

Healthy Children Start With Healthy Parents

Herbs and Nutrition for Pregnancy and Childbirth

Every parent hopes for healthy children. Every grandparent hopes for healthy grandchildren. In fact, healthy children are a joy to everyone.

But hope isn't enough to ensure healthy children. Problems with pregnancy and with the subsequent health of offspring are not accidents of nature. They have *causes*, and most problems involving pregnancy, birth defects and illness in infants are the results of either poor nutrition or exposure to environmental toxins.

Dr. Weston Price, author of *Nutrition and Physical Degeneration*, discovered evidence of this when he traveled the world in the 1930s studying indigenous people. He observed that women living in traditional cultures almost always had trouble-free pregnancies, normal deliveries and healthy, disease-free offspring. If what Dr. Price observed is true, then why do so many women living in modern society have problems with reproduction?

For example, one-third of all births in this country are done by C-section. And, if traditional societies consistently produced healthy children, then why do our offspring suffer from health problems like autism, ADHD, failure to thrive, etc. with all the benefits of modern science? Remember that Dr. Price found that these problems were essentially unknown among people we regard as "primitive."

Dr. Price observed that not only did native peoples carefully prepare for conception and childbirth, they deliberately spaced children anywhere from four to seven years apart in order to allow mothers' bodies a chance to fully recover before having another child. In addition, these societies went to great lengths to feed pregnant women special nutrient-rich foods in order to ensure healthy offspring.

Preparing for Pregnancy with Nutrition

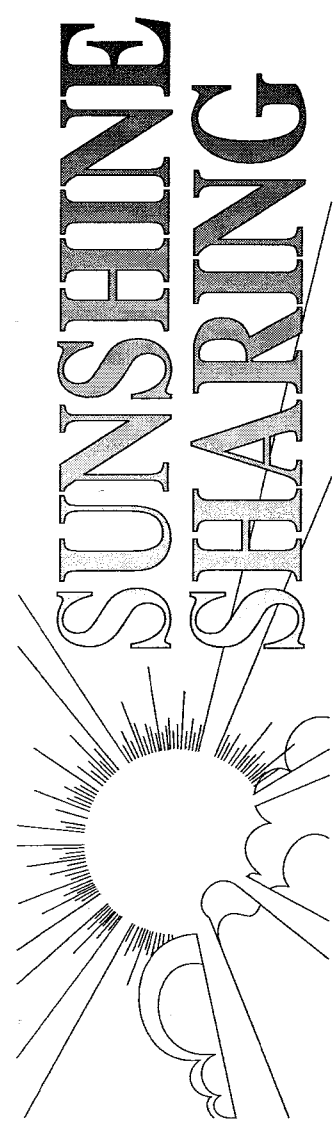
A mother can't expect to have a good pregnancy, a problem-free delivery and a healthy child if she is living on a diet of devitalized, nutrient-depleted foods and exposing herself to all the chemicals of modern society. Several generations of diets filled with refined carbohydrates, hydrogenated fats and oils, and other processed foods have led to numerous problems with pregnancy and delivery and to a generation of children suffering from serious health problems and behavioral disorders.

If young people today want to be blessed with healthy children, they need to start thinking about caring for their own health by eating properly and minimizing their exposure to chemicals. This needs to be done by both the mother and the father prior to conception so we can start improving the health of future generations.

In this issue of *Sunshine Sharing*, we'll share tips for creating healthier children by taking better care of expectant mothers. You will learn how herbs and supplements can help pregnant women make up for the deficiencies in modern diets. You will also learn how to promote trouble-free pregnancies, ease deliveries and have healthier babies.

Even if you are past the years for bearing children yourself, you probably have grandchildren or know young people who may be contemplating having a family. Please pass this information on to them so we can start improving the health of future generations of children.

Keep Reading to Learn How to Give the Next Generation A Healthy Start!



Your guide to better health the natural way.

