

Second Trimester

Fetal Development, Nutrition, Lifestyle, and Feeling Great



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**FULL CIRCLE
FAMILY CARE**

About Me



- **Naturopathic Doctor – specialize in botanical medicine, nutrition and homeopathy**
- **Professionally licensed as a PCP in Connecticut**
- **I consult with women at Full Circle Family Care**
- **Specialize in natural medicine for women and pediatrics**
- **Mainstream medicine does not necessarily emphasize the importance of healthy habits during the first trimester. In fact it is of utmost importance.**
- **I believe that pregnancy and planning for pregnancy is the perfect window for making positive life changes**

What to Expect



- **Larger breasts.** Stimulated by estrogen and progesterone, the milk-producing glands inside your breasts get larger during second trimester pregnancy. Additional fat also may accumulate in your breasts. Although some of the initial breast tenderness may improve, nipple tenderness may continue throughout the pregnancy. A supportive bra is a must.
- **Growing belly.** As your uterus becomes heavier and expands to make room for the baby, your abdomen expands — sometimes rapidly. Expect to gain up to 4 pounds (nearly 2 kilograms) a month until the end of your pregnancy.
- **Braxton Hicks contractions.** Your uterus may start contracting to build strength for the big job ahead. You may feel these warm-ups, called Braxton Hicks contractions, in your lower abdomen and groin. They're usually weak and come and go unpredictably. Contact your health care provider if the contractions become painful or regular. This may be a sign of preterm labor.
- **Skin changes.** As blood circulation to your skin increases, certain areas of your skin may become darker, such as the skin around your nipples, parts of your face and the line that runs from your navel to your pubic bone. Your skin may also become more sensitive to the sun. Use sunscreen.
- **Stretch marks.** You may notice pink, red or purple streaks along your abdomen, breasts, upper arms, buttocks or thighs during second trimester pregnancy. Your stretching skin may also be itchy. Moisturizers can help. Although stretch marks can't be prevented, eventually they fade in intensity.

What to Expect



- **Nasal and gum problems.** As pregnancy increases your circulation, more blood flows through your body's mucous membranes. This causes the lining of your nose and airway to swell, which can restrict airflow and lead to snoring, congestion and nosebleeds. Increased blood circulation can also soften your gums, which may cause minor bleeding when you brush or floss your teeth. Switching to a softer toothbrush may help decrease irritation.
- **Dizziness.** Your blood vessels dilate in response to pregnancy hormones. Until your blood volume expands to fill them, your blood pressure will fall and you may experience occasional dizziness. If you're having trouble with dizziness, drink lots of fluids and rise slowly after lying or sitting down. When you feel dizzy, lie on your left side to restore your blood pressure.
- **Leg cramps.** Pressure from your uterus on the veins returning blood from your legs may cause leg cramps, especially at night. Stretch the affected muscle or walk your way through the cramps.
- **Shortness of breath.** Your lungs are processing more air than they did before your pregnancy. This allows your blood to carry more oxygen to your placenta and the baby — and may leave you breathing slightly faster and feeling short of breath.

What to Expect



- **Vaginal discharge.** You may notice a thin, white vaginal discharge. This acidic discharge is thought to help suppress the growth of potentially harmful bacteria or yeast. You might want to wear panty liners for comfort. Contact your health care provider if the discharge becomes strong smelling, green or yellowish or if it's accompanied by redness, itching or irritation. This may indicate a vaginal infection.
- **Bladder and kidney infections.** Hormonal changes slow the flow of urine, and your expanding uterus may get in the way — both factors that increase the risk of bladder and kidney infections. Contact your health care provider if you need to urinate more often than usual, you notice a burning sensation when you urinate, or you have a fever, abdominal pain or backache. Left untreated, urinary infections increase the risk of preterm labor.

