

# Top 10 Prenatal Tips *by Doc Sage*

## **1. Start prenatal vitamins one year in advance**

Studies show that it takes at least one year to truly prep a woman's body for pregnancy. Because your body is up against an enormous amount of stress and exposure to toxins, it's important to prepare it for the physical challenge of pregnancy with vitamin supplementation.

## **2. Avoid or limit alcohol and caffeine intake six months in advance**

Alcohol and caffeine can add great stress to your body, specifically the liver, by slowing your body's natural detoxification process. You may want to consider weening yourself down over a period of time in advance, so that you can set yourself up for success exactly six months prior.

## **3. Drink clean filtered water half your weight in ounces daily**

Hydrate, hydrate, hydrate. Hydration is absolutely vital for every cell in your body. By drinking enough water, you will improve and maintain your overall health, which is an important part of getting pregnant. Drinking clean, filtered water will help your uterus health (for egg implantation), egg health (for nourishment), and cervical mucous (to increase thickness for embryo implantation).

## **4. Increase consumption of dark green vegetables**

We live in a chemical world, and thus we are all exposed to chemicals on a daily basis. Green vegetables contain phytonutrients that can greatly neutralize harmful chemical exposure in your body. For example, eating cilantro aids in ridding the body of metal toxins.

## **5. Plan ahead of time for your daily food intake - eat a healthy rainbow of colors**

Eating foods grown locally will reduce your exposure to toxins and minimize the loss of nutrition in produce. Always thoroughly clean your produce to wash away toxic residues. Eat seasonally - this looks like warm soups in the fall and winter, and cold salads in the summer. Gradually work your way up to eating 75% raw foods daily.

## **6. Avoid pollutants and toxins in your physical environment**

Significantly reduce your exposure to strong chemicals inside your home, including cleaning products with pesticides and petroleum. Beware of common toxic additives in your personal care products by replacing them for natural and organic shampoos, toothpastes, soaps, and lotions. Avoid those products with DEA, SLS, SLES, talc, alcohol and aluminum whenever possible. Also, avoid outdoor yard chemicals exposure such as round up and other weed killers and fertilizers.

## **7. Assist your natural detox process by moving your lymphatic system**

Your lymphatic system can be thought of as your body's sewer system. By massaging, exercising and breathing, you help to keep lymph moving throughout your body for natural detoxification benefits. A simple and effective technique to keep the lymph moving is by massaging down your neck (starting at the jaw and base of the skull) toward your heart. Use a non-phosphate, natural shampoo as massage lubricant.

## **8. Guard yourself from negative situations - avoid them**

Just as happy situations can stimulate "happy hormones" such as endorphins and enkephalins, the

opposite can occur with unhappy situations. Unfortunately, negative, stressful circumstances can stimulate "bad hormones" that may cause damage over a period of time. In stress there is suppression of circulating gonadotropins and gonadal steroid hormones leading to disruption of the normal menstrual cycle. Prolonged exposure to stress can lead to complete impairment of reproductive function. When you feel like stress is taking over, stop what you're doing and take a much-needed, 10-minute appreciation break.

## **9. Start a daily meditation ritual**

A leading safe method to combat stress is meditation. It is speculated to cause the heart rate and breathing rate to slow down, the blood vessels to dilate (improving blood flow), and the flow of digestive juices to increase. To meditate, choose a quiet place where you can sit in a comfortable or therapeutic posture up to several times a day, especially upon waking in the morning. While meditating, focus on all of the positive things happening in your life and envision how your day will be filled with supporting your prenatal health. You may have additional ideas or experiences for your personal meditation.

## **10. Begin a gentle yoga class**

A gentle yoga practice can lengthen and strengthen the muscles needed in preparation of delivery. Additionally, yoga calms you and brings your thinking and breathing into focus. A great pregnancy meditation pose to implement into your daily meditation ritual involves sitting with your legs crossed on a mat with a bolster or blanket under your hips. Rest your hands on your stomach and breathe in deeply and out slowly, focusing on your breathing and relaxation.