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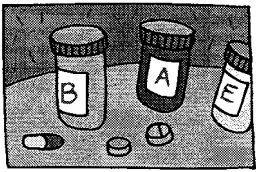
Important Notice

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Sunshine Sharing is an independent educational publication and receives no financial support from any herb or health product manufacturer. Your comments, questions and personal experiences are welcome. Send them to *Sunshine Sharing*, P.O. Box 911239, St. George, UT 84791-1239 or comments@treelite.com.

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Nutrition for a Healthy Pregnancy

During pregnancy, a woman needs the nutrients necessary to form two extra pounds of uterine muscle, several pounds of amniotic fluid and the placenta. She also experiences a 50% increase in blood volume, and her liver and kidney cells need to process the waste from two living beings. And this is all in addition to forming the bones, muscles, skin, glands, nervous system and other vital organs of her developing child.

This means her body will require larger than normal amounts of proteins, good fats, vitamins and minerals—nutrients she isn't going to get from eating a diet of refined and processed foods. A pregnant woman needs to take extra good care of her body by consuming fresh fruits and vegetables, whole grains and organically raised meat and dairy products. She should also avoid alcohol, coffee, tobacco, refined sugar, white flour, shortening, margarine, commercially-fried foods and hydrogenated oils. Ideally, all these dietary changes should take place several months before conception in order to prepare the body for a healthy pregnancy.

Avoid Toxins

Chemicals are a major cause of birth defects and health problems in infants, so a pregnant woman should be very careful to minimize her exposure to toxic chemicals of all kinds, particularly pesticides. Many pesticides will cause a miscarriage because of their xenoestrogenic nature. A pregnant woman should also be careful to use only natural, non-toxic household cleaning products (such as **Nature's Fresh** and **Sunshine Concentrate**) and personal care products. It is also a good idea to do a cleanse prior to conception. This will minimize a woman's risk of morning sickness, toxemia and other health problems during pregnancy.

Basic Supplements

As mentioned on page one, traditional cultures used special foods for pregnant women to ensure healthy babies. Supplements can do the same for modern pregnant women. Mega-doses of vitamins and minerals aren't wise, but a good prenatal vitamin like **Nature's Prenatal** can be beneficial. Nature's Prenatal contains essential nutrients for energy and basic health during pregnancy, such as 800 mg. of folic acid, which is essential in the prevention of neural tube defects.

Many women, however, find that using whole foods and herbs are even more important than taking a prenatal in maintaining good health during pregnancy. **Ultimate GreenZone**, for instance, is a great whole food supplement for pregnant women.

Good fats are a must for pregnancy, as a developing child's brain and nervous system need good fats. **Super Omega-3 EPA** or the equivalent should be considered an essential supplement for pregnancy. Supplementing Super Omega-3 EPA has been shown to reduce the risk of developing pre-eclampsia, postpartum depression and pre-term labor. Deep ocean fish (especially sardines), walnuts, flax seeds and flax seed oil, hemp seed or hemp seed oil, avocados, coconut oil and organic butter from grass-fed cows are also great sources of good fats for pregnancy.

Mineral Supplements Are Essential

Due to modern agricultural practices, the population as a whole is deficient in minerals. Even when consuming a wholesome organic diet, pregnant women usually need extra amounts of trace minerals. Many problems in pregnancy have been attributed to trace mineral deficiencies because the developing infant pulls minerals from the mother's bloodstream.

Drinking a *pregnancy tea* of equal parts red raspberry leaf, alfalfa and peppermint is an easy way to get the needed trace minerals. Expectant mothers should steep 3-4 heaping tablespoons of this mixture in a quart of boiling water and drink at least a quart of this tea every day. Other mineral-rich herbs like nettles, oatstraw and horsetail can be added to the tea for an even better effect. This tea helps prevent morning sickness and strengthens a woman's body during pregnancy and delivery.

Red raspberry leaf is especially valuable to pregnant women as it tones the uterus and prepares the body for childbirth, making labor and delivery easier. It also reduces morning sickness, lowers the risk of miscarriage and decreases the risk of postpartum hemorrhage. Women who don't have time to make the pregnancy tea described above, can take **Red Raspberry** in capsules or use the liquid **Red Raspberry Blend**.

