

## Session 2 Common Ailments

### Constipation

This is a very common complaint during pregnancy and with direct attention it is easily remedied.

- Exercise, a brisk daily walk helps with digestion
- Squatting position is the natural position for bowel movements, so put your feet on a low stool next to the toilet or squat with your feet on the rim of the toilet

Diet:

- Eat an abundance of fresh vegetables, particularly greens and raw vegetables with meals and snacks. Eat at least two pieces of fresh fruit/day.
- Choose whole grain breads, crackers and pasta
- Drink lots of water per day, herbal tea is also ok
- Whole grain oatmeal, especially when cooked with raisins is an excellent laxative

Herbs:

- soak 4 dried prunes and 1 Tbsp of bran in one cup of warm apple juice for 15 minutes. Eat and drink all the prunes and juice. Once or twice daily as needed.
- Soak 1 tsp of Flaxseeds in ½ cup apple juice (warm or cold) until they have absorbed some of the fluid. Eat or drink the contents, 1 or 2 doses daily as needed.
- CALM contains calcium and can be used for leg cramps and for constipation. Take 1 to 2 heaping tablespoons in water before bedtime CALM can be purchased at Harvest Time and most health food stores.

### Anemia

Anemia is also common in pregnancy, iron supplements are very hard for the body to assimilate. Dietary and herbal approaches are often a good way to treat anemia but require attention on the part of the mother.

Dietary recommendations:

- Iron rich foods must be emphasized, including dark green leafy vegetables, sunflower and pumpkin seeds, unsulphured dried fruits (raisins, figs, prunes, apricots and cherries), blackstrap molasses, beets, red beans, dark turkey meat, red meat and eggs.
- Cooking in cast iron skillets increases iron content of food
- Take iron rich foods and supplements with vitamin C, not exceeding 2000 mg /day to help absorb iron and avoid dairy products around the time you are taking iron since dairy inhibits the absorption of iron
- Caffeine and phosphates in soda interfere with iron absorption

Herbs:

- Floradix Iron and Herbs is a liquid iron supplement, it is delicious and easy to take
- Nettle is an excellent tonic for pregnant women take daily to increase blood count. Use 1 tsp nettle leaves and pour 8-10 ounces boiling water over the leaves and let steep 30 minutes (or 3-4 Tbsp per quart of water). Drink between 1-4 cups/daily depending on your needs.