Your emotions

- During the second trimester, you may feel less tired and more up to the challenge of preparing a home for your baby.
- As your pregnancy progresses, changes in your body's shape and function may affect your emotions. Some women feel a heightened sexuality during pregnancy. Others feel unattractive — especially as their bellies grow. Express love and affection in ways that help you feel most comfortable.
- While anticipation mounts, worries about labor, delivery or impending motherhood may preoccupy you. Remember that you can't plan or control everything about your pregnancy. Instead, learn as much as you can. Focus on making healthy lifestyle choices that will give your baby the best start.

Being in Touch with your body



- Listen to your body's signals. What you feel may not necessarily be written about in a book
- Connect/communicate with your body – what does your body need that will nourish and nurture it?
- When you feel the urge to urinate – do it
- When you feel the need to rest – rest
- Does anyone have any experiences they haven't read about in the books?

Fetal Development – Weeks 13-15



Week 13: Urine forms

Thirteen weeks into your pregnancy, or 11 weeks after conception, your baby's intestines have moved from the umbilical cord to your baby's abdomen. Your baby is also beginning to form urine and discharge it into the amniotic fluid.

Tissue that will become bone is also developing around your baby's head and within his or her arms and legs. Tiny ribs may soon appear.

Week 14: Baby's sex becomes apparent

Fourteen weeks into your pregnancy, or 12 weeks after conception, your baby's arms have almost reached the length they'll be at birth and your baby's neck has become more defined. Red blood cells are forming in your baby's spleen.

Your baby's sex will become apparent this week or in the coming weeks.

By now your baby may be almost 3 1/2 inches (87 millimeters) long from crown to rump and weigh about 1 1/2 ounces (45 grams).

Week 15: Baby's skeleton develops bones

Fifteen weeks into your pregnancy, or 13 weeks after conception, your baby is growing rapidly. Your baby's skeleton is developing bones, which will become visible on ultrasound images in a few weeks. Your baby's scalp hair pattern also is forming.

Fetal Development – Weeks 16-18



Week 16: Facial expressions are possible

Sixteen weeks into your pregnancy, or 14 weeks after conception, your baby's eyes have begun to face forward and slowly move. The ears are close to reaching their final position. More-developed facial muscles may lead to various expressions, such as squinting and frowning. Your baby also can now make sucking motions with his or her mouth.

Although still too slight to be felt, your baby's movements are becoming coordinated and can be seen during ultrasound exams.

Week 17: Fat accumulates

Seventeen weeks into your pregnancy, or 15 weeks after conception, fat stores begin to develop under your baby's skin. The fat will provide energy and help keep your baby warm after birth.

Week 18: Baby begins to hear

Eighteen weeks into your pregnancy, or 16 weeks after conception, your baby's ears begin to stand out on the sides of his or her head. As the nerve endings from your baby's brain "hook up" to the ears, your baby may hear your heart beating, your stomach rumbling or blood moving through the umbilical cord. He or she may even be startled by loud noises.

By now your baby may be 5 1/2 inches (140 millimeters) long from crown to rump and weigh 7 ounces (200 grams).

Fetal Development – Weeks 19-21



Week 19: Baby's uterus forms

Nineteen weeks into your pregnancy, or 17 weeks after conception, your baby's hearing continues to improve. He or she may pick up your voice in conversations — although it's probably hard to hear clearly through the amniotic fluid and protective paste covering your baby's ears.

For girls, the uterus and vagina may be forming this week.

Week 20: The halfway point

Halfway into your pregnancy, or 18 weeks after conception, your baby's delicate skin is protected with a greasy, cheese-like coating called vernix caseosa.

You may be able to feel your baby's first movements, also known as quickening.

By now your baby may be about 6 1/3 inches (160 millimeters) long from crown to rump and weigh more than 11 ounces (320 grams).

Week 21: Baby can swallow

Twenty-one weeks into your pregnancy, or 19 weeks after conception, your baby is about to gain more weight. By this week your baby is becoming more active and can swallow.

Fetal Development – Weeks 22-24



Week 22: Baby's hair becomes visible

Twenty-two weeks into your pregnancy, or 20 weeks after conception, your baby is completely covered with a fine, down-like hair called lanugo. The lanugo helps hold the vernix caseosa on the skin. Your baby's eyebrows may be visible.

