



Seven Natural
**PRE-NATAL FOUNDATIONS
for a MAGICAL BEGINNING**

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- With dr. jo dee baer

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You JUST don't feel like your old self. Well? Perhaps you aren't your old self. You and your partner stare at the 'prego' strip thermometer seemingly for an eternity until it register: WE'RE PREGNANT! The COUNTDOWN BEGINS: Nine, Eight, Seven, Six, Five, Four, Three, Two, ONE to LIFE!!

Pregnancy is one of the most beautiful phases and experience of life for a woman. However, with many hormonal challenges, the journey can sometimes be problematic to the point of critically unpleasant in every way possible. Natural remedies parallel 'natal' before and offer both the soon to be Mom and baby the best beginnings for a true Health 4 Life.

NATURAL CARE DURING PREGNANCY

Following Natural and Ayurvedic care during pregnancy is all about the choices you make during these amazing Nine Months in Gestation. These choices can profoundly enhance the experience of pregnancy and have a forever effect on your newborn child.

The experience your baby has in the womb affect the mold his or her personality. Believably? A baby in utero can show the signs of stress even as soon as 8 weeks after conception. Correspondingly, the nourishing experience from conception are transformed into a health, body and mind. Conversely, toxic experiences can have deleterious effects.

By making nourishing choices, the soon-to-be-mother can ensure her baby is receiving the basic elements to create a healthy body which transcends to mind and spirit.

NATURAL DIET SUGGESTIONS

Nourishment and life begin in the womb. It's imperative that the mother to be change her diet to enhance the needs and environment of pregnancy. As her fetus grows in the womb, all growth flows through this nourishment. Quality of the nourishment is more important than quantity in this phase for both of their lives. It is a true piece of misinformation that a mother needs to eat for two. The consistent and vital rule is eating according to your hunger.

SEVEN FOUNDATIONAL FOODS

1.) Eat Sattvic Foods:

Sattvic food are easy to digest. These types of foods are pure and help to nourish the tissues of mother and baby. Some examples of sattvic foods include milk (preferably almond or oat milk); ghee; basmati rice; breads (preferably gluten free); fresh fruits and vegetables (organic preferred). These above foods protect against indigestions and constipation.

2.) Avoid Junk Food:

Although, as a pregnant woman, I would indulge in a few "Checkers" French fries on occasion, junk food is to be avoided! But if you must? Just take a bite and realized the next bite tastes the same? Junk food is anything with refined sugar or flour; deep fried food; fatty food; frozen ones; burgers; cookies and cakes. The above foods have no nutritional value. Also avoid alcohol; aged cheese; fermented food mushrooms (except for shitake and maitake); onions; raw garlic; peanuts; papaya; street vendor and stale food; very spicey, hot, or deep-fried food; Limit the amount of pineapple, strawberries and cherries; Replace white sugar with honey or monk fruit.

3.) Milk:

Milk and yogurt offer calcium to the mother. I strongly urge these products to be almond or oat milk; and yogurt being processed with coconut milk. Two glasses of milk boost the immunity by as much as 80% for the unborn baby, strengthens the mother's 'bones; and fortifies the mother's mineral absorbability post delivery.

Buttermilk (plant based preferably) for the digestive system. It improves digestion and eases gas due to hormonal changes.

4.) Ghee:

Ghee offers internal lubrication and joint strengthening. It also improves the focus and memory skills of mother and baby. As little as 6 to 7 teaspoons of ghee daily.

5.) Vegetables:

All veggies are "Mom and Baby" approved. It is suggested to reduce the quantity to reduce the quantity of green peas, beans, potatoes, bell peppers, eggplant, and raw onion, yams, some mushrooms, and corn as well. The above vegetables create heat in the body, and an excess of heat can create a propensity for hormonal imbalance.

Conversely, leafy vegetables and spinach; shallots; leafy salad mustard and dandelion greens are a great source of protein and iron.

Other vegetables that aid particular vitamin enhancements: okra; carrots; butternut, acorn, and zucchini squash; pumpkin; cucumber; cabbage; broccoli and beets.

It is best to minimize eating raw vegetables (other than a small salad). Sauté or steam vegetables to maintain their nutritional profiles.

Herbs like coriander; mint, ginger, cinnamon, basil, rosemary, and fennel boot digestion and assist in preventing stomach upsets.

