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LEARN ABOUT

- PRECONCEPTION HEALTH
- HEALTHY DIET FOR PREGNANCY
- LIFESTYLE TIPS
- NUTRIENTS YOU AND YOUR BABY NEED

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Healthy Pregnancy

NUTRITIONAL AND LIFESTYLE GUIDELINES

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Planning For Pregnancy

We plan ahead for practically every major event in our lives – college, getting married, buying a new home – it only makes sense to plan ahead for something even more special, a new baby!

This does not mean merely starting the nine months before your baby is born, but instead, make every effort for optimal health before you conceive. Experts recommend planning ahead about six months prior to conception to make dietary, lifestyle and health improvements before you even begin trying to conceive ensuring that your baby can get off to a great start. If you

have current health concerns, you may need to build your body's vitality up for a year.

The more vital and fit that the parents are, the healthier the fetus is likely to be. In today's world, both the egg and the sperm can suffer the effects of poor nutrition, toxic metals, environmental chemi-

icals, viruses, medications and some drugs before conception. These adverse factors may have the potential for causing harm to your future child such as infertility, fetal abnormalities, miscarriage, still

birth, low baby weight and developmental issues. Remember, the health of the sperm and egg carry the genetic blueprint for your baby. You will want to do everything you can to be the best possible parents.

Both parents should plan for pregnancy and get their bodies in the best shape before they become pregnant.

It is a good time to get a checkup and allow time to correct any imbalances, allergies or illness which could be potential risk factors.

It is well worth it to invest the time and effort to raise your immunity and improve health by using diet, herbs and make lifestyle progress.

Source: McIntyre, Anne. *The Complete Woman's Herbal*. New York: Henry Holt Company, 1994.



Get Enough Fluids, especially Water

Drink at least eight glasses (64 oz.) a day or better yet, one half your weight in ounces. Filtered water is one of the best ways to purify the body, especially during pregnancy.

Herbal teas are great habit to get into while pregnant. Try teas like oat straw and red clover which are loaded with minerals like calcium and magnesium. Nettle tea is known for it's high iron and calcium content. For morning sickness, try fresh grated ginger root tea. Raspberry leaf tea is a

celebrated old time uterine tonic and it is rich in nourishing nutrients and can be very helpful in preparing your body for birthing. Depending on the season, make your teas hot or cold as they taste great both ways.

Stay clear of sugar-loaded fluids and artificial sweeteners and sodas. Caffeine drinks are out too. Caffeine is a stimulant and a drug. Caffeine also worsens symptoms of pregnancy such as nausea. Remember, chocolate contains caffeine too.

Benefits of Proper Water and Fluid Intake:

- Flush out waste and harmful toxins from your body
- Alleviate constipation
- Relieve Swelling
- Reduce risk of urinary tract infections
- Help clear your skin and make it feel soft
- 3 quarts of liquid a day is ideal



“Take control of your child’s future health and set a strong foundation for a healthy baby.”

EXPECTANT MOMS NEED AN EXTRA 300 TO 400 CALORIES PER DAY FOR HEALTHY WEIGHT GAIN

Eat Healthy: Before, During & After Pregnancy

It’s time to junk the junk food. Refined sugars, white flour and processed foods have no place when it comes to making healthy babies nor do trans fats. Make sure to read food labels so these enemies keep at bay. Work hard to avoid these types of depleting foods for your baby.

Take control of your child’s future health and set a strong foundation for a healthy baby.

Both Mom and Dad need to eat a well balanced diet that consists of whole, nutrient dense foods. A healthy diet can be achieved by eating the following:

Whole grains, nuts & seeds wheat, brown rice, barley, millet, kamut, walnut, almonds, pumpkin, pecan, sunflower seeds, Brazil nuts, etc.

Legumes and beans – lentils, chickpeas, lima, navy, etc,

Fresh fruits and vegetables include lots of colorful vegetables especially extra dark, leafy vegetables. These provide an

array of vitamins and minerals. Eat these raw and fresh or minimally cooked (steamed or stir fried).

Complete Proteins – including oily fish (sardines, salmon), grassfed meat, milk and eggs. Look for the best quality grassfed lamb or beef liver and treat yourself to it once a week for a powerful superfood. Enough and balanced protein ensures the basic building blocks for cells and tissues. It is also needed for hormones and building antibodies for a healthy immune system.