Week 23: Fingerprints and footprints form

Twenty-three weeks into your pregnancy, or 21 weeks after conception, your baby's skin is wrinkled, more translucent than before and pink to red in color.

This week your baby begins to have rapid eye movements. Your baby's tongue will soon develop taste buds. Fingerprints and footprints are forming. For boys, the testes are beginning to descend from the abdomen. For girls, the uterus and ovaries are in place — complete with a lifetime supply of eggs.

Week 24: Real hair grows

Twenty-four weeks into your pregnancy, or 22 weeks after conception, your baby is regularly sleeping and waking. Real hair is beginning to grow on his or her head.

By now your baby may be slightly longer than 8 inches (210 millimeters) from crown to rump and weigh more than 1 1/3 pounds (630 grams).

With intensive medical care, some babies born this week may be able to survive.

Fetal Development – Weeks 25-27



Week 25: Exploration continues

Twenty-five weeks into your pregnancy, or 23 weeks after conception, your baby's hands are fully developed — although the nerve connections to the hands have a long way to go. Exploring the structures inside your uterus may become baby's prime entertainment.

Week 26: Baby's fingernails develop

Twenty-six weeks into your pregnancy, or 24 weeks after conception, your baby has fingernails.

Your baby's lungs are beginning to produce surfactant, the substance that allows the air sacs in the lungs to inflate — and keeps them from collapsing and sticking together when they deflate.

By now your baby may be 9 inches (230 millimeters) long from crown to rump and weigh nearly 2 pounds (820 grams).

Week 27: Second trimester ends

This week marks the end of the second trimester. At 27 weeks, or 25 weeks after conception, your baby's lungs, liver and immune system are continuing to mature — and he or she has been growing like a weed. Your baby's crown-to-rump length may have tripled since the 12-week mark.

Nutrition During the First Trimester



- **Do's**

- Eat an extra 350 calories a day
- Listen to your body
- Supplement with a prenatal vitamin. Start taking them before conception if you can. A good choice if you're sensitive to them is the INNATE brand prenatal
- Make sure you get 400 mcg of folic acid daily (and 12 weeks before conception if possible)
- Get 1,500 mg per day of calcium
- Take 400 IU of Vitamin D per day
- 1000 mg of EPA/DHA Essential Fatty Acids

Nutritional Needs During Pregnancy



Protein: Approximately 71g of protein/day for the average women
(Increase protein consumption by 25 grams/day above usual pre-pregnancy needs)

Each of the following servings = 14 g of Protein (therefore you need 4-5 servings a day to meet 71g of protein)

- 2 oz. chicken, turkey, beef, pork, lamb
- 2 eggs
- 1/2 oz. firm tofu
- 2 oz. cheese
- 1/2 C tuna, canned
- 1/4 C nuts/seeds and nut/seed butter
- 2/3 C cottage cheese
- 1 C beans, cooked

Calories: For the average women, increase caloric consumption above daily needs by: 300 calories /day during the 1st trimester, 350 calories/day during the 2nd trimester, 450 calories/day during the 3rd trimester

Each serving = approx 300-400 calories

- Whole wheat bagel with 1 oz. cream cheese
- Small rice and bean burrito w/ salsa
- Tuna sandwich (1/2 C tuna + 2 tsp. mayo)
- Veggie burger (wheat bun & 1 tbsp. avocado)
- 2 egg omelet with sautéed veggies
- 1/2 C rice, 1 C veggies + 2 T tahini dressing
- 1/2 C oatmeal, 2 T raisins + 1 T nuts/seeds
- 4.5 oz fish with small baked potato
- Stuffed chicken breast w/ 1/2 C veggies

Nutritional Needs During Pregnancy



IRON

- It can be difficult for some women to obtain adequate Iron from the diet.
- Supplements such as Floradix help
- You can also cook from a cast iron skillet to increase iron levels

