

HEALTHYFORLIFE

U

Nutrition for a Healthy Pregnancy

3

TIPS

EVERY MOM

MUST KNOW

Welcome

Thanks for your interest in this eBook!

There are so many opinions on nutrition during pregnancy it is hard to know who to believe. Walk into your local health food store or peruse the blogosphere and you find an array of products, books, and ideas for women's healthcare. How can you possibly choose from that selection?

Good news! Healthy for Life U is all about simplicity and convenience. We have done the research for you and have found experienced experts in the subject matters covered, in this case Nutrition for a Healthy Pregnancy. We hope you will find the following information concise, relevant, and easy to read.

We do not want you to feel like you are guessing at what is best for you during this special and important time for both mom and baby!

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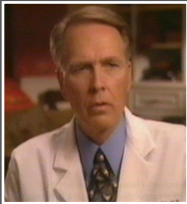
About Healthy for Life U

Since its founding in 1998, Healthy for Life U has helped thousands of people like you turn their health around.

The Healthy for Life U philosophy is that nutrition should come from the food we eat - the way it was intended. Over the years, our society has favored convenience and mass production, leaving our food supply lacking in a few essential nutrients. Our program is simple: eat whole food and supplement the few essential nutrients often missing from our foods.

Additional information is available on our website **www.healthyforlifeu.com**.

Recommended by doctors



Dr. David Sim, MD
Cardiologist



Dr. Carlos Reynes, MD
Internal Medicine
and Family Practice
Physician



Dr. Robert Rowen, MD

Watch a live seminar
with Dr. Rowen on our
website

About the Author

Nutrition and lifestyle expert Kate Brown has spent the last 13 years in Des Moines working in the integrative and functional healthcare space alongside physicians and other practitioners providing nutrition and lifestyle education to women and families. Her worldview is akin to The Paleo/Primal Diet, although her approach is integrative – providing both scientific and practical insight – to best meet the individual needs of every client.

Kate graduated from the University of Wyoming with a B.S. in Human Food and Nutrition / Pre-Medical Emphasis, but points to her own experiences of building better health as her best teacher. Kate believes successfully integrating many nutritional theories for herself, family, and hundreds of others has fueled the wisdom of her expertise.

Currently, Kate owns and operates a specialty food company creating locally crafted “consciously convenient” products like concentrated bone broth for busy moms and families like hers seeking vibrant health in a modern world. She continues to be a collaborative partner with area medical providers, healthcare experts and practitioners, clinics, grocery stores, fitness and yoga studios, local food and supplement providers, farmers, chefs, restaurateurs, foodies and sustainability enthusiasts to educate our community about natural health, slow food, and optimal nutrition.



Kate Brown

Introduction

I have been educating women in pregnancy for almost 15 years and now I am one of them! The relevance of this project in my life makes it particularly enjoyable to create. My goal is to empower you with research and ideas suggesting that what you eat and think can dramatically change the experience of your pregnancy, your health thereafter, the wellbeing – even the beauty – of your unborn child.

Bestselling author and nutrition expert, Adelle Davis (Let's Have Healthy Children), believes that every child has the right to be beautiful and well and it is the parents' responsibility to create this in their offspring. When I heard this theory my idea that pregnancy was a mostly passive experience shifted. Perhaps we do have more command (versus control) over our health, pregnancy, birth experiences and outcomes than what we have been led to believe?

Nutrition is not a topic that is commonly discussed in great detail from physician to patient in our Western medical model. The subject is given slightly more credence if the patient is a woman-with-child, but even then conventional ideas about nutrition are insufficient to inspiring a vibrant culture of fertility and health during pregnancy. In fact, the contrary is sad but true. The US ranks as one of the lowest in fertility rates and 26th for infant mortality rates compared to 171 other countries! As "advanced" as we are in America, you would think we could do better than that. I believe we can.

In addition, the stories of women with healthy enjoyable pregnancies and deliveries seem to be shadowed by the anxiety and fear projected into our collective consciousness and birth culture. I believe this fear is even capitalized on in our current system as many have come to believe that the ailments experienced in birth – while many of them common – are normal when most can be easily prevented or addressed with proper nutrition.

These topics and more will all be covered in this eBook. While the study and practice of nutrition is quite dynamic, I have found 3 tips that have dramatically empowered my clients to create health and joy producing pregnancies. You can, too!

Let's get started!

Tip 1

What you believe about pregnancy and birth is your most important nutrient (or anti-nutrient)!

Perhaps this is more statement than “tip”, but we have to lay the right foundation. **What we believe about pregnancy and birth is what so often becomes our reality.** And, you wouldn’t be reading this information right now if you weren’t concerned with outcomes. So what would you rather experience? Empowerment, joy, health, peace, and energy during your pregnancy? Or fear, anxiety, control and micromanagement?

Let’s build better beliefs together that create all the good possible outcomes we desire like:

- The woman’s body is beautifully designed and wise to all aspects of childbirth. With proper nutrition and self care it is meant to “bounce” back naturally and quickly once baby has been born.
- Delivery can be “labor” – OR – it can be easy and comfortable “effortless effort”.
- Pregnancy is NOT a pathological event. It is a healthy biological energy-giving process. The common ailments of morning sickness, fatigue, heart burn, gestational diabetes, and preeclampsia are not normal. They are indications – or warning signs – of deeper imbalance that can often be prevented or alleviated with proper whole foods nutrition, essential supplementation, or other natural self-health protocols.

Tell me, Is this what you believe? Wouldn't you like to?

Perhaps all this talk on belief resonates to you more like Unicorns-and-Rainbows than actual practical tips, but stay with me...

I read a memoir recently by American journalist, Pamela Druckerman, called Bringing Up Bébé, observing the differences in childbirth culture and outcomes between France and the US. In France, Druckerman experienced pregnancy to have far less drama, narcissism, fear, anxiety, worry, social isolation, and loneliness attached to it and the young children reared from these women were delightful – better behaved than American toddlers, well-mannered, even ate gourmet food over chicken nuggets with preference. Druckerman noted that during visits with her American friends, mothers spent their time and attention refereeing spats between their kids while her French friends sipped espresso and enjoyed her company while the children played respectfully.

