



“Stop Gaining Unnecessary Pregnancy Weight And Get Through Pregnancy Feeling Fit, Toned And Healthy!”

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Maternal Nutrition is the Secret of Healthy Pregnancy and a Healthy, Well Developed Baby

Every mother wants to have an easy, uncomplicated pregnancy and a healthy child. Unfortunately, more and more women experience pregnancy complications, such as anemia, high blood pressure, thyroid problems, diabetes, premature delivery, and low birth weight.

More children are born with birth defects and many of those who appear normal at birth go on to develop health problems later in life.

One in 10 kids will have ADHD, one in 150 will become autistic. Children are affected by anxiety, depression, and bipolar disorder. Kids develop type 2 diabetes, which was unheard of just 20 years ago.

Experts agree that most of these problems can be reduced and even prevented by proper nutrition during pregnancy.

Mother's nutrition has an affect not only on the pregnancy and on the infant's birth weight, but even on the risk of birth defects, pregnancy complications, maternal illness, and future diseases when the child becomes an adult.

Nutrients reduce pregnancy complications and birth defects

Studies show that proper diet and nutritional supplements, such as fish oil, vitamins C and E can prevent mother's illness during pregnancy and premature birth. Vitamin A and beta-carotene along with magnesium, fish oil, and zinc can reduce maternal mortality. Iron and folic acid reduce anemia. Calcium reduces the incidence of pre-eclampsia and high blood pressure.

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According to the Journal of Nutrition:

"Numerous studies support the concept that a major cause of pregnancy complications can be suboptimal nutrition."

"Frequency and severity of pregnancy complications may be reduced through an improvement in the nutrient status of the mother."

"Maternal nutritional deficiencies ...may be significant contributors to the occurrence of birth defects. "

Maternal nutrition will affect the rest of the child's life

Medical research shows that good nutrition during pregnancy and childhood can reduce baby's risk of future cancer.

Proper maternal nutritional supplementation can reduce the risk of diabetes later in child's life.

Certain specific deficiencies (for example magnesium) can also increase the risk of future diabetes.

Even the risk of future osteoporosis (in a baby when he or she becomes an adult) is determined by "maternal nutritional status during pregnancy" and especially by vitamin D deficiency, which is very common.

Most pregnant women are deficient

Unfortunately, most pregnant women are deficient in vitamins, minerals, amino acids, and omega 3 fatty acids.

Omega 3 fatty acids, especially DHA, are part of the brain, central nervous system, and the retina. A baby needs them for normal development of the brain and the eyes.

Premature infants are more likely to have ADHD, depression, and schizophrenia, because their brains did not have a chance to fully develop and incorporate all the DHA it needed. On the other hand, children of

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mothers who eat large amount of fatty fish have better intellectual development and higher IQs.

The problem is that almost 90% of women do not get even the minimal amount of DHA. Many women are deficient in folic acid, despite food fortification. Deficiencies of magnesium, calcium, iron, vitamins C, D, E, and many other nutrients are very common, which can jeopardize the health of both the mother and the baby.

Don't count on prenatal multivitamin - it does not work

The sad truth is that a typical prescription prenatal vitamin does not correct most deficiencies, which are extremely common in pregnant women.

Prenatal multivitamin is a poor source of nutrients. All the ingredients are synthetic, so your body cannot use them the way it uses natural nutrients from food.

Plus it is loaded with chemicals, such as crospovidone, FD&C Red No. 40 aluminum lake, hydroxypropyl methylcellulose, lactose, magnesium stearate, mineral oil light, polysorbate 80, sodium lauryl sulfate, stearic acid, syloid, titanium dioxide and triethyl citrate. Neither you nor your baby need these chemicals. They do not help, but can only cause harm.

How can you be sure to have the most optimal nutrition

Eat a good diet. This means eat natural foods. Oatmeal is natural, but cereal made from oats that looks like little doughnuts is not. Steak is natural, but luncheon meat is not. Eggs are natural, eggbeaters are synthetic unnatural junk.

In other words, eat food the way it is naturally produced and avoid processed, man-made foods. This usually means avoiding anything that comes in boxes, cans, and plastic packages and anything that has expiration date months from today. Real food spoils, junk food is loaded with preservatives, so it can last for a long time.

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Eat fruits and vegetables, nuts and seeds, berries, meat, chicken, lamb, eggs, cheese, butter, and any other natural food that you like. Seafood and fish are usually OK, but eat large fish (salmon, tuna, etc.) in moderation because of potentially high mercury content.

Try to minimize soda, ice cream, cookies, white bread and white rice, most breakfast cereals, and any other processed foods.

But even eating a good diet may leave you deficient in important nutrients. That is why I recommend nutritional supplements.

As I mentioned, prenatal vitamins that your doctor prescribed is nothing but junk. It is a combination of synthetic chemicals, some of which may even be harmful for the developing baby.

You should take only supplements that are made from real food. There is a company called Standard Process that has been producing food-based supplements since 1920s. They grow fruits and vegetables on their own certified organic farm. They dehydrate them using a patented low-heat high-vacuum process that retains all the nutrients. Think of it as turning a grape into a raisin. Raisins have all the same nutrients as grapes, except for water.

They also use organ meats (liver, kidney, etc) from organic cows because they have very high nutrient content. They combine different ingredients to create various nutritional supplements. There is nothing artificial, no preservatives, no chemicals, only real food with real nutrients.

It is never too early or too late to start. Whether you are just planning your pregnancy or are in the 3rd trimester, you need proper nutrition at every stage.