Healthy Fats including unrefined oils – cod liver oil, coconut oil (for heating), olive oil, fatty fish (salmon, herring, sardines), nuts and seeds, beans and legumes, evening primrose oil, borage oil. Essential fatty acids are critical to normal development of the baby’s brain, nervous system, immune system, adrenal system, cell membranes and to maintain healthy gut flora. 70% of all EFAs go to the brain,

Calcium Rich Foods – raw milk and dairy products are nature’s gift to us. Calcium not only builds your bones for the pregnancy, but your baby’s too.

Maximize Folic Acid – Folic acid is also known as folate when it naturally occurs in foods. Adequate amounts of folic acid prevent spina bifida, a neural tube defect. Women who have been on birth control pills are often deficient in this vitamin. It is recommended that you take a prenatal supplement containing 400 - 600 mg of folic acid. Additionally, strive to eat 300 mg. of folate daily from dietary sources. Best sources of folate are leafy green vegetables and whole grains.

Use unrefined sea salt instead of common table salt. Unrefined salt is grey in color and offers extra nutrients and healing properties.



Dietary Sources of Folate

| | |
|---------------------------|----------|
| Nutritional Yeast (100 g) | 2,022 mg |
| Black Eyed Peas (100g) | 440 mg |
| Wheat Germ (100g) | 305 mg |
| Beef Liver (100 g) | 295 mg |
| Kidney Beans (100g) | 180 mg |
| Garbanzo Beans (100g) | 125 mg |
| Asparagus (100 g) | 110 mg |
| Brussels sprouts (100g) | 49 mg |
| Green Beans (100g) | 28 mg |
| Blackberries (100g) | 14 mg |

AVOID THESE FOODS:

- Sushi and Sahimi (raw fish)
- Raw Oysters
- Seared Tuna
- Uncooked Seafood
- Shark, Swordfish, and King Mackerel due to high mercury levels which can harm the fetus’ nervous system

OTHER RISKY FOODS:

Foods that carry food borne illnesses like listeriosis or salmonella. Ex: soft cheese, pate, soft ice cream, soft eggs

WEB RESOURCES: www.westonaprice.org, www.whattoexpect.com, www.mcghealth.org/ihealth, www.kidshealth.org

The DON'T List: Minimize Toxin Exposures

Don't Drink Alcohol. It's a no brainer, drinking alcohol while pregnant is asking for problems. Heavy drinking is linked to fetal alcohol syndrome and these babies have a very low birth weight, high mortality rates, mental deficiency, hyperactivity, deformities of the head, cleft palate, heart, limbs and nervous system.

Don't Use Drugs. Drugs are toxic to you and your baby and can cause serious health problems. Marijuana, Cocaine and other recreational drugs are off limits.

Don't Smoke. Smoking is hazardous to your infant's health and your own. Quit smoking as soon as you find out you are pregnant. Protect your unborn child from

the unnecessary problems. Smoking during pregnancy has been linked with:

- Pre-term birth
- Low birth weight and length
- Cleft palate and lip
- Smaller head
- Stillbirth
- Smaller head
- SIDS and infant illnesses
- Long-term intellectual and physical problems for the baby
- Respiratory diseases like asthma
- Repeated ear, nose and throat infections



- Increased risk of ectopic pregnancy
- Higher frequency of endometriosis
- Earlier menopause
- Higher increase in risk of damage to sperm or incidence of mutation

Don't use aspirin. Studies have shown below average IQ's of children from mothers who regularly used aspirin in pregnancy.

Don't Consume Caffeine. Caffeine is found in coffee, tea, cocoa, some sodas and chocolate. Caffeine affects fertility, lower the birth weight and slow the infant's birth rate.

Don't take X-rays. X-rays should be avoided during pregnancy if possible. Make sure your dentist knows you are pregnant.

DR. HAAS' PREGNANCY SHAKE

Blend Together:

- 1/2 c. Apple Juice
- 1 t. Black Strap Molasses
- 1 Banana
- 2 t. Nutritional Yeast
- 1 c. Yogurt
- 1 T. Wheat Germ or Fresh Ground Flax Seed
- 2 T. Raw Honey or Maple Syrup
- 1/2 c. Raw Milk
- 1/3 t. Powdered Kelp

Haas, Elison. *Staying Healthy with Nutrition*. Berkley, CA: Celestial Arts, 2006.