The harried version of the new American mom with no life of her own is not the way in France where common belief is that even good parents are not at the constant service of their children and there is no need to feel guilty about it. In other countries, children are simply defined differently than they are here in the US.

French parents are reasonably relaxed and have an easy, calm authority with their kids that most American moms and moms-to-be can only desire in an alternate universe. Everything about our childrearing culture just seems more anxious, overly-ambitious, downright exhausting and quite frankly entirely unappealing to me. It is imbalanced and unhealthy and will lead to states of distress and dis-ease in ourselves, spouses, and children.

We must look at the common outcomes we are producing from conception to raising a child into adulthood as a product of our cultural beliefs. Are you with me in thinking that as a whole, we can BELIEVE BETTER for ourselves and for our children as women on this journey called motherhood?

Perhaps this is why I waited until 34 to birth my first child. Even though I had the best earthly example of balance and health in my own mother, I can honestly say I have resisted the seemingly inevitable anxious life of the modern American mom. After reading Druckerman's memoir I realized there is another way should I want to create it, and I do! I want the "easy, calm authority" during pregnancy and beyond...

What do you want to create?

It works like this:

If **you believe** that childbirth can be easy, comfortable, healthy, and enjoyable it will produce good feelings that facilitate the mind/body connection to:

Create chemical reactions in your body that support a healthy, stress-free pregnancy and you will anticipate your baby's birth with excitement and joy instead of anxiety.

Subconsciously inspire healthy behaviors and making positive, empowering choices for your own health and baby's birth.

Tip 1 all boils down to this: thoughts and beliefs are chemical in nature, meaning they can be measured as a substance in the body . They can either be anxious and toxic or life-giving nutrients – just like the food we eat.

And as we enter into Tip #2 and #3 discussing actual food/nutrition during pregnancy let's keep in mind that the liberal American view of “eat for two!” swings radically to the hyper-anxious-conservative view of “eliminate all things pleasurable and wear a bubble suit to protect your unborn”. To me, both seem to be in stark contrast to the “easy, calm authority” of the French in pursuit of balance and moderation.

Ladies, we are at our best with a mindset of balance and relaxed confidence instead of fear. Let's apply that worldview to all choices we make, including nutrition.



Tip 2

Master the Basics of a REAL Food Diet

Nutrition plays an enormous role in your health and ability to grow another healthy human being. Generally speaking most women (especially during pregnancy) do not meet the Daily Recommended Intake values for power nutrients needed in all three trimesters like B6, D, E, folate, iron, zinc, calcium, magnesium, protein, water, trace minerals, and healthy fats. Research has shown that pregnancy complications can be directly caused by malnutrition. Eating a balanced whole foods diet (unprocessed nature-made foods) is the best assurance of a healthy pregnancy.

Before exploring the specific needs of each trimester, it is essential for every woman of reproductive age or new-mom-to-be to master the basics of a whole foods diet above all else. These fundamental nutritional principles form the foundation from which to build deeper nutritional and self-health protocols.

Eat: Whole foods based diet ideally with a primal/paleo or traditional foods approach. Eliminate processed foods and sugars and include dairy and grains only on a minimal basis and only if well tolerated. If consuming grains choose gluten-free, sprouted, or fermented (sourdough). If consuming dairy choose whole-fat, grass-fed, and organic only (raw or non-homogenized when available). Grass-fed butter like KerryGold or Anchor brands are a great choice. Use Redmond's Real Salt

and eat a copious amounts of colorful vegetables, and a few lower sugar fruits. Base most meals on 3-4 ounces of well-sourced meat, fish, or eggs. Many midwives and practitioners advise their pregnant clients to aim for a daily protein intake of 80-100 grams for best outcomes. Supplement with essential nutrients like fatty acids and minerals (more on that later).

Macronutrients

Proteins

Protein is major focus during pregnancy. The amino acids that come from it are considered the “building blocks” of life. Complete protein sources provide tissue and organ growth for baby and healing and repair for mama. As a food, protein is a stabilizing macronutrient for the blood sugar as it does not spike insulin levels like carbohydrate-rich foods. Keeping the blood sugar balanced is important always, but especially while pregnant to avoid the dangers of developing gestational diabetes.

Tom Brewer, M.D., co-author of *What Every Pregnant Woman Should Know, the Truth About Diet and Drugs During Pregnancy*, researched the cause of toxemia (preeclampsia) during pregnancy and found that he could eliminate it even in high-risk demographics by supplementing the mothers’ diet with animal based meat and protein products like cheese and eggs. Dr. Brewer also did not advice a reduction of salt as most physicians do. With these unconventional nutritional guidelines, Dr. Brewer was able to almost entirely eradicate toxemia of pregnancy in his practice except for those who did not comply.

Good sources of protein include consciously sourced meat, fish, eggs, and dairy (if tolerated). I do not advise a vegan or vegetarian approach to food during pregnancy even though this way of eating has many benefits for possible future implementation post delivery and breastfeeding. Complete protein intake is just so vitally important during pregnancy and it can be very difficult for the average vegetarian mama to consume enough perfectly paired plant-based protein to meet the dietary demand for this nutrient. For example, it can take up to 3-4 times the amount of beans + rice or nuts to get the same amino acid content as one portion of clean lean meat or fish. I categorize nuts as a healthy fat because they have more calories coming from fat than protein. Beans and rice are considered more carbohydrate with the same reasoning.

To reiterate, the common practice of many successful midwives is to educate their clients how to base each meal and snack on about 3-4 ounces of protein (ideally complete sources) and aim for a daily intake of 80-100 grams.

