

OCTOBER 2009 NEWSLETTER

NUTRITIONAL SUPPLEMENTS IN PREGNANCY

IRON (Or herbal iron – increase fiber to prevent constipation)

Mother: Red blood cells, respiratory function, fight fatigue.

Baby: Blood cells, bone marrow growth.

PROTEIN (lack of protein is linked to birth defects)

Mother: Hair nails, build/repair tissue, make body chemicals; such as enzymes and hormones, Building block for bones, muscles, cartilage, skin and blood.

Baby: Important component in every cell of the body.

VITAMIN B COMPLEX WITH EXTRA FOLIC ACID (Important particularly during first six weeks of pregnancy. Deficiency has been linked to neurologic birth defects.)

Mother: Lactation, metabolism of fats, sugar and protein.

Baby: Nerve function, heart and palate development.

Folic Acid

Mother: DNA/RNA synthesis, RBC, bone marrow, antibodies.

Baby: Bone marrow, spine formation, cell division.

Vitamin F (Fatty Acids)

Mother: Absorption of vitamins, promotes healthy skin, stabilizes mood, and helps with memory.

Baby: Kidney and brain development, growth hormones. Promotes fetal visual and natural development.

Vitamin A (Excessive intake during pregnancy has been linked to birth defects.)

Mother: Location, placental membranes, hormones.

Baby: Red blood cells, Fetal growth, vision, hair, skin, protects against infection.

Multimineral and Trace Mineral Complex for optional health, also provides a balance of nutrients needed for fetal development.

Vitamin D3 Essential for calcium absorption and bone formation.

Vitamin D

Mother: Teeth, calcium and phosphorus absorption.

Baby: Hardens bones, skull development.

Vitamin E prevents premature and low birth weight (should be avoided during the last month of pregnancy, due to tendency to delay labor.

Mother: Healing post birth, fights stretch marks and anemia.

Baby: Blood cell formation, heart health, fights jaundice.

Vitamin K

Mother: Good blood clotting protects against hemorrhaging.

VITAMIN C (Large doses taken prior to delivery may help reduce labor pains)

Mother: Connective tissue, fights viruses, absorbs iron.

Zinc Insufficient zinc intake can cause low birth weight (for fast absorption use zinc gluconate lozenges or opt zinc.)

Acidophilus or kyo Dophilus provides friendly bacteria to prevent yeast infection thereby protecting baby at birth. Also encourages assimilation of nutrients.

Green Foods promotes health, protects the intestinal tract and blood cells.

Calcium & Magnesium needed for formation of healthy bones and teeth. May help to prevent high blood pressure as well as premature birth.

Calcium

Mother: Healthy bones and teeth, nerves/muscles

Baby: Healthy bones and teeth formation.

Magnesium

Mother: Energy, muscles, labor contractions

Baby: Heart development, nervous and skeletal Systems.

Potassium

Mother and baby: Fluid balance, regulation of acidity.

St.John's Wart Help uterine contraction at birth.

Alfalfa prevents excessive bleeding

Black Cohosh to be taken only in last 4 weeks of pregnancy, helps to prepare body for an easier birth, also aids contractions.

Burdock Root, dandelion, ginger and nettle all help to enrich mother's milk.

Red Raspberry Leaf contains an ingredient called fragerine, which gives tone to the uterus and pelvis, helping to prevent miscarriage and false labor.

Red Raspberry leaf; high in minerals; (iron, magnesium, phosphorus and potassium) also rich in vitamins C, E, A, and B complex.

Relaxes the mother between contractions (assist with faster delivery of baby and placenta) also calms after pains

Red Raspberry leaf helps the uterus to contract more effectively, may also help to enrich Mother's milk.

Additional Recommendations:

- The importance of eating a well balanced diet cannot be over stressed.
- Do not consume junk foods, fried foods, coffee, alcohol, uncooked and undercooked meats, poultry or fish.(avoid grilled meats).
- Moderate Exercise
- Fresh Air
- Plenty of rest
- Do not smoke(includes second hand smoking)
- Avoid foods containing the sweetener aspartame (equal,nutrasweet and other products)which contains high level of phenylalanine(is known to alter fetal brain growth)
- Fetal deformities and mental retardation has been associated to amino acid in-balances.
- Since most women are not aware of being pregnant until several weeks after conception it is important for those who are planning to become pregnant to have adequate nutrition in order to prevent the possibilities of birth defects.

- In keeping with Organica's continual commitment to healthy St.Lucians, we have additional products to enhance mother and baby's health before, during and beyond pregnancy;
 - Belly Bar – protein snack bar
 - Tea Tree oil(vaginal suppositories)
 - Complete prenatal system multivitamins
 - Pregnancy Tea
 - Prenatal vitamins and DHA
 - Folic Acid
 - Prenatal multi vitamins and minerals
 - Pregnancy heartburn comfort
 - Third Trimester tea
 - Organic Mother's Milk (promotes healthy lactation.)

ORGANICA! ADVICES READERS TO CONSULT WITH THEIR RESPECTIVE DOCTORS, BEFORE TAKING ANY SUPPLEMENTS.

With best regards,

Candy, Nikki and Helena.