Other great ways to get minerals include taking **Liquid Dulse**, **Colloidal Minerals**, **Mineral Chi Tonic** and/or **HSN-W**. Generous intake of mineral-rich herbs like these has been found to eliminate most of the problems women experience in pregnancy, create healthier babies and make delivery easier.

Pregnant women especially need more iron. Eating dark, green leafy vegetables, organic red meat and iron-rich herbs can keep iron levels normal during pregnancy. Consider supplementing with **Yellow Dock** or **I-X** in addition to adding nettles to your pregnancy tea. Drinking **Liquid Chlorophyll** will increase utilization of iron. Taken after childbirth, chlorophyll also increases the quality of the mother's breast milk.

If traditional women eating nutrient rich foods daily needed supplements, how much more important is it for modern women to use supplements during pregnancy? Of course, every person is unique, so check out the box below for more information, or ask the person who gave you this newsletter for help.

Additional Help and Information

If you would like more information about natural help for pregnancy, childbirth and infants, talk to the person who gave you this newsletter. They have additional handouts and materials to help you. You can also consult some of the following sources for more information:

The Natural Pregnancy Book by Aviva Jill Romm

Herbs, Helps and Pressure Points for Pregnancy and Childbirth by Katherine Tarr

Nature Makes Whole: In the Tradition of Herbal Midwifery by Karen A. Jensen

Herbs for a Healthy Pregnancy by Penelope Ode

Natural Baby and Childcare by Lauren Feder.

Natural Health After Birth by Aviva Jill Romm.

Natural Remedies for Common Pregnancy Problems

Pregnancy is not a disease and a properly nourished mother will usually have a positive experience. Nevertheless, here are some natural remedies that can help some of the more common problems associated with pregnancy.



Morning Sickness

The primary reason why a woman experiences nausea and vomiting during pregnancy, i.e., “morning sickness,” is because of toxicity of the liver and digestive tract. Besides eating a healthy diet, the best prevention for morning sickness is to drink the pregnancy tea (see page 2) and take plenty of mineral supplements. Taking **Red Raspberry Blend** and digestive enzymes, like **Proactazyme Plus**, with meals, and getting enough fiber and water to keep the bowels working properly will help get rid of morning sickness. Other helpful remedies to consider include taking some **LIV-J** or **Liver Balance** to clean out the liver, **Ginger** capsules or tea, or **B-Complex vitamins**. It is also helpful to manage blood sugar carefully as explained below.

Blood Sugar Problems

Many women experience blood sugar problems during pregnancy. Low blood sugar contributes to morning sickness and causes mood swings during pregnancy. High blood sugar or gestational diabetes puts the unborn child at risk. Women with blood sugar problems should get their blood sugar under control for at least three to six months prior to conception. If gestational diabetes does occur, it is usually caused by a chromium deficiency and can be corrected by eating small, frequent meals and taking **Chromium GTF** or **Target P-14**. A protein snack at bedtime is also helpful.

Anemia

It's no secret that pregnant women need extra iron, but iron supplements are usually ineffective in keeping iron levels high in pregnant women. This is because iron supplements are generally poorly assimilated. Better results can usually be obtained by consuming iron-rich foods and herbs. Three great herbs for supplying iron are **Alfalfa**, **Yellow Dock** and nettles. **I-X**, the herbal iron formula, can also be helpful. Another simple, but very effective, iron supplement is blackstrap molasses. Although it doesn't contain iron, **Liquid Chlorophyll** can be taken to improve uptake and assimilation of iron.

Stretch Marks

Stretch marks are typically caused by a lack of minerals, essential fatty acids and fat-soluble vitamins. These nutrients are needed to keep skin pliable and elastic. Besides taking mineral supplements, consider taking **Zinc** and extra **vitamin E** and **vitamin A** if you have problems with stretch marks. Massaging the abdomen with peanut, olive or coconut oil can also be helpful.

Continued on page 4

Is It Safe to Use Herbs During Pregnancy?

