

PRENATAL NUTRITION *and much more*

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NOT TO BE CONSTRUED AS MEDICAL ADVICE

Hippocrates said: “Let your food be your medicine and let your medicine be your food”. This is foundational for health.

Prenatal nutrition

The most important factors affecting pregnancy outcome are maternal weight gain and quality of the mother’s diet. Weight loss should never be undertaken during pregnancy. The diet should be well rounded and as free as possible from processed, refining the food, especially those containing artificial flavors, colors, sweeteners, heavy metal potentials, preservatives, etc.

Caloric intake

Energy needs require a roughly 2600 calories per day (an increase of about 300 calories per day). Requirements are minimal in early pregnancy, but rise sharply during the latter part of the first trimester. During the second trimester, calories are used for expanding blood volume, growth of the uterus and breasts and storage as fat. During the third trimester, calories are used in fetal and placental growth.

Sources: potatoes squashes yams, fresh fruits and vegetables should be eaten daily. Whole grains, cereals and themes are also excellent. Stay away from refined starches and sugars.

Protein intake

Required for fuel growth, maternal tissue growth, and increasing the blood volume. Should equal a total of 80 to 100 g per day. Vegetable proteins should be eaten with complementary proteins to give high quality complete proteins. Complete proteins can be obtained from the following combinations:

Rice with: Beans, cheese, sesame seeds, nuts, mill, Brewers yeast, beans, legumes, soy.

Cornmeal with: beans, soy, cheese, tofu, milk.

Bean’s with: Rice, we, bulgar, cornmeal, wheat noodles, sesame seeds, milk.

Peanuts with: sunflower seeds, sesame seeds, soy, milk, whole wheat bread, wheat, tofu.

Whole wheat bread or noodles with: beans, soy, legumes, cheese, peanut butter, milk, tofu, rice.

Other sources: organ meats, fish, eggs, yogurt, kefir, cottage cheese, buttermilk, raw milk, tofu (non GMO), miso, nuts, seeds, and various protein drinks.

Thyroid:

Thyroid hormones are used in mitochondria to accelerate the production of energy. The nucleus of a cell is where thyroid hormone activates genes and stimulates protein synthesis. During fetal growth thyroid hormone is used for normal development of central nervous system (especially the brain), sex glands, bones and overall good health. Lack of proper thyroid hormone functioning may be a large cause in fertility problems in America.

Vitamin intake (all supplements should be taken with meals)

Vitamin A: 5000 IU/day

Uses: important for reproduction, healthy skin and mucous membranes, promotes normal on a vision in them like and resistance to infection, a protein synthesis, red blood cell manufacturer and with hormones, and growth of bone in myelin, measles, flu prevention

Vitamin D: 3000 to 5000 IU/day (or 20 minutes of whole body sunshine) Uses: the essential for the development of fetal teeth and bones and metabolism of calcium and phosphorus. Many studies show Vit D as a cancer preventer. MS increases with lack. Sources: milk products, egg yolk, butter, liver oil, exposure to sunlight. Synthetic D2 should not be used (avoid D2 milk).

Vitamin E: 800 IU/day Uses: antioxidant, maintains cell integrity including rbc’s, prevention of spontaneous abortion, clot removal, helps prevent jaundice of new born. Use a mixed Vit E that contains both gamma tocopherols and gamma tocotrienols. If label says d,l then this is a synthetic vitamin.

Vitamin K: DRI 60mcg Uses: blood clot formation, prevention of neonatal hemorrhage.
Sources: green leafy vegetables, cabbage, cauliflower.

Vitamins C. 3-6 gm/day – with bioflavonoids. RDA 120mg for nursing female (150 lb goat makes 12,000mg/day) Is RDA then “Ridiculously Deficient Amount” as 1/100th of a goat’s daily production?!

Uses: increases iron absorption, prevents premature rupture of membranes, helps form connective tissue and cartilage, assist the formation of teeth and bones, assist in healing, and anti-oxidant, helps prevent premature delivery.