Carbohydrates

Carbohydrates provide the body with quick-burning energy called glucose (sugar). Foods in this category include simple carbohydrates like white flour, potatoes, and sugar as well as complex carbohydrates like fruit, vegetables, whole grains, legumes (beans) and lentils. Simple carbs have a high glycemic index meaning they cause a spike in insulin which over time creates a long list of metabolic concerns. Too much insulin tells the body to store fat versus use fat for energy.

Although we've been told by the Food Guide Pyramid for decades that the bulk of our diet should consist of whole grain breads, cereals, and other starches, it is important to know that in reality

these foods are not biologically needed for our health or survival. Our bodies actually produce all the necessary glucose we need for optimal organ and brain function through the metabolic breakdown of protein and fat! And while most women I work with benefit from an overall decrease in carbohydrates, I do encourage low-glycemic fruits and vegetables (raw, cooked, fermented) for their other provisions like soluble and insoluble fiber, phytonutrients, and enzymes. The important distinction to make here is that your fruits and vegetables serve as your carbohydrates. There is no further metabolic need to include other starchy grain-based foods into your diet.

I have also found that women favor carbs over protein as a general rule. Perhaps the preference for fast-energy is simply a reflection of our fast lives (enter again the image of the harried multitasking do-it-all American Mom). This is why a holistic look at food and eating is so important. We have to value quality over convenience which is by nature a call for a slower life. Proteins are slow. They require the alchemy of cooking and creative effort. They are slow in the body – they anchor and stabilize.

Fats

Unfortunately the medical and dietetic communities have demonized fat – especially saturated – for decades. Their position was based on flawed research released in the 1950's linking fat consumption to an increased risk of heart disease. The food companies propagated and capitalized on this by making fat-free foods and ads that played to consumer fears. Despite the fat-free movement, we have seen heart disease increase and continue to dominate as the #1 American killer (by far). Since then updated research has indicated that fat was wrongly accused and is indeed a healthy, necessary, and vital nutrient for every cell in our body. Sugar has replaced fat as the leading dietary culprit causing inflammation and chronic disease.

Some nutrition experts actually believe our bodies need up to 60% of our total calorie intake coming from fat (in comparison to the 10-15% of the Food Guide Pyramid). During pregnancy it is particularly important to increase dietary healthy fat because the development of baby's brain and nervous system demands it. Fat also helps mama to glow with healthy looking skin and to feel fuller and more satisfied. Overtime her carbohydrate cravings even begin to ease as the body becomes nourished by these slow-burning fuel sources.

Sources of healthy fat include avocado, grass-fed butter and ghee, oily fish, pastured animal fats like tallow; unrefined oils like coconut, extra-virgin olive, avocado, and palm; and sprouted nuts and seeds.

Water

Water is often overlooked as a macronutrient but it is needed in large quantities just like proteins, carbohydrates coming from vegetables, and fats. Proper hydration with a quality water source (spring or multi-filtered) facilitates nearly every function of the body and has become even more important in our modern age to flush toxins from the system and to avoid their build-up. Water intake during pregnancy is also essential in supporting the increased blood volume. A good balance of adequate protein, sodium intake (by means of Redmond's Real Salt), minerals, and water all help

the body to stay well hydrated and balanced which have been known to prevent or reverse many common symptoms experienced during pregnancy. In general, a pregnant woman should aim for 2-3 quarts of water during the first and second trimesters and up to a gallon during the third.

Other Basics

Meal Composition

For simple foolproof meal planning, build each of your main meals around a core protein. Add seasonal vegetables lightly cooked in or flavored with a healthy fat like grass-fed butter or extra-virgin olive oil and season with Redmond's Real Salt. Add other foods as accent foods (versus staple foods) like starchy root vegetables, low-sugar or seasonal fruits, dairy and sprouted grains.

Meal Timing

- Eat a protein-rich breakfast. Try to avoid carbohydrates other than vegetables for this meal. Pastured eggs with sautéed spinach, or plain organic grass-fed whole-fat Greek yogurt with sprouted walnuts and raw honey are great options.
- Avoid grazing between meals. If hungry, prepare a well-balanced snack like sliced apple with almond butter and raw cheese or a small leftover portion of a main meal.
- Do not eat starchy simple carbs alone (without a protein or healthy fat to anchor them) to avoid drastic blood sugar spikes. Examples include crackers, chips, cereal, granola bars, etc.
- Drink the majority of your water between, and not with, meals to keep your digestive enzymes in high concentration to help with food breakdown.

A Deeper Look: The Basics of What to Eat + Sourcing

Fruits and Vegetables:

- Choose organic especially for those found on the “Dirty Dozen” list to eliminate toxic exposure to you and to baby.
- Buy local and seasonal when available for the best nutritional value.
- Eat a copious amount of vegetables with a wide range of colors for a diverse range of phytonutrients and antioxidants.
- For optimal nutrient density try more wild, colorful, and heirloom varieties like red cabbage instead of green; purple, orange, or green cauliflower; purple carrots, dark leafy greens instead of iceberg, etc. For example, research has shown the wild onion (known in our supermarkets as a scallion) has up to 140 times the phytonutrient content than large onions used in common cooking!
- Eat only 1-2 servings of lower-glycemic fruit each day like berries, cherries, and plums. All other fruits can be consumed, but in moderation. Like dessert? Eat fruit to satisfy this craving/ritual.
- Try starchy vegetables in place of grains and other carbohydrates like winter squashes, sweet potatoes, yams, small red-skinned potatoes, and purple potatoes. To drastically reduce the starch content of potatoes: bake, chill, then reheat.

Animal-Based Proteins (meat, eggs, fish, dairy):

- Choose 100% grass-fed beef, bison, lamb, elk, etc., for highest CLA and omega fatty acid content.
- Pastured, non-GMO eggs and poultry.
- Wild-caught fish (known to be low in mercury and other heavy metals) especially oily cold-water varieties like salmon, sable, small halibut, herring, sardines, rainbow trout, and Atlantic mackerel. Canned/glass-jarred wild salmon is a great “fast” food option.
- Only consume dairy if tolerated and always choose whole-fat, grass-fed, non-homogenized dairy (or a trusted raw source if available). Cultured dairy products like (plain) yogurt and grass-fed butter are often best digested in this category. Cottage cheese is a great “fast” food option.