Parents frequently want to know what herbal remedies and supplements are safe for pregnant women to take. The answer is that most supplements and herbs are completely safe to use during pregnancy. In fact, they are much safer than most prescription or over-the-counter drugs. However, there are a few exceptions.

First, pregnancy is maintained by a balance of hormones. High levels of progesterone and low levels of estrogen help keep a woman pregnant. So, remedies that influence hormones, and especially those with estrogenic activity, should be avoided during pregnancy, especially during the first three months.

Specifically, herbs listed as emmenagogues such as black cohosh, blue cohosh and dong quai should be avoided except during the last five weeks when preparing for delivery. To be on the safe side, one should also avoid hormonal remedies like 7-Keto, DHEA, Pregnenolone and Melatonin Extra. It is also wise to use caution with hormone-balancing herbal formulas like C-X, FCS II, Female Comfort, Flash Ease, NF-X, X-Action and X-A. However, many of these herbal formulas have been used safely under the supervision of a skilled practitioner when hormones were out of balance.

Most anti-parasitic remedies should also be avoided. Specifically wormwood, tansy, Artemesia Combination, ParaCleanse and Paw Paw Cell Reg should not be used during pregnancy as they can be abortifacients. Some other herbs that act as abortifacients that should specifically be avoided include anamu, pennyroyal, cotton root and Scotch broom.

It is a good idea not to do harsh cleansing during pregnancy. A small amount of cascara sagrada is OK if increasing fiber, water and magnesium is insufficient to move the bowels, but large amounts of cascara, LBS II, LB-X and LB Extract should be avoided. Senna Combination should be avoided, period. Heavy Metal Detox and large quantities of other cleansing herbs should also be avoided. Normal quantities of liver formulas like Liver Balance and LIV-J are safe especially for morning sickness or toxemia.

There are many authors with little actual experience with herbal remedies who caution against the use of many herbs that are completely safe during pregnancy. These cautions are based on analysis of individual constituents of the herbs or properties of the herbs that lead the authors to conclude that the whole herb might be a problem. The fact is that, with few exceptions, most herbs are safe to use during pregnancy *when they are needed to solve a specific health problem*.

Pregnancy is not a time to be taking large quantities of medicinal plants. Take only those remedies you need to resolve specific health problems and do so under the guidance of someone experienced in their use. Mild, nutritive herbs and supplements (like the one's mentioned in this newsletter) are not only safe, but extremely helpful when a woman is pregnant. The bottom line is to take extra special care of yourself and your unborn baby.

Do You Know Anyone Who is Planning to Have Children?

*Share This Issue of Sunshine Sharing
So Their Children Can Experience
A Healthy Start to Life*



Varicose Veins and Hemorrhoids

These problems are actually closely related, as a hemorrhoid is essentially a varicose vein in the rectal area. These problems are caused by poor venous circulation, which is usually a sign of liver congestion. **Vari-Gone** capsules taken internally or Vari-Gone cream applied topically may be helpful. Other possible remedies include taking **Vitamin E**, **White Oak Bark** or **Butcher's Broom** internally and applying white oak bark or **Herbal Trim** topically.

Hair Loss

Hair loss during pregnancy is typically a sign of nutritional deficiencies. It may indicate a lack of protein or problems digesting protein. It can also be a sign of low thyroid and a lack of iodine. Mineral deficiencies may also be a cause. Improve your overall nutrition if hair loss is a problem.

Toxemia

Toxemia during pregnancy is a sign of poor diet and poor general health. If you have problems with toxemia start by eliminating junk foods and eating lots of fresh fruits and vegetables. Drink lemon water with maple syrup and pinch of capsicum to flush the system. Also, add some alteratives such as **Red Clover**, **Dandelion** or **Burdock** to your *pregnancy tea* (see page 2). You can also mix **Lymphatic Drainage** and **Kidney Drainage** with water and sip them throughout the day. These procedures will help flush toxins out of the body.

Space does not permit us to cover all the beneficial herbs and supplements that can help with pregnancy and delivery. Talk to the person who gave you this newsletter as they can supply you with additional help and information.