

# Dealing with Discomforts of Pregnancy (07/2019)

Discomfort	Cause	Interventions	Other Treatments
Nausea and Vomiting	<ul style="list-style-type: none"> <li>-increased hCG hormone</li> <li>-changes in metabolism</li> <li>-some prenatal vitamins</li> <li>-usually subsides after first trimester</li> </ul>	<ul style="list-style-type: none"> <li>-eat crackers or toast while still in bed</li> <li>-small frequent meals</li> <li>-eat solids separately from drinking liquids</li> </ul>	<ul style="list-style-type: none"> <li>-vitamin B6 complex at least 50mg twice a day</li> <li>-sea bands or acupuncture on wrists</li> <li>-red raspberry leaf tea or capsules</li> <li>-ginger 250mg 4 times/day</li> <li>-smell fresh lemon</li> <li>-Floravit</li> <li>-Brewer's Yeast</li> <li>-Prescription Diclectin</li> </ul>
Urinary Frequency	<ul style="list-style-type: none"> <li>-pressure of the uterus in the bladder(1st trimester)</li> <li>-fetal head on the bladder(3rd trimester)</li> </ul>	<ul style="list-style-type: none"> <li>-kegel exercises</li> </ul>	<ul style="list-style-type: none"> <li>- if history of urinary tract infection: cranberry capsules 1000mg 1-3 times/ day &amp; 1 pro-biotic capsule twice/ day</li> <li>-if you have a bladder infection take 1 cranberry capsule every 4 hours for 2 days and then 1 capsule 3 times/ day</li> </ul>
Breast Tenderness	<ul style="list-style-type: none"> <li>-hormonal changes and preparation for breastfeeding</li> </ul>	<ul style="list-style-type: none"> <li>-wear a well fitted bra during the day</li> </ul>	
Vaginal Discharge	<ul style="list-style-type: none"> <li>-hormonal changes of pregnancy cause increased mucus and less acid pH in vagina which can lead to yeast infections</li> </ul>	<ul style="list-style-type: none"> <li>-cotton underwear</li> <li>-bathe/shower daily</li> <li>-avoid pantyhose</li> <li>-wash with a vinegar wash (1 part vinegar to 2 parts water) instead of soap</li> </ul>	<ul style="list-style-type: none"> <li>-if history of yeast infections take acidophilus and vitamin C 1000-2000mg daily</li> </ul>
Backache	<ul style="list-style-type: none"> <li>-changes in posture due to enlarging belly</li> <li>-hormonal changes making ligaments and joints lax</li> <li>-strain from baby and enlarging belly on muscles</li> </ul>	<ul style="list-style-type: none"> <li>-yoga or Pilates</li> <li>-warm bath</li> <li>-exercise</li> <li>-avoid high heels</li> <li>-wear a belly sling/ maternity girdle</li> <li>-rest</li> </ul>	<ul style="list-style-type: none"> <li>-chiropractic adjustments</li> <li>-massage</li> <li>-Tylenol on occasion</li> <li>-alternate heat and cold packs on area (20 mins on, 20 mins off)</li> </ul>
Nasal Stuffiness and/or Bleeding	<ul style="list-style-type: none"> <li>-hormonal changes</li> </ul>	<ul style="list-style-type: none"> <li>-humidifier</li> <li>-neti pot (saline rinse)</li> <li>-petroleum jelly to protect nasal mucosa</li> </ul>	<ul style="list-style-type: none"> <li>-fish oil supplements</li> <li>-kyolic garlic 2 capsules twice a day</li> </ul>