Fats and Oils:

- Use grass-fed butter (KerryGold or Anchor brands) or unfiltered extra-virgin olive oil to flavor vegetables.
- Use grass-fed ghee, coconut oil, or palm oil for sautéing.
- Use a stable saturated fat for higher heat pan-frying like tallow.
- Include unrefined avocado and nut oils for salad dressings.
- Use fresh avocado as a topping, eat it plain for a snack, or use it in homemade guacamole.

- Consume tree nuts and seeds that have (ideally) been soaked and/or sprouted to improve the bioavailability of their nutrients and digestibility in the gut. Try tree nuts like pecans, walnuts, and macadamias; sunflower seeds, chia seeds, hemp seeds, flax seed, pumpkin seeds, sesame seeds and pine nuts. Any nut/seed butters like almond or tahini made from these foods are also a better option over peanut butter.

What to Avoid + Alternatives

All of the following foods have been shown to be inflammatory and can have a dramatic impact on your health as well as baby's. It is best to avoid them, consume only in moderation (if at all) with the best possible sources, and to find viable alternatives.

Highly processed foods:

Including most boxed, canned, bagged “center aisle” foods like crackers, chips, cereal, granola bars, cookies, deli meats, and all fast food. COOK YOUR MEALS AT HOME FROM WHOLE FOODS AND PREPARE ENOUGH FOR LEFTOVERS AND SNACKS. Unfortunately, there is no getting around this one.

Sugar and high-fructose corn syrup:

Including all regular soda and foods and recipes that use white refined sugar. Use natural sweeteners in moderation instead: raw local honey, B Grade maple syrup, black strap molasses, dates, date sugar, or coconut sugar (reserve for last use – try the others first).

White flour, grains, and legumes (beans and peanuts):

Including most baked goods, cereals, tortillas, gluten-free “health food” posers, pancakes, bread and pastas. Use coconut flour, almond flour, tapioca, arrowroot, cassava root flour, and tigernut flours in moderation for homemade baked good recipes and if grains are tolerated well, choose sprouted whole grains like quinoa or brown rice, or use quality products made with sprouted grain flours. Homemade sourdough bread made from organic fermented non-GMO wheat would be the one exception to the “no bread” rule, but all should be consumed only on an occasional basis. Use nut butters made from tree nuts in place of peanut butter which is known to be high in aflatoxins, known carcinogens.

Artificial sweeteners and food colorings:

Including all diet soda/drinks as well as common coffee sweeteners like Splenda and NutraSweet. Several food dyes have been shown to be carcinogenic and most are banned from other countries outside the US because of their known toxin levels. Use pure herbal stevia in place of artificial sweeteners and if you must buy a colorful processed food, look for those in the organic section that use natural plant extracts – like beet and turmeric – for their dyes. Fruit juices and sugary beverages:

Including processed juices, sport drinks, canned coffee beverages, etc. Try juicing your own vegetables with minimal fruit to lower the sugar content and use unsweetened coconut water in place of sport drinks.

Caffeine:

Including soda, coffee beverages, teas, and energy drinks. Caffeine-free teas generally accepted as safe to consume during pregnancy include red raspberry, rooibos, peppermint, ginger, and stinging nettle. The accepted upper limit of caffeine during pregnancy is 200 mg per day, or one 11 oz cup of coffee. If consuming caffeine while pregnant, do so consciously. One shot of espresso, for example only contains 64 mg of caffeine or drinking organic decaf from whole beans and “Bulletproof” style – with butter and coconut oil blended in – is a great way to slow down the caffeine effect in the body (because decaf still contains caffeine!).

Corn, soybeans, and other genetically-modified foods:

Most processed foods have some sort of corn/soybean derivative. If you choose to consume corn, try sprouted organic or purple corn products. Pop your own popcorn using organic kernels in unrefined coconut oil. Avoid soy altogether unless it is non-GMO and fermented like in the case of miso or tempeh. The phytoestrogenic properties of soy can create hormonal imbalances.

Pork, shellfish, and organ meats (from non trusted sources):

These are commonly found to be “unclean” sources of meat and can have parasites, heavy metals, and other toxins that can cause an acute immune response or a build-up of these things over time. If consuming pork choose fresh-air / acorn-fed from a farmer you trust and if consuming shellfish do so from only the coldest waters. While organ meats can be VERY nutritious, it all depends on sourcing from clean and conscious farms.

Large predatory fish and river fish:

These often contain mercury and other contaminants in unacceptable amounts during pregnancy including swordfish, tuna, tilefish, catfish, orange roughy and shark. Choose fish highest in omega 3 fatty acids and lowest in mercury including wild salmon, rainbow trout, sardines, and Atlantic mackerel.

Fried foods, vegetable oils, and hydrogenated oils (trans-fat):

Including corn, safflower, sunflower, vegetable oil blends, canola, and peanut oils as well as bottled salad dressings, mayonnaise, margarine and other buttery spreads, and fried foods. Eat real grass-fed butter and healthy fat/oils in their place and make your own salad dressings, mayonnaise, and sauces from healthy fats.

Dairy:

As discussed, most commercialized dairy is not tolerated well due to farming practices (adding hormones, antibiotics, etc) and processing techniques like pasteurization and homogenization. If consumed, do so in moderation and source the highest possible quality including organic, grass-fed, whole fat, non-homogenized, raw when available, and cultured. Choose hard cheeses over soft varieties during pregnancy, or at very least, avoid eating the rinds.

