

NATUROPATHIC NEWSLETTER

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Everyday health tips that are safe for your baby and you



Pregnant women are not the only people who should choose safe health products. These tips should be incorporated into everyone's daily regime.

1. Organics—this is the key time to eliminate unnecessary pesticides from your routine. They are a source of xenoestrogens and neurotoxins.
2. Avoid strong fragrances—anything with a strong smell is a

source of Volatile Organic Compounds (VOC) that irritate the respiratory system and contribute to asthma and allergies.

3. Multivitamins—a good quality product will prevent neural tube defects and support optimal health.
4. Fish oil—a source of omega-3 and DHA, the important ingredient for brain development.
5. Stay hydrated—ensure that you are getting 1.5-2 L of water daily.

6. Fiber—promotes good digestion, is a food source for good bacteria, and keeps you full.
7. Natural cleaning—eliminate unnecessary toxins from your home and help to save the environment.
8. Natural personal care—choose products without parabens, phthalates, petroleum, and talc.
9. Exercise—everyday.
10. Consult your ND for safe herbs and supplements to address your health concerns.

Starting an exercise routine

Whether you are trying to be more active, lose weight, or you are pregnant, you should start exercising carefully. Physical activity can benefit both you and your baby by lessening discomfort and fatigue, providing a sense of well-being, and increas-

ing the likelihood of early recovery after delivery. Light to moderate exercise during pregnancy strengthens the abdominal and back muscles, which help to improve posture. Practicing yoga, walking, swimming, dancing, and cycling are usually safe exercises

for those who are starting an exercise program. Always check with your doctor before beginning any kind of exercise. In addition, start slow, warm up and cool down, and drink plenty of water before, during and after exercise.

Creating a Green Home

- LOW VOC AND LOW-ODOUR PAINT
- HARDWOOD FLOORS OR TILES
- OPEN THE WINDOWS
- MODERATE TEMPERATURES
- REPLACE LIGHTBULBS
- REDUCE, REUSE, RECYCLE
- CHOOSE NATURAL MATERIALS INSTEAD OF SOFT PLASTIC
- USE NATURAL CLEANING PRODUCTS

Principles of Naturopathic Medicine

- FIRST, DO NO HARM
- IDENTIFY AND TREAT THE CAUSE
- TREAT THE WHOLE PERSON
- SUPPORT THE HEALING POWER OF THE BODY
- DOCTOR AS TEACHER
- EMPHASIZE PREVENTION

...ADDED
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In the News: Breastfeeding associated with smarter kids

A recent study of over 17,000 children found that breastfeeding exclusively during the first year of life has been associated with an increase in child's intelligence by first grade. Breastfeeding was promoted to all the mothers, but some decided to stop exclusive breastfeeding

at 3 months, 6 months, 9 months, and 1 year. Those children who were breastfed for 1 year had higher reading and writing scores, and verbal IQ. This study could not investigate whether the main cause of increased cognitive development was due to some constituent of breast milk, or is

related to the physical and social interactions inherent in breastfeeding. Researchers believe that the added interaction between mother and child during breastfeeding could increase verbal communication, which could stimulate cognitive development.



Ginger is traditionally used for settling the stomach and nausea.

Hot or Cold Ginger Lemonade - Serves 4

Ginger is an important anti-inflammatory herb to increase circulation, nausea, and quell nausea and indigestion. Lemon is alkalizing to the body. This drink can be served hot or cold with ice. Ginger is safe in pregnancy, but should be limited to 3-4 times a week.

Ingredients:

- ◇ 3 1/2 cups water
- ◇ 1/4 cup coarsely chopped fresh ginger (rinsed but unpeeled)
- ◇ 1 cup fresh lemon juice
- ◇ 1/4 cup organic honey

Directions:

Place water and ginger in a saucepan over high heat and bring to a boil. Turn off heat, cover and steep for 20 minutes. Strain, discarding ginger. Return liquid to pan, add lemon juice and honey and heat briefly. Serve hot or cold with ice.

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- ◇ If you know somebody who could benefit from the Pre-pregnancy, Pre-natal, Post-pregnancy, and Baby Wellness Program, have them email us for more information.

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