Mapping Your Pregnancy

# Morning Sickness

Liquid Chlorophyll 1/8 cup twice a day

B-Complex: 2-3 a day

Peppermint or Ginger Teas: Sip throughout the day

Exercise: Gentle exercise and fresh air are wonderful for morning sickness.

Vitamins: You will need a whole food vitamin. You may need to break it into small pieces and eat it with meals. Occasionally, you may not be able to take them at all. Make sure to eat as healthy as you can.

Eat something every two hours even if it is just a cracker or toast. Have a cracker before you get out of bed. Do not get up to get it, let your hubby get it for you. Avoid sugars and other simple carbohydrates like white flour. They will cause low blood sugar and increase morning sickness. Try more proteins.

Threatened Miscarriage (cramping with bleeding): A combination of black haw, false unicorn and wild yam. You may find this “Carry On” type formula already prepared at the health food store or the birth center. Take 1 dropper full every hour, and then slowly reduce to ¼ tsp every 2 hours. (If the baby has already died, it will not prevent your body from miscarrying.) Drink plenty of fluids, get some rest and try to reduce your stress. Call your midwife.

The Naturally Healthy Pregnancy, Shonda Parker. Purchase this book and refer to it for common pregnancy ailments. It is a wonderful resource.

**12 weeks**

Water: You should be getting 8 full glasses of water per day.

Exercise: It’s time to be getting 30 minutes of cardio exercise at least three times each week.

Prenatal Vitamin: You should be able to take your prenatal vitamin without sickness soon. Make sure that you have a whole food vitamin. The birth center carries Juice Plus and Natures Way whole food supplements.

Calcium: There is enough calcium in prenatal vitamins so that you will only need ONE source of dairy each day. Try to purchase organic or hormone free dairy products-this is extremely important. Nuts and seeds are also good sources of calcium.

**28 weeks**

RhoGam: If your blood type is Rh negative, this is the time for RhoGam or WinRho.

Red Raspberry Leaf Tea:

Two-Three times a day or two-three capsules.

Iron: Chlorophyll or Flora-Dix as directed on bottle. You may also try Black Strap

Molasses. It isinexpensive and should be taken at every meal (1-2 tbsp.).You may need to try several different types of iron supplements before you find one that agrees with your body. You should feel more energy within four days. Keep these on hand for the birth and recovery after delivery. Black stools mean that your body is not absorbing the iron or that you are taking too much.

Nettles Tea or Capsules:

1-2 glasses a day or more for swelling.

GBS: A Beta-Strep test (vaginal swab) will be done at your prenatal. If the results

are positive you’ll be asked to insert garlic or acidophlilus capsules vaginally for one week and re-test

Preterm Labor (Steady contractions that increase in intensity and frequency and do not diminish by changing positions):

Drink at least two full glasses of room temperature water and lie down or get in hands and knees.

Do Pelvic Tilts

Wine or any alcoholic beverage. Drink one 4 oz class, then another half glass every half hour until contractions begin to subside.

Call your midwife.

**35 weeks**  Order your birth kit (home deliveries only). You may also wish to order some of the herbs you will need.

**36 weeks**

It’s time for your second doctor’s visit. She will do a prenatal and may write a few prescriptions that we might need for emergencies. Get your prescriptions filled at the CVS beside the birth center (other CVS’s do NOT carry them). Upstate Medical Pharmacy also carries the medications that you need (455-8910). Call ahead and tell them the medications needed. They are attached to Greenville Memorial Hospital.

Alfalfa: Take two-three tablets with every meal. If this causes diarrhea, cut back to just one or two at each meal. This builds your natural clotting factors and inhibits bleeding after delivery. It’s also good for your iron

Walks: or some kind of good exercise for 30 minutes every day. You will really appreciate this in labor.

Red Raspberry Leaf Tea: Drink this in place of water. Prepare a gallon at a time and drink, drink, drink.

Beta Strep: If you are Group B Strep positive or if you were not tested, you will need to get two disposable, natural douches and chlorhexadine (hibicleans) solution from you local pharmacy (home deliveries only).

To have an early baby: If you are carrying your baby high, if this is your first baby, if you have gone more than a week past your due date before, or if your midwife has told you that you need to have your baby soon:

5W: These are hormonal herbs that keep you from going far past

your due date. Order them with your birth kit.

Evening Primrose Gel caps. Insert 2 gel caps deep into your vagina before bed.

Nipple Stimulation. Do nipple stimulation every day for an hour. You can do this while watching TV or bouncing on the birth ball.

Intercourse every day. This softens your cervix and shortens your pregnancy.

Orgasms are just mini-contractions and are great for increasing your hormone levels.

**37 Weeks** It’s time for your birth plan prenatal. We will talk about your desires for your birth. If you are planning a home delivery, the prenatal will be at your house.

**39 Weeks**

It’s time to start doing kick counts. Pick a time each day when you know your baby will be active. Lie down and time how long it takes to get to ten big movements. It should take less than two hours and be approximately the same amount of time each day. It will take a little longer to reach ten counts when labor is imminent.

Labor: Some good herbs to have are blue cohosh and black cohosh tinctures. They strengthen labor contractions. Also keep plenty of Red Raspberry leaf tea.

### “Where Birth Comes Naturally”