Processed salt and spices:

Salt is very misunderstood (much like fat). Table salt and most sea salts are highly processed and contain unhealthy additives. Try minimally processed Redmond's Real Salt which has 60+ trace minerals for a very balancing effect in the body. When consuming a whole foods diet, salt can be added liberally for flavor and nutrition that is used by the immune system for warding off pathogens and creating antibodies. During pregnancy, edema can often be prevented or reversed with adequate protein, mineral, and salt intake. Similarly, spices found in the regular aisle are irradiated and highly processed leaving behind very little nutrition. This is a shame since spices have "superfood" status and can be a very big source of micronutrients in the diet when sourced organically.

Alcohol:

Alcohol turns to sugar in the body. The average healthy person should limit their consumption to no more than 5 glasses of red wine per week (try organic, bio-dynamic, and/or sulfite free). Although alcohol intake during pregnancy is highly stigmatized in the US, many other European countries find it perfectly acceptable for an occasional glass of wine, especially in the 2nd and 3rd trimesters. For the sake of making generalizations for the mass public, I recommend taking the conservative approach as with the caffeine.

Essential Supplements and Superfoods

As previously discussed, the philosophy of Healthy for Life U is that nutrition should come from the food we eat – the way it was intended. However, our modern food supply (even organic) is consistently found lacking in a few essential nutrients needed for the general health of mom and the proper development of baby. Our program is simple: eat whole food and supplement the few essential nutrients missing from the diet.

There are thousands of substances that the body uses to complete all of its necessary functions for us to thrive. However, your body can actually make the vast majority of these substances like vitamins, proteins, and glucose on its own. Essential nutrients are specific nutrients that cannot be manufactured in our body so we must get them from our food. Surprisingly, there are only a few nutrients considered truly essential – a small group of proteins, 2 fatty acids and a short list of minerals. It is no coincidence that the lack of these specific nutrients can cause many of the symptoms and concerns experienced during pregnancy. They are simply vital for proper cellular function and anchor the manufacturing process of all of the other substances in the body. Without them, the body has no way of pulling together the other substances needed for all its developmental needs.

This is why essential nutrients are so important to all of us—but especially to a pregnant woman (and her unborn) seeking optimal health. There is so much information about diet out there but much of it missing this most important area of essential nutrients.

Let's take a look at two basic supplements (plus two others that are very important) necessary for providing your body the essential nutrients it needs during pregnancy: Essential Fatty Acids (EFAs), minerals, prebiotics/probiotics, and a whole-foods based pre-natal multivitamin.

Essential Fatty Acids

Fat is needed for so many important functions for you and for baby including:

- Synthesis and absorption of fat-soluble vitamins A, D, E, and K
- Hormone synthesis / regulation
- Cell membrane structure
- Electrically insulates the nerve fibers as part of the myelin sheath
- Eye health
- Formation of cells for glands and tissues
- Membranes for barriers to infection
- Competence of macrophages vital to innate immunity
- Proper use of iron to create red blood cells
- Bone structure and use of calcium
- Defends against microbial invaders
- Reduces inflammation

- Modulates neuromuscular function
- Influences actions of genes responsible for cell health, morphology and elimination of unhealthy cells
- Transport of antioxidants
- Reduces cellular and DNA damage
- Regulates blood clotting proteins

Studies have shown that eating a low-fat diet during pregnancy can be downright dangerous to your unborn baby. Healthy fat consumed by mama is directly correlated to the EFAs available to baby for:

- Brain health and development
- Good birth weight
- Quality breast milk with enough EFAs to support further brain development and growth
- Increased protection against acute illness (even chronic illness later in the child's life)

Supplementation of EFAs

Essential Fatty Acids (EFAs) are known as LA (Linoleic Acid: Omega 6) and ALA (Alpha Linolenic Acid: Omega 3). All other omega fatty acids are derived from these two sources, and therefore called derivatives. In the body only 8% or less of the parent form omegas are converted to any type of derivative – meaning the body prefers to utilize the parent omega oils primarily as most fatty acid structures are found predominantly in LA and ALA form.

Proper fatty acid supplementation, like Healthy for Life EFAs, should therefore provide these parent sources of fatty acids (and little of their derivatives) to yield the highest biological benefit. They should also be organic and wild-sourced. Because of their high concentration (think of a good supplement as a highly concentrated food), you do not want to take a supplement that could potentially also carry concentrated levels of toxins, contaminants and peroxidase (oxidized fat). Plant-based fatty acids include flax oil, evening primrose oil, safflower oil, sunflower oil, pumpkin seed oil and virgin coconut oil. These must all be organic and extremely low in oxidation or damage caused by oxygen exposure. (Did you know? Most fish oil products are oxidized and rancid by the time they reach the consumer and do not contain the parent form of omega fats.)

Essential Minerals

We now understand that the body actually manufactures many of the vitamins it needs on its own or they are readily available from food. This has rendered vitamin supplementation not nearly as important as once thought, certainly not “essential”. Minerals, however, are different. They are considered essential because nearly every metabolic/cellular function depends on them, some are not made by the body, and they are commonly deficient in our food by means of modern farming practices. Similarly, many of our modern ailments (many during pregnancy) are caused by simple mineral deficiencies that when supplemented in the diet can improve.

Calcium, Chlorine, Sodium, Potassium, Phosphorus, Magnesium, and Sulphur (Essential mineral resource sited: U.S. Dept. of Agriculture National Research Council) are the minerals that your body needs to survive, but cannot make on its own.

Supplementation of Essential Minerals

For most benefit, a mineral supplement should be chelated meaning the minerals have been combined chemically with amino acids to form “complexes.” In whole foods, many minerals are already in this form. They are able to completely avoid the process of ionizing in the stomach and pass on into the blood stream with ease with the use of their protein carrier molecule. Research has shown that the most efficient carrier protein for this process is glycine.

In short, a chelated mineral supplement like the one made by Healthy for Life is most bio-available because it is the most similar in nature to the minerals consumed from food.