6.) Fruits and Nuts:

This is a 'mix and match' here. Avoid eating papaya, pineapple, and plum. Restrict the intake of mangoes as well. Other fruits to consume in limited quantities include guava; pear; watermelon; and apple.

Pregnancy is a fan of grapes of all kinds; all flavors of apples; figs; dried dates; raisins; and apricots; gooseberries; pomegranate; lemon; blackcurrants; and bananas. and oranges in generous amounts.

An expectant mother can enjoy all sorts of assorted nuts, but it's important to soak these nuts for at least 8 hours prior to ingesting.

SNACK SUGGESTION:

Soak 5-6 almonds; 10 raisins and 2 dates for 4 hours. This is a snack to eat daily as it nourishes the brain and blood vessels and helps the fetus gain weight.

Include coconut water for diet and energy. The natural electrolytes prevent dehydration and the linoleic acid assist brain function as well.

Avoid Aloe Vera completely!

7.) Proteins



Research has shown that vegetarian diets can be nutritionally adequate in pregnancy. Most dried beans and dahls are acceptable protein sources. Avoid kidney beans and chickpeas during pregnancy only because they are hard to digest.

Included cooked mung bean sprouts for more protein. (Exclude the raw mung bean sprout version).

EMOTIONAL NOURISHMENT DURING PREGNANCY

Believing in the Six Pillars of Foundational Health: Spiritual; Physical; Mental; Emotional; Social; and Financial-- Its imperative for a soon to-be- Mom to pay as much attention to her emotions as much as her physiology during pregnancy. Your feelings and thoughts, as well as your food all influence her baby.

This is a great time to even be particular about what movies you watch, the books you read, and the friends you associate with. Avoid books, TV Show, and moves with frightening or violent themes. Surround yourself with loving friends, and relatives to enhance the social possible.

It is critically relevant to remember to focus on your happiness during this time in gestation like never before. Do your favorite things—The energy and frequency will nurture and pour into you and your baby's life and well-being. As a Classically trained Vocal Musician, I sang, danced and totally performed the Elbert Humperdinck's Opera "Hansel and Gretel" while 6 months pregnant. To this day, my eldest son is a consummate musician and music enthusiast to this day! A Mother is "EATING" for two in this Emotional; Mental; and Social Pillar and a positively enhanced environment is vital.

One resource to advance this affect that I recommend is:

<https://confidencetones.com>

FOUNDATIONAL HEALTHY HERBS

NOTE: Check with your health care provider concerning herbs during pregnancy. Here are my herbs that I approve for Pregnancy.

Oatstraw: *Contains plenty of magnesium and calcium It calms irritated skin and eases anxiety. Once or twice a week is preferred.*

OATSTRAW TEA

1 quart size Mason Jar

1 oz Oatstraw herb

Boiling Water

DIRECTIONS:

1 oz of Oatstraw in a quart sized jar

Pour boiling water into the jar

Cap with the lid

Let steep for 3-5 hours

Strain and drink

Shatavari:

Shatavari is sattvic by nature, so it adds love and nourishment to both the mother and baby. It works to increase mother's milk.

Saffron:

This aromatic herb improves the texture and color of the baby's skin and well and strengthening the little heart inside of the baby. Consume it with warm milk.

FOUNDATIONAL RITUALS

Daily self-massage can be a soulful salve for both the mother and baby. Use almond or sesame oil.

Focus on the mother's lower back after seven months to reduce back pain. As your belly grows, ask your partner for help. A gentle foot massage before sleeping is key to balance your Chi. Add a few drops of lavender oil to almond/sesame oil.

Massaging your nipples with 'nipple pulls' with a Vitamin E product composition to toughen up your nipples and prepare for nursing your baby.

Keep your bath water and be at a tepid temperature.

FOUNDATIONAL EXERCISE

Moderate exercise assists with healthy weight gain and prevents gestational diabetes. Exercise keeps a 'mother to be' feeling fresh and relaxed. Engage in exercise only to the degree of your physical fitness prior to pregnancy.

Walk: *Aim for a 30-minute Daily Walk (With Qui Gong Principles) Email me: jodee@healthcoachjodee for the exact protocol*

YOGA: Most Yoga poses are adaptable to pregnant women. Yoga keeps a mother to be flexible and toned.

