

# PREGNANCY DISCOMFORTS AND ALTERNATIVE REMEDIES

## HEARTBURN

### What can I do about it?

- Eat small, frequent meals. Avoid taking food and drink at the same time.
- Eat raw almonds for a snack.
- Keep good posture, to allow more room for your stomach to function.
- Try stretching your arms over your head, to give more room to your stomach.
- Avoid heavy, fatty foods and spicy foods.
- Try elevating the head of your bed slightly, to get gravity on your side.
- Try papaya enzyme – available at health food stores.
- Acupuncture
- Homeopathic remedies that might work – Carbo veg, Nux vomica, Pulsatilla
- Go ahead and use antacids if they help, or if nothing else works.



including leg cramps.

- Homeopathic remedies that might work – Chamomilla, Nux Vomica, Sepia

## LEG CRAMPS

### What can I do about it?

- Point your heel down, toes up on the affected leg. Stand or walk on it until the muscle relaxes. In bed, push against the footboard or your partner's hand with the affected foot. Avoid pointing your toes down.
- Take a Calcium/Magnesium supplement, 2:1 ratio (1500/750mg) with a 1000mg Vitamin C and 1000IU Vitamin D before bed.
- Eat a diet with rich in phosphorous and calcium- lots of milk and fresh fruit.
- Often leg cramps can be associated with dehydration so drinking a cup of water may help.
- Take a warm water bath to relax the muscles.
- Massage away the cramp.
- Exercise every day is important for many reasons and will improve circulation and stretch your muscles. Some research shows that stretching exercise combined with water aerobics decrease some of the physical discomforts of pregnancy,

## NAUSEA AND VOMITING

### What can I do about it?

- Small, frequent meals. Keep your blood sugar stable.
- Eat something bland first thing in the morning before you get up
- Don't brush your teeth right after eating – you may stimulate a gag reflex
- Drink carbonated beverages – juice diluted with sparkling water works well
- Reduce fats in the diet. Increase proteins – they take longer to metabolize and therefore maintain blood sugar levels longer than carbohydrates
- Try acupressure wristbands
- Consider acupuncture
- Vitamin B6 (pyridoxine) is one part of the prescription drug Diclectin – it is worth a try, up to 100mg/day is safe in pregnancy
- Homeopathic remedies that might work – Tabacum, Nux Vomica, Pulsatilla, Sepia

# PREGNANCY DISCOMFORTS AND ALTERNATIVE REMEDIES

## JOINT PAIN

### What can I do about it?

- Maintain good posture. Wear sensible shoes!
- Keep exercising. Yoga, walking and swimming are great low impact options
- Osteopathic care can really help. Look for a provider experienced in pregnancy care
- Massage, warm baths, heat and cold pads alternating can help
- Soy or sunflower lecithin supplements can help lubricate the joints – start with 2 capsules 2 times a day and increase by 2 capsules each time until you feel relief. Up to 32 capsules/day is OK but you may notice some loose stool. If it is going to work for you, you should feel better within a few days.
- Homeopathic remedies that might work – Arnica, Hypericum, Pulsatilla, Sepia

- Wearing an abdominal support can relieve pressure on your pelvic veins
- Acupuncture
- Homeopathic remedies that may help – Kali carb, Carbo veg, Hammamelis (witch hazel), Nux vomica, Pulsatilla, Sepia
- Try a Rutin supplement (bioflavonoid from the Vitamin C family). Or just eat the pithy part of an orange, which is full of Rutin.

A word about homeopathics – each remedy has a “picture” of who it works best for, depending on what kind of symptoms you are having. Check with your midwife or homeopath before deciding which remedy might be right for you.

## HEMORRHOIDS AND VARICOSITIES

### What can I do about it?

- For hemorrhoids - do everything you can to prevent constipation. Plenty of fluids, lots of fiber, regular bowel movements (don't wait)
- Don't strain
- Sitz baths or compression with witch hazel (Tucks pads), ice, or Epsom salts
- Avenoc suppositories can really help
- For varicosities - compression stockings really work! We can write you a prescription so you can get them properly fitted for you. Put them on BEFORE you get out of bed in the morning (before all the blood pools in your legs and can't get back up). This may mean you have to bathe at night.
- Wear loose clothing
- Don't stand for long periods. Try to find regular times to elevate your legs during the day. Up against a wall several times a day is helpful
- Maintain good posture, keep exercising
- Consider a Vitamin C & E supplement – studies show they promote healthy circulation