Prebiotics/Probiotics

Recent research of the “gut-microbiome” is fascinating. For the majority of my clients, I spend 90% of my time educating them on healthy digestion, healing the gut, and how it leads to a healthy body. During pregnancy it is important to have a good balance of healthy gut-flora to provide the baby during vaginal birth. I like products that contain both prebiotics and probiotics which help the body maintain healthy GI-tract microfloral ecologies, promote normal bowel function, support the gut immune-system, assist in stabilizing the gut mucosal barrier, and support normal absorption and assimilation of nutrients in the gut. In the diet, eating fermented foods like sauerkraut, pickles (from classic fermentation techniques), kimchi, kombucha, kefir water, and homemade yogurt are all excellent sources of probiotics and can often contain up to 100 times the amount of beneficial microbes found in a lower grade supplement.

Pre-Natal Multivitamin

During pregnancy taking a pre-natal can serve as insurance, especially when appetite changes, nausea, hormones, and cravings can affect how you eat and certain deficiencies like folate have been known to cause neural tube birth defects. The best pre-natal vitamins are derived from whole foods ingredients for best absorption. (During my days working as a pharmacy technician, I used to marvel at the synthetic neon pink pre-natal horse pill vitamins prescribed by doctors.) Pre-natal vitamins sourced from whole foods do not have to be prescribed and can be found at any good health food store.

FAQs on the Basics

Q: So is dairy a good food to eat, or should it be avoided?

A: Whether or not dairy is a good food for you depends on two main factors: 1) is it minimally processed, whole-fat, organic and well-sourced? And 2) where do your ancestors come from? For example, many of Northern European descent have an increased ability to digest dairy foods based on enzyme availability that other cultures (like Asian, African, and Hispanic) do not.

Q: Should I be eating whole grains?

A: Grains contain chemicals like phytic acid that bind up minerals and nutrients in the digestive tract. Many modern grains are genetically-modified and heavily sprayed causing them to be irritating and inflammatory in the gut. By nature, grains are hard for the body to digest. If you seem to tolerate them well, enjoy an occasional serving of sprouted whole grains like quinoa or brown rice or make your own sourdough bread. Both of these methods – sprouting and fermenting – break down the grains, or pre-digest them, to liberate their nutrients and to make them more healthy for you to consume.

Q: How do I know which fish is low in mercury?

A: Your best bet is to keep an eye on this ever-changing list at the Environmental Working Group's website.

Q: How do I eat the way you have described while on a budget?

A: I get this question all the time. First, I prioritize my nutrition above most other expenses. I know if I pay for quality food now, I am less likely to pay for ill-health later with expensive interventions. Second, I try to buy meat and fish in bulk from local farmers I trust like Wallace Farms or US Wellness Meats. Third, my pantry is sparse meaning I do not make unnecessary purchases of junk/snack foods. Fourth, I keep meals during the week very simple: a rotating core protein, seasonal vegetable, and winter squash or starchy vegetable flavored with grass-fed butter and Redmond's Real Salt. I garnish most meals with fermented vegetables. On the weekends I might experiment with a recipe or two that calls for more unusual ingredients. Fifth, I know where to find the best prices around town for my staple foods. Sixth, I prepare most meals at home in my own kitchen with items I chop and dice myself. Our restaurant budget is not blown during weeknight meals when busyness dictates the menu. For those nights, we come home late to a meal prepared ahead in the Crock Pot.

Q: How do you make whole food taste better?

A: The simple answer is with fat and salt – both of which I consume liberally and without measure. Most of the time anything tastes outstanding with the addition of grass-fed butter and Redmond's Real Salt, but other organic spices and herbs come in handy, too. The practice of using spices, herbs, and homemade sauces and dressings is one that takes time to master. You have to be fearless in the kitchen and try new combinations to find the ones you like. I also experiment with vinegars, coconut aminos, mustards, and other homemade or clean-label condiments.

Q: Can I get my essential fats from my diet or is supplementation a must?

A: In general health and in pregnancy, I recommend a high-fat diet; however, healthy fats can get confusing and by nature fat is an extremely fragile nutrient. Unfortunately, common fats of the Standard American Diet are not of the essential variety. Most are highly processed, rancid, and dangerous! For these reasons it is common that most women fall short of receiving enough unadulterated/unprocessed EFAs from their diet, and why I always encourage added supplementation. Because fat is so important to our health and pregnancy, there is no room for “error “ when relying solely on the food we eat to acquire these nutrients. This is why I encourage a diet high in the following foods AS WELL AS taking a quality EFA supplement like the one made by Healthy for Life:

- Raw/sprouted nuts and seeds (especially macadamias, pecans, flax seed, chia seed, hemp seed, pumpkin seeds, and tigernuts)
- Grass-fed beef
- Pastured poultry (chicken, turkey, etc.)
- Pastured eggs
- Dark green vegetables
- Grass-fed butter (like Kerry Gold or Anchor)
- Unrefined extra-virgin coconut oil

Q: Can I get my essential minerals from my diet or is supplementation a must?

A: Similar to my philosophy on healthy fat, pregnant women should aim to include lots of mineral-rich foods in their diet but also supplement with a chelated mineral complex like the one made by Healthy for Life for best assurance they are getting enough of these vital nutrients. Here are some of my favorite foods known to be high in minerals:

- Redmond's Real Salt
- Raw/sprouted nuts and seeds
- Grass-fed beef
- Pastured poultry (chicken, turkey, etc.)
- Pastured eggs
- Dark green vegetables
- Bone broth
- Hard organic cheeses
- Sea vegetables like kombu, dulse, kelp



Tip 3

Build from the Basics to Meet the Unique Needs of Each Trimester

Now that we have covered the basics. It is time to hone in on each trimester of pregnancy to be certain proper focus is placed on getting the right nutrients for the health of mama, and the growth and development of baby.

1st Tri

What the Body is Doing: Building the infrastructure that supports the baby in the womb. The body fortifies the placenta and the blood vessels that feed it to establish the lifeline of nutrients from you to your baby.

Unique Concerns: Morning sickness (dehydration), food aversions or cravings, nausea, fatigue.