Iron: All Ages: 27mg/day

2 T tahini (sesame butter)	2.7 mg
1 packet instant oatmeal	6.32 mg
4 oz. sirloin steak	3.8 mg
1 med. baked potato with skin	2.8 mg
1/2 C beans, cooked	2.2-2.6 mg
1 T blackstrap molasses	3.2 mg
1/2 C cooked spinach	3.2 mg
10 prunes	2.1 mg
10 dried apricots	1.7 mg
1/2 C firm tofu	2.0 mg
1/4 C quinoa, uncooked	3.9 mg
1 serving fortified dry cereal	4-18 mg
1/4 C dry Hijiki (seaweed)	6.4 mg

Nutritional Needs During Pregnancy



Calcium: Teen Pregnancy: 1300mg/day; Adult: 1000mg/day

- 1 C kale, chard, mustard greens 120-180 mg
- 1 C black-eyed peas, cooked 212 mg
- 2 T sesame seeds 176 mg
- 1 T blackstrap molasses 172 mg
- 2 T almonds 75 mg
- 2 T almond butter 86 mg
- 1 C carrot juice 164 mg
- 1 C broccoli, cooked 72 mg
- 1 C milk 302 mg
- 2 T parmesan cheese 138 mg
- 1 C yogurt 320-400 mg
- 1/2 C tofu (with calcium sulfate) 130 mg
- 1 C soy milk (enriched) 160-320 mg

Magnesium: Teen Pregnancy: 360mg/day; Under 30 years old: 350mg/day; Over 30 years old: 400mg/day

- 1 C spinach, cooked 160 mg
- 2 T sunflower or sesame seeds 65 mg
- 1 C black-eyed peas or chickpeas 78-85 mg
- 1 C broccoli, cooked 94 mg
- 1/4 C wheat germ 63 mg
- 2 oz. firm tofu 87 mg
- 3.5 oz shrimp 110 mg
- 1 oz. cashews 74 mg
- 5 dried figs 56 mg

Nutritional Needs During Pregnancy



Zinc: Teen Pregnancy: 12mg/day; Adult: 11mg/day

- 4 oz sirloin steak 6.69 mg
- 3 oz turkey 2.64 mg
- 3 oz. roast beef 4.34 mg
- 3.5 oz shrimp 3.7 mg
- 1/4 C wheat germ 2.75 mg
- 1 oz Swiss cheese 1.10 mg
- 1/4 C pumpkin seeds 1.6 mg
- 1/4 C brazil nuts 1.6 mg

Folic Acid: All Ages: 600mcg/day

- 1 T Brewers Yeast 313 mcg
- 1 C spinach, cooked 131 mcg
- 1 C black, lima or kidney beans 229-273 mcg
- 1 C beets, cooked 90 mcg
- 1 C broccoli, cooked 80 mcg
- 1 C fresh squeezed orange juice 140 mcg
- 1 C chickpeas (garbanzo beans) 282 mcg
- 1/2 C asparagus cooked 132 mcg
- 1/2 crab meat, canned 2.5 mg

Quality Food



- **The Dirty Dozen** – these are must buy organic fruits and veggies (tend to be the thin skinned ones which absorb more chemicals):

- Apples
- Cherries
- Grapes, imported (Chili)
- Nectarines
- Peaches
- Pears
- Raspberries
- Strawberries

- Bell peppers
- Celery
- Potatoes
- Spinach

- **Safest** fruits and veggies lowest in pesticides are:

- Asparagus
- Avocados
- Banana
- Broccoli
- Cauliflower
- Corn
- Kiwi

- Mango
- Onion
- Papaya
- Pineapple
- Peas

- **Lowest Mercury Fish & Seafood** are:

- •Anchovies
- •Catfish
- •Clam

- •Crab
- •Crawfish
- •Flounder
- •Haddock
- •Herring
- •Mackerel
- •Mullet

- •Oyster
- •Perch
- •Pollock
- •Salmon
- •Sardine
- •Scallop
- •Shrimp

- •Sole
- •Squid
- •Tilapia
- •Trout
- •Whitefish

What to Avoid



Avoid seafood high in mercury

- The bigger and older the fish, the more mercury it may contain. The Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) encourage pregnant women to avoid:
 - Swordfish
 - Shark
 - King mackerel
 - Tilefish
- So what's safe? Some types of seafood contain little mercury. Although concerns have been raised about the level of mercury in any type of canned tuna, the FDA and EPA say pregnant women can safely eat up to 12 ounces (340 grams) a week or two average-sized portions of:
 - Shrimp
 - Canned light tuna (limit albacore tuna and tuna steak to no more than 6 ounces or 170 grams a week)
 - Salmon
 - Pollock
 - Catfish
 - Cod

Avoid raw, undercooked or contaminated seafood

- To avoid ingesting harmful bacteria or viruses:

Avoid raw fish and shellfish. It's especially important to avoid oysters and clams.

Cook seafood properly. Cook most fish to an internal temperature of 145 F (63 C). The fish is done when it separates into flakes and appears opaque throughout. Cook shrimp, lobster and scallops until they're milky white. Cook clams, mussels and oysters until their shells open. Discard any that don't open.

What to Avoid



To prevent food-borne illness:

Fully cook all meats and poultry before

eating. Look for the juices to run clear, but use a meat thermometer to make sure.

Cook hot dogs and warm processed deli meats, such as bologna, until they're steaming hot — or avoid them completely.

Don't buy raw poultry that's been pre-stuffed.

Raw juice that mixes with the stuffing can cause bacterial growth. Frozen poultry that's been pre-stuffed is safe when cooked from its frozen state.

Cook eggs until the egg yolks and whites are

firm. Raw eggs can be contaminated with the harmful bacteria salmonella. Avoid foods made with raw or partially cooked eggs, such as eggnog and hollandaise sauce.

Avoid unpasteurized foods

Many low-fat dairy products — such as skim milk, mozzarella cheese and cottage cheese — can be a healthy part of your diet. But anything containing unpasteurized milk is a no-no. These products may lead to food-borne illness.

Unless these soft cheeses are clearly labeled as being made with pasteurized milk, don't eat:

- Brie
- Feta
- Camembert
- Blue cheese
- Mexican-style cheeses, such as queso blanco, queso fresco and panela

What to Avoid



Avoid unwashed fruits and vegetables

- To eliminate any harmful bacteria, thoroughly wash all raw fruits and vegetables and cut away damaged portions. Avoid raw sprouts of any kind — including alfalfa, clover, radish and mung bean — which also may contain disease-causing bacteria.

Avoid large quantities of liver

- Liver is high in vitamin A, and too much vitamin A may cause birth defects.

Avoid excess caffeine

- Caffeine can cross the placenta and affect your baby's heart rate. Some studies suggest that drinking too much caffeine may be associated with a small decrease in birth weight or an increased risk of miscarriage and stillbirth. In fact, a large 2008 study suggests that 200 milligrams (mg) of caffeine a day — about a 12-ounce cup (354 milliliters) of brewed coffee — during pregnancy may slow fetal growth.

Avoid alcohol

- Consider the risks. Mothers who drink alcohol have a higher risk of miscarriage and stillbirth. Too much alcohol during pregnancy may result in fetal alcohol syndrome, which can cause facial deformities, heart problems, low birth weight and mental retardation. Even moderate drinking can impact your baby's brain development.

Remove Toxic Exposures



- 6 billion pounds of chemical pollutants are released into the US environment a year
- Toxicity in the environment is implicated in childhood developmental disorders, 1/58 boys are now being diagnosed with autism. (1/98 children overall)
- Breast milk contains fat soluble toxins.
- Still, breastmilk is best.
- Consider detoxification if you are doing preconception planning