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This is the program I recommend to my patients:

- Catalyn - a natural multivitamin/multimineral made from 12 different foods
- Folic Acid B12 - for extra folic acid and B12
- Ferrofood - natural organic iron
- Calcium lactate - natural calcium and magnesium from beats
- TunaOmega oil - naturally pure source of DHA and EPA, guaranteed free of mercury, PCBs, and other chemicals

All these are from Standard Process. They are only available through health practitioners, so go on their web site and find a doctor near you. Or you can call my office at 718-769-0997 if you cannot find anyone locally.

The important point is this. If you want to have a healthy, uncomplicated pregnancy and a healthy, well-developed baby, eat real food and take food-based nutritional supplements.

Michael Teplitsky, MD has been practicing alternative and holistic medicine for over 20 years. He has treated thousands of patients using nutrition, herbs, homeopathy, and nutritional supplements. He is the author of Nutrition and Your Health, a book that explains complex and confusing nutritional concepts in an easy to understand layman language. Please visit the <http://www.CommonSenseHealthGuide.com> to get a free report 7 Health Myths That Can Hurt You, health news, and other valuable information.

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Attention Expecting Mothers: Specific Guidelines for Nutrition and Weight Gain

The extra food that you eat while pregnant should not just be extra calories or even empty calories. Calories such as those that vegetables such as celery and lettuce have are virtually void of nutrients. While pregnant, an expectant mother should follow guidelines on how to eat enough food, as well as the right foods. These foods must contain the proper nutrition for your baby.

For example: foods that are high in calcium are good for your own body, and you will need additional calcium for the strength and health of your own baby. Therefore, the food does not have to be simply enough for a mother to gain the recommended weight - it must also contain the correct amount of nutrients appropriate for your baby. You will, of course, require more of all of the essential vitamins and other nutrients than you do when you are pregnant.

The guidelines you can follow to make sure that your growing baby receives the proper nutrients that he or she needs are as follows:

- A healthy diet includes carbohydrates, of course, proteins are very important, as well as fats, vitamins, minerals, and something else to remember, plenty of water and other non-diuretic fluids are important.
- Of course, food labels in the U.S. are required on virtually all containers of food. This will make getting the proper portions of certain nutrients a lot more easily.
- Folic Acid is very important for proteins, effective function of enzymes. When you take folic acid supplements or eat green leafy vegetables, dark yellow vegetables such as yellow corn or yellow bell peppers, beans, peas and even nuts have certain percentages of folic

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acid in them. Nonetheless, even if an expecting mother eats many kinds of foods with folic acid in them - doctor's still recommend that she take an additional folic acid supplement in pill form, especially in early pregnancy.

- Calcium is also an essential nutrient for pregnant women. Many people need to increase their calcium intake significantly, when pregnant most women increase their calcium intake right away. In addition, your doctor will likely prescribe some prenatal vitamins containing extra calcium. There are plenty of dairy products rich in calcium. However, there are also many lactose intolerant women. In such cases, your doctor may have other suggestions for you - depending on your individual condition. Calcium will promote strong teeth and strong bones. Calcium also helps muscular contraction, strength, and nerve function.
- Some of the common nutrients you will need include nutrients that will promote cell growth in your growing baby for blood production.
- For these nutrients you will want to be sure to have the appropriate amount of lean meat, fish, poultry, egg whites, beans, nuts (many woman prefer peanut butter), and in tofu.
- You can find the essential carbohydrates that produce energy in breads, cereals, rice, potatoes, pasta, fruits, and some vegetables.
- You can get the calcium you need in milk and cheeses, yogurt, sardines, or salmon with bones, and spinach.
- Iron promotes red blood cell production - this is a very important part of a prenatal diet because it helps prevent anemia. Spinach is also one of the very best sources of iron. You can find iron in lean red meat and iron-fortified wholegrain cereals, pastas and breads as well.
- Vitamin A is another good vitamin to remember to consume enough of while you are pregnant. Vitamin A promotes healthy skin, vision, and it can also help build stronger bones. You can find vitamin A in

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carrots, dark leafy green vegetables, and even sweet potatoes.

- Vitamin C is very important, obviously, it prevents infection, promotes healthy gums, teeth, bones and the body's ability to absorb iron. Vitamin C is found in citrus fruits, broccoli, tomatoes, and certain fortified juice drinks.
- Vitamin B6 helps form red blood cells. Proteins, fats and carbohydrates, pork, ham, wholegrain cereals, and bananas are great sources of B6.
- Vitamin B12 assists in the formation of red blood cells as well, it will also help maintain the health of your baby's nervous system. B12 is typically found in foods such as meats, fish, poultry and milk.
- It is very common for vegetarians to take B12 supplements
- Vitamin D can be found in any dairy products, as well as in cereals and breads. Vitamin D promotes strong bones and teeth.

Determine how much and how often you should eat your proper portions of food. Be sure to inform your doctor of your diet right away, as soon as you know you are pregnant. Remember, you have to have certain types of nutrition for your unborn child. As a matter of fact, many doctors do not recommend any diet specifically high in vegetables. There are guidelines you can follow to make sure that your growing baby receives the proper nutrients that he or she needs. Provide the very best nutrition for your baby.

Anne Clarke writes numerous articles for websites on gardening, parenting, fashion, and sports. Her background includes home decor and gardening. For more of her articles on how to care for your unborn baby, please visit breastisbest.com, your source for information on Pregnancy and Nutrition and also a supplier of high quality Breast Pumps and other products.

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