What the Body Needs: With little energy being spent developing and growing baby, very little energy increase is needed calorically during this trimester. Think QUALITY of food for nutrition, versus QUANTITY as unnecessary weight gain during this trimester is not healthy for you or your

baby. Choose foods that have fewer calories but with more vitamins and minerals.

Start making nutritional upgrades to your current foods – like spinach or arugula for iceberg lettuce, purple potatoes for white potatoes, grass-fed beef for conventional beef, and organic whole milk cheeses for pasteurized cheese products (like American cheese). In short, make the switch to a clean, whole foods diet best you can, but keep your portions normal sized and resist the temptation to “eat for two” when it is not necessary at this stage.

PROTEIN: Begin building your meals around a 3-4 ounce piece of well-sourced meat or fish (safe low-mercury varieties like sockeye salmon, rainbow trout, halibut, sardines, tilapia, anchovies, and chunk light tuna) and stock up on non-meat protein sources that might be more enjoyable to consume if food aversions occur. Try bone broth, organic whole-fat cottage cheese, organic whole-fat plain (Greek or regular) yogurt, even a quality well-sourced protein powder to mix into green smoothies if dairy is tolerated.

WATER: Often overlooked, water is one of the most important nutrients during the first trimester especially if morning sickness is experienced. Dehydration can occur and is very serious. Also common in the first trimester is a slowing down of digestion which can become worse without adequate fluids. While everyone is different in their needs, aim to consume 2-3 quarts a day of total fluid with at least half of that being from clean filtered water (not tap). Other healthy fluids included in your total intake could include herbal teas like red raspberry, bone broth, and unsweetened coconut water.

ADDED NUTRIENTS / SUPPLEMENTAL SUPPORT (always discuss with medical provider): Iron,

Deeper Nutritional Support for 1st Trimester:

This list of concerns with possible solutions is perhaps better titled “symptoms of deficiencies during pregnancy.” The remedies are safe and natural for use during pregnancy. This is not intended to replace the advice of a competent doctor and is by no means a complete list.

Morning Sickness / Nausea

- Often from low blood sugar, eat smaller meals (with protein and/or healthy fat) more frequently. You might even benefit from eating some protein when you get up at night to use the bathroom.
- Chronic or severe nausea during pregnancy can be a vitamin B-6 deficiency. Some benefit by taking a dose every hour or two for the first day, but you also might not be able to properly digest or utilize this vitamin from your diet. If you suspect this is true, try carrying high doses of the vitamin on the left side of your body throughout the day and night instead of taking it orally. Use new vitamin tablets the next day/night.
- Raspberry leaf, spearmint, and peppermint teas may offer some relief.
- Ginger capsules can settle the stomach.
- Apple cider vinegar (2 tsp. in cup of water) sipped (3 or 4 times a day) will help body absorb nutrients which may help to relieve symptoms and to protect against dehydration.

Food Aversions or Cravings

- A diet deficient in the essential nutrients in the proper proportion is often behind a loss of appetite or specific food cravings.
- Vitamin A deficiency can also play a role.

Fatigue

- Eating more high quality meat can help most expecting moms increase their energy and stamina.
- Increasing vitamin B-6 rich foods in your diet like meat, sprouted nuts/seeds, greens, and dried prunes/plums often improves energy levels.
- Take a whole-foods based prenatal vitamin and a chelated mineral supplement.
- Yeast and/or other fungal infections may contribute to fatigue. Eliminate all sugar and junk foods from your diet and supplement with probiotics.

2nd Tri

What the Body is Doing: This is often when the pregnant woman feels her best and has the most energy if she is eating right and exercising. The development of all major organs and systems is either started or completed by the beginning of the second trimester and both the baby and mama will begin to gain weight.

Unique Concerns: Overconsumption (of sugary or carbohydrate-laden foods) with increased appetite, constipation, iron-deficiency anemia, and stress.

What the Body Needs: The average weight gain for a healthy pregnancy is about 25-35 lbs. which puts the added caloric increase during this period at about 340 extra calories per day for mothers with BMIs in the “normal range”, but all this varies depending on your previous trimester’s nutrition and your activity levels. It is important to understand that this increase in energy is not that much and can be simply achieved by a small increase in portion size and the addition of a protein and healthy-fat-filled snack when needed. A continued effort to focus on water and protein intake is very important to build the blood supply and to be sure there is enough amniotic fluid for the baby.

ADDED NUTRIENT / SUPPLEMENTAL SUPPORT (always discuss with medical provider):

Iron – Supplement levels may need to be adjusted due to the increase of blood volume up 50% by weeks 24-28.

Fiber – Hormone changes can create constipation so an emphasis on higher fiber foods like fruits, vegetables, chia seed, psyllium, hemp hearts, and flax seed are all good additions or a fiber supplement containing any of these ingredients.

EFAs – Anti -inflammatory in nature, essential fats are increasingly utilized during this time when managing stress can become more difficult with hormonal fluctuations. Choose cold-water fish, walnuts, and flaxseed and discuss the possibility of increasing your EFA supplement with your provider.

Deeper Nutritional Support for 2nd Trimester:

Constipation

- Increase fiber in diet.
- Eat fresh raw vegetables throughout the day.
- There might be a need for more potassium or B-1 (thiamine) in your diet. Try adding cooked winter squash, sweet potato with skin, organic whole fat yogurt, nuts/seeds, meat, halibut, broccoli, avocado, peas, and cantaloupe.
- Excessive amounts of iron (while you're adjusting your supplementation) can cause

- Raise feet on a stool during bowel movements for better evacuation of bowels.
- Vitamin C, B-vitamins, and magnesium have a gentle, safe laxative effect. Avoid chemical laxatives, they are highly addictive and unsafe for the baby.
- Eating ½ cup of organic whole-fat yogurt, or one tablespoon of acidophilus culture with each meal may help.

