</li> </ul> </li> <li>▪ Effective latch helps baby access fat-rich 'hind milk'                                     <ul style="list-style-type: none"> <li>▪ Poor latch could indicate tongue or lip ties   <ul style="list-style-type: none"> <li>▪ Seek the help of a lactation consultant</li> </ul> </li> </ul> </li> </ul> </li> <li>▪ Ensure proper calories, protein and fats                             <ul style="list-style-type: none"> <li>▪ Boost nutritional content of milk</li> </ul> </li> <li>▪ Ensure adequate hydration                             <ul style="list-style-type: none"> <li>▪ To aid in milk supply</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>▪ Milk supply hindered by:                             <ul style="list-style-type: none"> <li>▪ STRESS!!</li> <li>▪ Low thyroid function</li> <li>▪ Dehydration</li> <li>▪ Jaundice</li> <li>▪ Hormonal dysfunction</li> <li>▪ Oral birth control</li> </ul> </li> <li>▪ Herbs that increase supply:                             <ul style="list-style-type: none"> <li>▪ Fenugreek</li> <li>▪ Blessed thistle</li> <li>▪ Goat's rue</li> <li>▪ Hops</li> </ul> </li> </ul> |
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### BODIES IN BALANCE...



"There is such a special sweetness in being able to participate in creation"

~Pamela S. Nadav~