Three poses that are especially helpful as pre-natal yoga:

- *Sukhasana—Cross legged easy pose or ½ or Full Lotus Pose*
- *Malasana—Squat*
- *Baddha Konasana—Bound Ankle pose*

These three poses strengthen and prepare the hip and groin area. Malasana after 37 weeks help to prepare for natural labor. Use a cushion wherever required.

Practicing Kegel exercises to strengthen your pelvic muscles support faster labor.

FOUNDATIONAL BREATHING

Gentle breathing exercises help you to remain calm and relaxed throughout the pregnancy. Breathing helps tremendously during labor. Remaining clam, learning these deep breathing techniques supports your energy and support your baby.

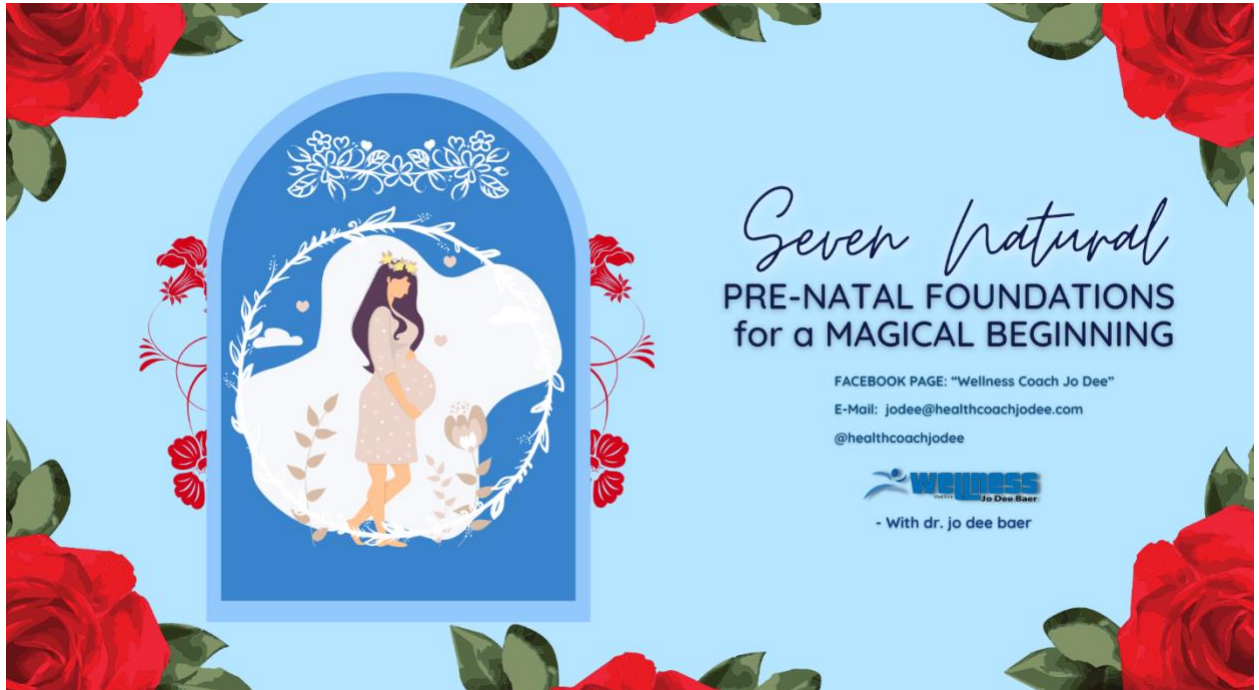
FOUNDATIONAL MEDITATION

Mediation a thoughtful way for you as a mom-to-be to reduce stress; rest deep; and balance your chakras. Meditation assists with Alkalinity which will sustain a mother's calm and proper growth of her baby.

CONCLUSION

Ancient cultures knew that a baby came into the world greatly influenced one's life and humanity. These Natural Foundational Principles included therein offer dietary suggestion, exercise, daily ritual, breathing exercise, and meditation to ensure the happiest and healthiest life possible for both.

Pregnancy is a path that will take you into your heart and soul in life-changing experience like none other. Each step along the way is unique to you and your baby. Savor every step of the Journey. Women are the hub of the wheel of society and the nurturers of the world. Begin with nurturing you, then to your unborn baby. As a mother of and grandmother of 5, I began my 'health coaching' journey when I was 8 weeks pregnant and a 'La Leche League' Leader. I witnessed the life changing and giving beginnings of life that began with me and transcended to my baby. May you have the same remarkable experience. Please reach out to me if I can support you!



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