Anemia

- Eat more foods high in Vitamin B-12 like beef, fish, eggs, organic whole fat dairy products, and fermented foods.
- Eat more good quality protein.
- A vitamin B-6 deficiency is a common cause; it acts like an iron deficiency.
- Could be a need for more Vitamin E in the diet with foods like greens, nuts/seeds, avocado, and asparagus.
- Too much copper in system can cause the same kinds of symptoms.
- Vitamin A and E taken together may alleviate the symptoms for some women.
- Unplug all electrical appliances, including lamps, televisions, and clocks in the bedroom at night while sleeping.

Stress / Mental Depression / Irritability & Moodiness

- Often a result of magnesium and/or B-vitamin deficiencies.
- Yeast / fungi may be a contributing factor, but not the cause.
- Liver support, such as B-vitamins and dandelion herb has been found to alleviate depression both during and after pregnancy.
- A calcium deficiency may be a contributing factor, especially if legs cramp or feel restless.

3rd Tri

What the Body/Baby is Doing: Growth, growth, and more growth! All that is left is for baby to increase in body fat and weight, strengthen their bones, and expand the brain and further develop the nervous system.

Unique Concerns: High blood pressure, preeclampsia, gestational diabetes, fatigue, heartburn, hemorrhoids.

What the Body Needs: The basic dietary needs are very similar to the second trimester, but it is important to realize that the most severe complications can manifest during this time. Do not lose focus and see your good health and nutrition all the way to delivery!

ADDED NUTRIENTS / SUPPLEMENTAL SUPPORT (always discuss with medical provider):

Sodium/Electrolytes & Minerals – Needed for blood pressure maintenance and to support the growing demands from strengthening bones. Make sure you are taking your chelated minerals and eating plenty of Redmond's Real Salt.

Folate, B6, B12, Calcium, Vitamin D, Zinc, Magnesium, Probiotics – Needed to prevent or treat preeclampsia.

Iodine, DHA, Choline – Needed for proper brain development. Choline can be found in grass-fed beef and pastured eggs. Not all prenatal vitamins contain it so eat plenty of these foods.

Lutein – Important for the developing retina and the brain, but is often already found in standard formulations of most prenatal vitamins. Also found in dark leafy greens and eggs.

Deeper Nutritional Support for 3rd Trimester:

High Blood Pressure / Edema

- A diet evaluation should be done immediately – often related to a deficiency of protein in the diet.
- Need to increase intake of good quality protein in the diet to provide the body with adequate amounts of the essential amino acid methionine as well as choline.
- Vitamins A and E may be beneficial.
- Do not decrease your salt intake unless for other medical reasons (like kidney issues, etc.). Eat Redmond's Real Salt only.

Preeclampsia / Toxemia

- Many doctors believe there is no known cause, however studies have shown it to be a result of severe malnutrition in the mother - especially of protein. If signs of toxemia exist a diet evaluation should be done immediately to check for adequate protein, choline, and B6.
- Common practice in the United States is to induce the mother's labor or do a cesarean surgery, however this condition is often correctable if the mother is treated with nutrition and allowed to continue with her pregnancy to term.
- Choline in adequate amounts can bring down the blood pressure, but only if the diet is adequate in protein, sodium, vitamins A and E. (Some rise in the blood pressure is beneficial during the latter part of pregnancy due to the increased blood volume.)
- Continue to eat salt (Redmond's Real Salt) and greatly increase the protein in your diet. If you do have signs of toxemia, 150 grams or more of protein each day can help to correct the problem.

Gestational Diabetes

- Follow the guidelines of this nutrition guide and be sure to supplement with your essential nutrients.
- Do gentle daily exercise.
- Lower carbohydrate rich foods especially processed snack foods, grains, fruits, and starchy vegetables.

Heartburn

- Possible Vitamin B-6 deficiency in the diet.
- Identify your offending foods and avoid.
- Eating whole-fat organic yogurt may help.
- Eating papayas, apples or sprouted grain toast may help.
- Take small sips of water or carbonated water.
- Sit up when you feel like you have heartburn, do not lie down.
- Eliminate sugar from the diet.
- Vitamins B1 and B2 may help stop heartburn.
- Try a heart burn tea formulated for pregnancy.
- Apple cider vinegar (2 tsp. in cup of water) sipped (3 or 4 times a day and/or with meals) may help to relieve symptoms.

Hemorrhoids

- Can be caused by impaired circulation or constipation.
- May be a Vitamin B-6 deficiency.
- Author and nutrition expert Adelle Davis suggests taking 25 mg of vitamin B-6 with each meal for a few days, then go back to 10 mg per meal. Zinc, which is a complementary nutrient to B-6, may also be taken with the 25 mg of B-6.
- Maintain fiber intake in the diet.
- Put feet up on a stool during bowel movements.
- To relieve discomfort try vinegar or diluted lemon juice compresses.



Putting It All Together

We hope you have learned some useful information and enjoyed reading this eBook! Following the principles outlined here will help you achieve a healthy pregnancy. You and your unborn child will feel strong and supported when you eat fresh whole-foods and supplement with the essential nutrients that may be missing from your diet.

For your convenience a quick reference is on the following page, and be sure to check our website for additional resources.

Additional Resources



Watch the video online

Not a reader? Watch the video online! Videos are only a few minutes each, so you'll be up to speed in no time.

www.healthyforlifeu.com



Take it further

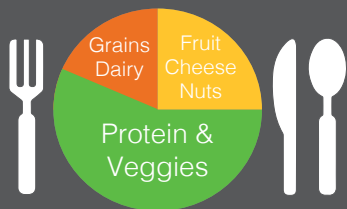
Want to learn more? View additional resources including eBooks and courses online.

www.healthyforlifeu.com

The Healthy for Life U plan

This booklet is very concise and is intended to help get you started quickly with a good understanding of how to support your body's health. Be sure to check our website to for additional resources to continue learning and understanding your health!

① Eat whole foods



② Supplement



③ Be active



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