Remove Toxic Exposures - Household



- **House** – old houses can have mold, lead based paints or pipes that leach into the tap water, new houses have building materials that off-gas. If renovating, make ‘green’ choices such as using low VOC paints and carpets.
- **Air** – change filters in the furnace regularly, consider extra air filters especially if someone has allergies or asthma, if there is a smoker in the house, you live close to high traffic roads, have shedding animals and mold issues.
- **Water** – install filters for your drinking water which will give you better quality than bottled water (which is weakly regulated), 1/10th the cost and better for the environment. There are also filters for shower heads. Well water sources should be tested.
- **Plastics** – Especially soft plastics - leach xeno-estrogens (synthetic dangerous estrogens). Drink from glass or metal containers, don't microwave food in plastic containers.
- The best **cooking pots and pans** are: stainless steel, ceramic, glass and cast iron. Avoid aluminum and teflon coated pans (just use more olive oil!). Aluminum is associated with neurological disease like Alzheimers and teflon is carcinogenic at high temps. Cast iron skillets will give extra iron into the diet which can be good for anemic conditions.

Remove Toxic Exposures - Cleaners



- The air quality in our homes is 2-5 times more toxic than outside air mostly due to petrochemical cleaners.
- Common laundry detergent contains chemicals which can alter the activity of certain genes, furniture polish contains chemicals which cause central nervous system depression.
- Remember that your babe will be licking the floors and furniture. Don't let them lick a toxic layer of furniture polish!
- A Green Cleaning Kit includes: baking soda for scrubbing and removing odors, white vinegar kills bacteria and is good for cleaning windows, a combo of olive oil and vinegar to polish furniture.
- Purchase brands such as 7th Generation & Ecover which also sell safer disinfectants. Bon Ami is a good scrubber that is safe.
- Don't forget getting 'green' laundry detergents
- Try to reduce your dry cleaning (which uses chemicals), if you do, choose a 'green' dry cleaner
- Antibacterial hand sanitizer does not take the place of good old fashioned hand washing with soap and hot water.

Remove Toxic Exposures - Cosmetics



- Most personal care and beauty products are filled with chemicals that are hormone disruptors, possible carcinogens and iffy preservatives. More than one-third of all personal care products contain at least one ingredient linked to cancer.
- Our skin does not selectively block toxins. Putting something on the skin is akin to eating it. Ask yourself this question for safety: could you eat your deodorant or lipstick?
- Stay away from phthalates (linked to birth defects), parabens and hair dyes containing coal tars.
- Use simple products without a huge list of synthetic/chemical ingredients
- Go to www.cosmeticsdatabase.com to look up safe cosmetic products
- If you have the time and creativity – try making your own products (see appendix)

Managing Common 2nd Trimester Complaints



- **Skin Stuff**
 - Acne – salicylic acid products are ok. **DO NOT** use Acutane
 - Darker skin is normal. If you get lots of freckles, limit sun exposure
 - Itchiness – calendula cream, oatmeal baths
 - Stretch marks – cocoa butter, calendula cream
- **Pains – back pain, headaches, round ligament pain, sciatica, soreness at the top of belly, rib pain or pain in the back**
 - Acupuncture, Chiropractic, Craniosacral Therapy
 - It is safe to take Tylenol
 - Try hot and cold compresses, contract hot then cold. Or apply heating pad or hot water bottle.
 - Slow down! Rest.
 - For headaches try pressing the acupressure point between the thumb and forefinger
 - For leg cramps – try red raspberry or nettles tea. You can also increase your calcium and magnesium
 - For swelling – drink dandelion tea or nettles tea.

Managing Common 2nd Trimester Complaints



- **Digestive symptoms – like gas and bloating, nausea, constipation, etc**
 - **Eat smaller meals, more frequently if you have digestive symptoms. Probiotics and more fiber is food for digestive symptoms**
 - **For gas - Try fennel tea or meadowsweet tea or slippery elm lozenges.**
 - **For nausea – Ginger, three fingers in from wrist crease**
 - **For heartburn eat more simply and you can take a tums. A good supplement is Heartburn TX from Vital Nutrients.**
 - **For constipation, eat more fiber, you can try metamucil. Drink more water, exercise. Try probiotics. A good supplement is Blue Heron from ITI**
 - **For hemorrhoids – try arnica gel and eating more fiber. Wise Woman has a good hemorrhoid salve**

