

Natural Ways to Promote Fertility, a Healthy Pregnancy, and Healthy Babies.

By Katie Moxley, RD



Preparing to expand your family is a really exciting time, but it can also be a very trying time. While it may seem like some women blink and become pregnant, for most it is not so simple. In fact, the statistics are quite staggering in the US with approximately 7.3 million (1) women of childbearing age having fertility problems. Not only is infertility on the rise, but the ability to carry a healthy baby to full term is also a challenge. Each year around 600,000 women have a miscarriage, 26,000 women give birth to stillborn babies, 467,201 babies are born prematurely and 307,030 babies are born with a low birth weight (2).

The reality is that there are numerous factors that play into a healthy full term pregnancy. Many of these alarming statistics are related to causes such as: hormonal imbalances, poor nutrition/general health, toxins and pollutants, and structural conditions. These factors are not just one sided either; both partners play a huge role in the process. If a man is out of balance in any of these ways, he will not produce healthy sperm that is genetically stable, and able to properly fertilize an egg. Whereas, if a woman is unbalanced, she will not have the correct timing, optimal environment, or adequate nutrients to sustain a healthy pregnancy. Many of these problems can be corrected through adequate nutrition, which results in proper endocrine signaling and genetic integrity.

Healthy conception is the first step to a nourishing pregnancy, however the journey of bringing a baby into the world is just beginning. While the man's job is pretty much done, the brunt of the work lies in the mother's hands. It is critical that the mother has adequate nutrition from the very beginning of the pregnancy. The growing baby places twice the demands on the mother's mineral stores, but only a small increase of total calories is needed. In fact, only 300 extra calories are needed in the 2nd and 3rd trimester for the correct amount of weight gain to occur. It is necessary to gain weight during pregnancy, but gaining too much weight puts you at risk for other health conditions such as gestational diabetes, high blood pressure, varicose veins and more (3). Eating a balanced diet, taking quality whole food prenatal vitamins, and exercising regularly are the best things that you can do to ensure a healthy baby.

Implementing these key principles will in themselves reduce many unpleasant pregnancy symptoms. But what do you do when you are having nausea, heartburn, constipation, and fatigue? Many of these symptoms can be minimized by properly supporting the digestive system, adrenal glands, and blood sugar balance. This can be tackled through whole food supplementation, homeopathic remedies, and chiropractic care.

Once the blessing of a new baby finally arrives, the best thing that you can do for your baby is to breastfeed. This can come with a whole new set of challenges such as latching problems and

inadequate milk supply. The La Leche League (4) is your best bet for any latching issues. But if part of the problem is milk supply, there are specific nutritional supplements that may help boost production such as Chaste Tree, Nettle Leaf, and Fenugreek Seed. Breast-feeding is the most nutritious start for your baby, so if it is difficult in the beginning, remember there is great support and encouragement for you through the process.

At Natural Care Chiropractic we will tailor a fertility program to you and your partner to help naturally address any imbalances you may have both structurally and nutritionally through whole food supplementation and diet. We will work with you through your entire pregnancy and post partum needs to ensure the optimal health for you and your family.

Structural Care for Fertility

1. Maintaining the integrity of the nerve supply to the reproductive organs
2. Eliminating environmental or immune toxins located in the reproductive organs
3. Bolstering the bodies and organs life force energy through acupuncture.

References:

1. CDC. "Faststats: Infertility." April 2, 2009. <http://www.cdc.gov/nchs/FASTATS/fertile.htm>
2. American Pregnancy Association. "Statistics." 2000-2009. <http://www.americanpregnancy.org/main/statistics.html>
3. American Pregnancy Association. "Eating for Two When Over/ or Under Weight" 2011 <http://www.americanpregnancy.org/main/statistics.html>
4. La Leche League International www.llli.org/