

Preparing For Motherhood: What Will the Next 9 Months Bring?

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A Healthy, Happy Pregnancy = A Healthy, Happy Baby!

AT SPINAL
LOGIC, WE
TAKE CARE
OF THE
WHOLE
FAMILY, EVEN
THE ONES
WHO AREN'T
HERE YET.

If you've decided to have a baby, the most important thing you can do is to take good care of yourself so that you and your baby will be healthy. Women who get the proper care and make the right choices have healthier babies. This starts BEFORE conception. Did you know that women who are of child bearing age who may become pregnant should be taking 400 milligrams of folic acid per day? Folic acid is essential to proper nervous system development. A supply of folic acid should be present in the body before you get pregnant to ensure that your baby develops normally.

See a doctor before getting pregnant or as soon as possible after you find out you're pregnant to begin getting prenatal care. Prenatal care comes from your chiropractor and your medical doctor. They should work together to ensure that you have the best pregnancy possible. The sooner you start to get care, the better your chances that you and your baby will be healthy.

Make sure that you are eating enough of the right kinds of foods. Changing your eating habits while you are trying to conceive will help with getting pregnant. Once you have become pregnant, adding about 300 calories a day to your diet will provide adequate nourishment for the developing fetus. You should gain about 25 to 35 pounds during pregnancy, most of this during the last 6 months — although how much a woman should gain depends on how much she weighed before the pregnancy.

Eating additional fiber — 25 to 30 grams a day — and drinking plenty of water can help to prevent common problems such as constipation. Good sources of fiber are fresh fruits and vegetables and breads, cereals, or muffins that have lots of whole grain in them.

You'll need to avoid eating or drinking certain things during pregnancy, such as:

- certain types of fish, such as swordfish, canned tuna, and other fish that may be high in mercury
- foods that contain raw eggs

- raw or undercooked meat and fish
- processed meats, such as hot dogs and deli meats
- soft, unpasteurized cheeses, such as feta, brie, blue, and goat cheese
- unpasteurized milk, juice, or cider

Exercising during pregnancy is good for you as long as you are having an uncomplicated pregnancy and choose appropriate activities. Low-impact activities such as walking, swimming, and yoga are generally best. Contact sports and high-impact aerobic activities that pose a greater risk of injury should generally be avoided. Also, working at a job that involves heavy lifting is not recommended for women during pregnancy.

It's important to get plenty of rest while you are pregnant. Early in your pregnancy, try to get into the habit of sleeping on your side. Lying on your side with your knees bent is likely to be the most comfortable position as your pregnancy progresses. Also, it makes your heart's job easier because it keeps the baby's weight from applying pressure to the large vein that carries blood back to the heart from your feet and legs.

Following these simple tips can help reduce the risk of pregnancy complications. If you are trying to become pregnant or have become pregnant, the doctors at Spinal Logic Chiropractic will be more than happy to work with you to develop a plan for a wonderful pregnancy. Call today to set up a free consultation at (317)745-5111!