Managing Common 2nd Trimester Complaints



- **Sleep problems**

- **Lavender oil – add to a bath or place a cotton ball of it next to pillow**
- **Chamomile tea**
- **Passionflower or Valarian tincture – 30 drops (1 dropperful) before bed**

- **Immunity**

- **Vitamin C – 500 mg four times a day**
- **Echinacea – 1 dropperful of tincture 2-3 times a day**
- **Be careful for herbs you don't know about. You can't take Vitamin A or Goldenseal**
- **Allergies – drink Nettles tea or take freeze dried nettles. you can take NAC 500 mg twice a day for draining mucous.**

A Time for Nurturing your CREATIVE Spirit



- In holistic medicine the sex organs represent creativity. Pregnancy represents nature as its most creative expression.
- Creative Ideas:
 - Begin a pregnancy journal – take time to record your thoughts, desires and dreams, and also start an internal dialogue with your babe.
 - Plant a tree, if your energy levels allow it, as a symbol of nurturing life

A Time for Nurturing your RELAXED Spirit



Decrease stress to decrease risks during pregnancy.

- **Relaxation Ideas:**

- Pre-natal Yoga classes – are offered at Full Circle Family Care
- Practice Belly Breathing. Don't wait until labor. Take 2-5 minutes a day to inhale deeply through your nose, letting the breath fill your belly, imagine this breath synchronizing with your baby's breath. As you breath in, say the word 'soft' , as you breath out, say the word 'belly'.
- Meditate upon mantras to calm stress and face your fears. Try repeating this mantra "I am as vast as the universe-open, trusting and flexible."
- Carve out nap-time. If your body wants to collapse, let it. Don't let your body overdo work or play.

Resources - Make your own Baby Products



All Natural Baby Wipes Solution

- 1 cup water
 - 1/4 cup Aloe Vera Juice
 - 1 tablespoon Apple Cider Vinegar
 - 1 tablespoon Calendula Oil
 - 1 teaspoon grated, unscented soap
 - 2 drops Lavender Oil
 - 2 drops Tea Tree Oil
- Mix in a jar and then pour over organic cloth wipes or paper towels. This baby wipe solution is anti-fungal and great for discouraging yeast diaper rashes. The essential oils can be found at any health food store and is sure to please the nose.

A Better Baby Oil

- 1 cup Grapeseed or Apricot Kernel oil
- 4-6 drops lavender essential oil
- 1-2 vitamin E capsules (optional)

Herbs That Can Be Used In Moderation In Pregnancy



This list refers to plants that may be used **in moderation** (1-2 cups of herbal tea per day) in pregnancy. Most other herbs are contraindicated.

Essential oils should be avoided.

- *Althea officinalis* (marshmallow root)
- *Balotta nigra* (black horehound)
- *Dioscorea villosa* (wild yam root)
- *Echinacea* species
- *Gallium aparine* (cleavers)
- *Matricaria chamomilla* (german chamomile)
- *Mentha piperita* (peppermint)
- *Pimpinella anisum* (anise)
- Red Raspberry Leaf tea
- *Urtica dioica* (nettle)
- *Viburnum opulus* (cramp bark)
- *Viburnum prunifolium* (black haw)
- *Zea mays* (corn silk)

Resources - Websites



- My website: **www.westchesternaturalhealth.com**
my email address: **lemke@westchesternaturalhealth.com** email me if you have questions.
- Testing your environment
 - **www.testyourair.com** – for inspections on air quality and mold
 - **www.discovertesting.com** – sells at-home testing kits as well as high quality air and water filters. Consider also filters for your shower and bath water since hot water makes chlorine more volatile.
- **www.waterfiltercomparisons.com** – to look at comparisons of water filters
- **www.cosmeticsdatabase.com** – to look up the safety of your cosmetic products. Having “organic” or “natural” in its name doesn’t necessarily mean it’s safer. Only 11 percent of ingredients found in personal-care products, organic or not, have ever been screened for safety. Includes baby products
- **www.scorecard.org** to look up the pollution emissions in your zip code