Constipation	-hormonal changes slowing down digestion -pressure from the uterus on colon -some iron supplements	-increase water intake -increase fiber intake - daily exercise	-fish oil supplements -evening primrose oil 2000mg/day -ground flax 1 tbsp with 8oz water followed by another 8oz water an hour later -pro-biotic 1-3 capsules per day
Hemorrhoids	-constipation -weak vessels	-relieve constipation	-vitamin C -sitz with yarrow, witch hazel -fresh grated potato applied directly -vitamin E (discontinue after pregnancy)
Varicose Veins	-family history of varicose veins -increased pressure from swelling and enlarged belly	-elevate legs -exercise -compression stockings	-soak in a large tub or pool -fish oil supplements -vitamin E
Heartburn	-upward pressure of growing uterus -relaxation of opening of stomach so contents splash up easily	-elevate head of bed by 4-6" -avoid bending over right after drinking or eating -small frequent meals	-papaya enzymes to speed up digestion -apple cider vinegar (1tsp mixed with 2tsp warm water) -relieve constipation -fennel tea
Ankle Swelling	-hormonal changes -decreased venous return	-avoid standing for long periods of time -elevate feet and legs -avoid tight socks	-soak/swim in large tub or pool -stinging nettle tea -dandelion tea or juice -parsley capsules -kyotic garlic capsules
Leg Cramps	-imbalance of calcium/phosphorous ratio -fatigue -poor circulation	-stretching, massage, warm compress -increase calcium intake -avoid extreme pointing of toe -salt in moderation	-calcium and fish oil supplements -vitamin E -Floravit herbal iron supplement
Bleeding Gums	-hormonal changes	-use a soft toothbrush -regular dental care	-calcium and fish oil supplements -vitamin C
Headaches	-increased blood flow -dehydration -nasal swelling -low blood sugar	-small frequent meals -increase water intake -relaxation -warm/cold compress	-Tylenol
Ligament Pain (pain in lower belly felt with movement)	-stretching of ligaments of growing uterus -aggravated with activity	-rest on side with pillow under belly and pillow between knees -warm compresses or bath	-Tylenol

Nutrients	Source	Purpose
Calcium	Dulse (seaweed), almonds, figs, filberts (hazel nuts), asparagus, broccoli, cabbage, collards, mustard greens, parsley and other leafy green vegetables (kale), milk, milk products, all cheeses, whole grains, fruits, nuts, shellfish, eggs, fish and bones (salmon, sardines), molasses, soya beans, sunflower seeds, alfalfa, fenugreek, flaxseed, yellowdock	<ul style="list-style-type: none"> <li>-calcium and magnesium = cardiovascular health</li> <li>-calcium and phosphate = bones and teeth</li> <li>-healthy teeth and bones</li> <li>-keeps heart beating regularly</li> <li>-helps alleviate insomnia</li> <li>-metabolize iron</li> <li>-helps nervous system</li> </ul>
Vitamin D	Fish liver oils, sardines, herring, salmon, tuna, milk and dairy products, egg yolks, halibut, oatmeal, sweet potato, alfalfa, horsetail, nettle, parsley	<ul style="list-style-type: none"> <li>-needed to absorb calcium</li> <li>-summer ultra-violet rays act on oils of the skin to produce vitamin D</li> </ul>
Iron	Organ meats (kidney, liver, heart), farina (cream of wheat), red meat, egg yolks, nuts, beans, asparagus, molasses, oatmeal, brewer's yeast, dates, lima beans, lentils, dulse, kelp, yellow dock, nettle, raspberry leaf, shepherds purse, uva ursi	<ul style="list-style-type: none"> <li>-resistance to disease</li> <li>-prevents fatigue</li> <li>-cure and prevent anemia</li> <li>-skin tone</li> </ul>
Folic Acid	Deep leafy green vegetables, carrots, tortula yeast, liver, egg yolk, cantaloupe, apricots, pumpkin, avocados, beans, whole and dark rye flour	<ul style="list-style-type: none"> <li>-helps prevent birth defects such as spina bifida</li> <li>-improves lactation</li> <li>-healthier skin</li> <li>-helps prevent canker sores</li> <li>-helps prevent anemia</li> </ul>
Vitamin K	Leafy green vegetables, yogurt, alfalfa, egg yolks, safflower oil, soya bean oil, fish liver oils, kelp	<ul style="list-style-type: none"> <li>-essential in formation of prothrombin (a blood clotting factor)</li> <li>-formed by natural bacteria in the intestine</li> </ul>
B 12	Liver, beef, pork, eggs, milk, cheese, kidney	<ul style="list-style-type: none"> <li>-form and regulate red blood cells</li> <li>-maintain healthy nervous system</li> <li>-properly utilize fats, carbohydrates, and proteins</li> <li>-properly functioning thyroid gland helps B12 absorption</li> </ul>

(07/2019)