WESTON A PRICE DAILY SUGGESTIONS

- Cod Liver Oil Daily - 20,000 IU & 2000 IU Vitamin D
- 1 Qt. Whole Raw Milk - preferable from pastured cows
- 4 T. Butter - preferably from pastured cows
- 2 + Eggs - preferably from pastured chickens. Extra yolks daily.
- 3-4 oz. Liver 1-2 times/week
- Seafood 2-4 times/week - wild salmon, shellfish and fish eggs
- Beef or Lamb Daily, always eaten with fat
- Oily Fish Daily for Vitamin D
- 2 T. Coconut Oil Daily, used in cooking or smoothies
- Lacto-fermented Beverages and Condiments
- Bone broths used in Soups, Stews and Sauces
- Soaked Whole Grains
- Fresh Fruits & Vegetables

Wise Traditions in Food, Farming & the Healing Arts quarterly magazine Fall 2001

Exercise Regularly, Reduce Stress and Get Rest

Plenty of exercise, fresh air and sunshine are vital to a healthy pregnancy. Stay active and take brisk walks outdoors to get ample amounts of fresh air.

Try for one hour three to four times per week. Besides walking, other forms of exercise may be swimming (in moderate temperature water), cycling, dancing, low impact activities at the gym like step machine, elliptical and low-intensity weight training.

Consider prenatal yoga or relaxation-focused exercises, all are helpful for mom.

Benefits of regular exercise are:

- Improves circulation, helps bring nutrients to the entire body and eliminates waste
- Build tone and fitness in muscles including the uterus
- Healthy bones, keeps calcium in bones
- Helps hormones
- Stronger heart

Stress can overwork your adrenals and can interfere with a woman's hormones. It also uses up nutrients. Make sure to balance your work and responsibility hours with fun and leisure.

Try to unwind with music or reading, try a walk in a park or garden, perhaps a long relaxing bath or a soothing massage will calm you. Taking care of yourself is important so listen to your body and the message it sends to you.



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Call for a wellness consultation.

Connie offers private wellness holistic consultations incorporating whole foods nutrition, herbs, stress management techniques, and other natural remedies to support and build overall health and works to re-balance the body.

As a sustainable livestock farmer for 25 years, Connie and her husband are dedicated to producing healthy, wholesome meats and offer grassfed lamb, beef, chicken, turkey and eggs along with other nutritious foods at their farm store called The Lamb Shoppe.

She is a member of the National Association of Nutritional Professionals, American Herbalists Guild, North Country Herbalist Guild, Weston A Price Foundation and The Land Stewardship Project.



Important Nutrients for Pregnancy

| NUTRIENT | FUNCTION | FOOD SOURCE |
|--------------------------------------|---|--|
| Calcium 1200-1600 mg | Development of baby's teeth and bones | Raw Dairy Products, Sea Vegetables, Dk. Green Leafy Vegetables Fish w/Edible Bones, Nuts/Seeds, Herbal Teas-oat straw, nettle |
| Iron 40-80 mg | Formation of red blood cells | Red Meats (especially Liver) Heme iron in meat absorbs best. Dk. Leafy Greens, Beets, Seaweed, Molasses, Apricots, Eggs |
| Vitamin B12 | Healthy blood | Red Meats, Only plant source: Seaweed |
| Folic Acid 400 -1200 mg | Development of baby's organs/tissues Reduce risk of spinal defects | Take as a supplement to guarantee you get enough Green Leafy Vegetables, Whole grains |
| Vitamin C & Bioflavonoids | Helps absorb iron Healthy veins and capillaries | Most Fruits & Vegetables |
| Vitamin D | Helps absorb calcium | Oily Fish, Cod liver Oil, Grassfed Dairy and Eggs, Sunshine |
| Omega 3 | Development of baby's brain Development of baby's nervous system | Deep sea fish 2-4 times/week, Fish Liver Oil, Flax Oil (1 st trimester: 1T later 2-3 T) |
| Zinc | Keeps sperm and eggs healthy DNA production, repair & functioning | Nuts, Seeds, Whole Grains, Legumes |

Other Important nutrients for pregnancy are Vitamin E (400-600 IU/day) & Magnesium (ratio of 1.5 Calcium to Magnesium).

Sources: Bartholomy, Paula. *MHNE 608 Healthy Life Cycles Lectures 1-5*. Hawthorn University, 2008, Audio Transcript.

Hass, Elson. *Staying Healthy with Nutrition: The Complete Guide to Diet and Nutritional Medicine*. 21st Century Edition. Berkley, CA: Celestial Arts Press, 2006.