Vitamin B complex:

Uses carbohydrate and protein metabolism, central nervous system, rbc’s, immunity.
Sources: yeast, whole grains, rice bran, beans, tea, milk, liver.

Vit B1 Ruth Flynn Harrell raised IQ by 10 pts in learning disabled children 100mg vs RDA 1-1.4 mg

Vit B3 Study had 141 mg intake improve memory by 10% in both young & old

Vitamin B6 (Pyridoxine) potentially toxic in high amounts

Uses: prevention of morning sickness, pre-eclampsia, pregnancy diabetes, depression
Sources: meats, rice bran, kale, banana, beans, reasons, liver, yeasts, walnut’s, molasses.

Vitamin B12 (Cobalamins) supplementation very important for vegetarians

Uses: functions in proteins metabolism, including DNA synthesis, helps prevent macrocytic anemia.
Sources: milk, egg, meat, liver, cheese.

Biotin: Uses: shown to be generally low in maternal tissues during gestation.
Sources: organ meats, mushrooms, egg yolk, lagoons, nuts, leaves, fruits

Folate: 800mcg/day Uses: DNA synthesis, prevention of megaloblastic anemia, increases protein and effectiveness, nerves, blood, immune system, differentiation of fetal central nervous system. Higher needs in Hispanic population. By the time a woman realizes she is pregnant, it is already too late to take folate to prevent neural tube defects. Women of child bearing age should be taking folate.

Sources: legumes, beets, cabbage, lettuce, nuts, liver, fish, yeast, enriched grains.

Mineral intake (minerals should be taken away from oils – to help prevent soap formation)

Iron: 30- 16mg/day after meals (vitamin see increases absorption, milk decreases absorption. Should not be taken with vitamin E. Need increases during second and third trimester)

Uses: oxygen transport and red blood cells, fetal liver stores, copartner for enzymes.

Sources: oysters, meats, bran, molasses, prune juice, beans, lentils, spinach, beet greens, raisins, tofu, tomato juice, liver. Also, cooking in cast iron skillet.

Calcium: 1200 mg/day, especially during the third trimester and lactation.

Uses: fetal teeth and bone formation, blood clotting, muscle action, cell permeability, enzymes.

Sources: milk products, collard greens, glasses, sesame seed meal, yogurt, tofu.

Magnesium: RDA 350 mg/day Paleolithic diets may have consumed 600-800mg/day

Uses: regulates absorption of calcium and is needed for the structural integrity of bones and teeth, regulates heart muscle contractility, relaxes smooth muscle and may help blood pressure, decreases coagulation. Nature’s tranquilizer

Phosphorus: 1200mg/day vUses: fetal teeth and bone formation

Sources: milk products, lean meats, whole grains, legumes, Caraway seeds.

Iodine: RDA 220mcg in pregnancy. 13.5 mg or more/day short term dosages possible to correct deficiencies. Toxicity issues.

Uses: increased BMR the, thyroid function, prevents cretinism as critical for proper fetal brain development, fertility, nerve function. Inverse relationship between maternal TSH and offspring IQ (higher maternal TSH equals lower child IQ). AACE TSH is 0.3 to 3 (thrive vs survive). The most vulnerable target for iodine deficiency is the developing brain. Iodine is critical to maturation of the central nervous system, particularly its myelination UVA Study

Selenium: Very critical in detoxification, conversion of T4 to T3, antioxidant. SIDS is highest where soils are the most Se deficient, especially seen in Keshan disease (a Se deficiency disease). May be toxic > 2.4 -3 mg/day.

Zinc: 15 mg/day, especially during first trimester.

Uses: DNA synthesis, protein synthesis, helps prevent reproductive problems and congenital malformations such as syndactyly (webbed toes). Antagonist of heavy metals, deficiency linked to hyperactivity, learning, infection susceptibility, and eating disorders

Sources: meats, seafood, milk, eggs, legumes, whole grains, nonGMO soy meal.

