

Pregnancy Supplement Protocol

Prenatal Vitamins - Preferably a food-based formula. We recommend MegaFoods, New Chapter or Garden of Life.

Vitamin D - Up to 5,000 IUs per day, (including what is in your prenatal.)

Calcium/Magnesium supplement - 1,200-1,500 mgs. per day total from food and supplements.

Ashwaganda - The herb ashwaganda is an adaptogen and tissue builder for a strong amniotic sac and pregnancy support. Take one capsule or 1 teaspoon of the powder 3-4 times **per week** in water, tea, or added to a smoothie or soup.

Probiotics - Probiotics promote healthy intestinal flora for smooth digestion and discourage group beta strep bacteria (Primal Defense, Jarro, Nutrition Now PB8, are good options - refrigerator section.) Cultured foods like kefir, and sauerkraut are great sources of probiotics. Cultured dairy is also a good protein choice.

EFAs - Evening Primrose Oil – 1,300mg per day (reproductive support)
Fish oils - eg: Nordic Naturals Prenatal DHA, take as directed on bottle. Supports eye and brain development in baby (contains some vit. D too.)
Other EFAs sources include: flax, hemp, borage, raw coconut and olive oils.

Iron Supplements - MegaFood Blood Builder capsules and Floridix Iron & Herbs or Gaia Plant Force Iron are our go-to recommendations. They are food based and non-constipating. Chloroxygen is also great for building blood.

Salt Solé - Preparation: In any glass vessel add ¼ part Atlantic, Celtic Gray, or pink Himalayan salt to ¾ parts water and let sit for two days. Do not allow metal to come in contact with the solution (this will deionize it and cause it to lose its benefits to you.) Use a plastic or wooden spoon and add ½-1 teaspoon of the solé to a glass of water and drink once daily.

Pregnancy tea-Traditional Medicinals Pregnancy tea is a great formula.
To make your own use equal parts raspberry leaf (uterine toner), nettles (rich in minerals and vitamin K) and alfalfa (vitamin K). You can add mint if you wish for flavor. Rosemary's Garden is a good source for fresh herbs.

Tinctures to have on hand - Skullcap - is safe in pregnancy and nursing and helps with sleep, pain, and has uterine toning benefits. It can also be taken in capsules. Crampbark - is great to have on hand, as it calms a grumpy uterus. Contact us before using.

In case of illness or infection - these supplements are safe in pregnancy:

Bee Propolis (anti-viral, anti-bacterial), Olive Leaf (anti-viral),
Vitamin C (immune booster), Lysine (anti-viral, not just for herpes outbreaks,)
Grapefruit Seed Extract (anti-bacterial), Echinacea (anti-viral),
Wellness Formula by Source Naturals - can knock out a pending illness if taken at first signs. It will also help shorten one that has taken hold.

Taking daily supplements of vitamin D and probiotics is ongoing support of your immune system, which will help prevent you from getting sick.