Multivitamin, multimineral: Lancet study raised IQ by 10 points of normal children

16 year study with babies with above standard diet had children 14+ pts

Quality and quantity matters!!! Costco vs health food store. One a day vs six a day

Essential Fatty Acids:

Brain is 60% fat by dry weight

Omega 3: Linolenic: Oils of pumpkin, flax, and walnut: > EPA > DHA > PG E3 (anti-inflammatory)

¼ of brain by dry weight is DHA and essential for growing fetus/child for myelination of nerves

Omega 6: Linoleic: Oils of corn, peanut, safflower, sesame, grape seed, sunflower

GLA > PG E1 (anti-inflammatory)

GLA > AA > PG E2

Vit B6, C, Zn, B3, all needed as conversion of omega-6 and omega-3 into prostaglandins

Phospholipids: Phosphatidyl choline (lecithin) and Duke Univ. rats). Duke univ experiment fed pregnant rats ½ way through pregnancy phosphatidylcholine (lecithin) and the offspring had vastly superior brains and that lasted for a lifetime. Their brains had more neuronal connections, thus greater learning ability and memory recall. Precursor to ACh (acetyl choline – neurotransmitter) critical in memory

Breast milk may have five times more arachidonic acid and two and a half times more EPA (eicosapentaenoic acid) than formula.

Breast milk may have 30 times more DHA (docosahexaenoic acid) than formula.

Compared with mother's milk, formulas are also low in selenium and biotin.

American mothers produce milk that often has only one-fifth to one-tenth of the Omega-3 content of the milk that well-nourished, nut-eating Nigerian mothers provide their infants.

Our mental apparatus is developed in the mother's womb and during the first two years of life

Flax seed oil has been found to substantially increase milk production in women who are not producing enough milk to nurse their infants

Liquid: drink a minimum of eight glasses of water per day.

You are creating a new human being from the food you eat. Proper nutrition is one of the most important aspects of your pregnancy. Proper nutrition will aid in decreasing complications of pregnancy, produce a more healthy child, intelligent child, speedier recovery following childbirth and make your breast milk healthier for your new child.

Additional tips:

Wheat bran: 3-5 tbs with cereal or soup for constipation

Molasses: 1 tbsp daily for B. vitamins and minerals

Brewer's yeast: 2-5 tsp daily for protein, B complex vitamins and minerals

Alfalfa: used during the last trimester for vitamin K.

Red raspberry: take during the last trimester for uterine tone (also helps tone if uterus after birth)

Oil (Flax, Barleans, Fish,etc): 2 tsp daily.

Depression:

In a review examining the role of nutrition in perinatal depression, the authors discussed the prevalence of perinatal depression. That is depression during pregnancy and the first 12 months after delivery. The researchers point out that studies have showed links between low levels of folate, vitamin B12, calcium, iron, selenium, and zinc, and mood in general. Various studies have reported inadequate intakes of omega-3 fatty acids, folate, B vitamins, iron, and calcium can contribute to depression in pregnant women as well.

Prematurity: About 543,000 babies, or one in eight, are born too soon every year in the United States Mothers who took 4,000 IU's (ten times the RDA of 400 IU) of vitamin D during pregnancy had their risk of premature birth reduced by half. The "comorbidities of pregnancy" were reduced by 30 percent in the women who took the high-dose vitamin D. (Including diabetes, high blood pressure, and pre-eclampsia -- a potentially deadly increase in blood pressure and fluid)

C-Section: One study in the British Medical Journal found that a woman's risk of death during delivery is three to five times higher during cesarean than a natural delivery, her risk of hysterectomy four times higher, and her risk of being admitted to intensive care is two times higher. Performed in 31 percent of births, up from a mere 4.5 percent in 1965.

Cord Clamping: 1801, Erasmus Darwin (Charles Darwin's grandfather) shared some wise words on the topic that have been largely overlooked: "Another thing very injurious to the child, is the tying and cutting of the navel string too soon; which should always be left till the child has not only repeatedly breathed but till all pulsation in the cord ceases. As otherwise the child is much weaker than it ought to be..."

Allergies:

If mother allergic to foods and eats them during pregnancy, child will be four times more likely to develop allergies. Asthma, hay fever, hyperactivity, eczema, gluten sensitivities all part of the allergic picture. We use NEAT to identify and clear allergies. Blood tests are unreliable (see Townsend letters/ Allan Gaby). Vit C helps

Rest:

Sleep: 6-8 hours for adults. 8-10 for older children, 10-12 for younger children Sleep deprivation and learning difficulties

Fun and enjoyment of life

Neurosensory stimulation:

Many researchers have shown that appropriate musical stimulation will make a child more intelligent later in life. Transabdominal light stimulation can help have a neurologically healthy child.

EMF Pollution: EMF pollution up 30,000,000x since 1995 through cell phone, cordless, WiFi, etc
Mold reduction within Faraday cage

Toxins: Elevated levels of two plastic-softening chemicals in pregnant women's urine are linked to less-masculine play behavior by their sons several years later, according to a study published in the International Journal of Andrology. Phthalates, which are used in everything from vinyl floors to plastic tubing and soaps and lotions, are pervasive in the environment and have increasingly become associated with changes in development of the male brain as well as with genital defects, metabolic abnormalities and reduced testosterone in babies and adults.

“During pregnancy and breastfeeding large quantities of toxins, upto one third of the mothers total body burden, are passed on to the fetus. Dental practices should warn mothers not to have mercury containing silver amalgam fillings placed during pregnancy. We know that a filling outgases 50% of its high mercury content over the first seven years of its existence.

But, what about the mothers that have fillings? Fillings should, ideally, come out before conception. If the mother is already pregnant, the fillings can be safely removed, provided they are removed by the few dentists that know how to do it correctly (trained by IAOMT). The mother's body uses the unborn baby as a garbage can. Nature always favors the survival of the elders over the young ones. It is absolutely important and correct to attempt to detoxify a mother during pregnancy rather than accepting the risk of not detoxifying her”. Dietrich Klinghardt MD

Vaccines:

Hep B at birth? Will the child be an IV drug user or a prostitute? These are the high risk categories. Hep B is outlawed in France for newborns but forced on babies in the USA. Mercury is the third most toxic metal (after plutonium and uranium) and is a component of the flu vaccines and possibly others. H1N1 vaccine may contain squalene (a natural component of nerves), which has been recently argued as to being the factor causing the Gulf War syndrome injuries. America leads the world in number of vaccinations given and yet we are rated as being #34 in under 5 year old mortality and extremely high in the rate of autism.

CGF Chlorella Dietrich Klinghardt MD

This is a heat extract from chlorella that concentrates certain peptides, proteins and other ingredients. The research on CGF shows that children develop no tooth decay and their dentition (maxillary-facial development) is near perfect. Research was carried out in Japan on two groups of children. The children who were smaller initially, grew faster and did better in many aspects of development in comparison to the children whose diet was not supplemented by C.G.F. Also, it was discovered that the milk teeth of the C.G.F. group had not been affected by caries in any way.

Dr. Shelly Childers, DC

She is currently completing her diplomate in chiropractic pediatrics and is certified in the Webster's Technique/Intrauterine Constraint to better serve pregnant women. This technique's purpose is to allow more intrauterine space for the baby to move and to decrease the chance of intrauterine constraint. Webster technique should be utilized throughout pregnancy, but has a high success rate even when begun late in pregnancy. There is little room for the baby to move as pregnancy progresses, and millimeters may make all the difference.

Kevin Ross DC for newborn chiropractic adjustments

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Debbie is very well accomplished in helping nursing mothers with any support that they may need.