

PREGNANCY SURVIVAL KIT

Supplements

- Garden of Life Raw Prenatal vitamins
- Garden of Life Dr. Formulated Prenatal probiotics
- Garden of Life Prenatal Omega-3 fish oil

Movement and exercise

- walking
- swimming
- Tracy Anderson Pregnancy Project

Nausea

- make sure you're not hungry, small bites regularly
- have foods you like available
- consider changing your prenatal vitamin, or have it with food
- watermelon
- crackers
- lemonade

Headaches, stiffness, cramping

- magnesium spray
- enough fluids

Skin care, stretch mark prevention, itchy skin

- clean natural skin care including deodorants
- Bioaroma breast oil, elasticity cream
- Mama Mio Tummy Rub Oil - for breasts, tummy, buttocks, legs
- Weleda Stretch Mark Massage Oil

Sensitive skin, preventing dark spots

- Aloedermal cleansing lotion
- Madara Sun 30, Laboratoires de BIARRITZ, Alphanova Sun
- broad-brimmed hat (paper straws)

Tired, aching legs, swollen feet

- dry brushing
- Mama Mio Lucky Legs cooling gel
- putting feet up
- Epsom salt soak
- massage

Throat infection, nasal congestion

- rest, enough fluids
- steaming
- tea with honey
- gargle with salty water
- gargle with water and drops of propolis (powerful antibiotic)

- saline spray

Heartburn, constipation

- probiotics
- watermelon
- water with lemon juice in the morning

Healthy snacks on the go

- fruit and veggie slices
- organic chocolate
- nuts and dried fruit mixes
- smoothies
- protein/energy bars

Comfort

- high-waisted pregnancy dresses
- comfortable underwear, non-underwired bras with wide straps
- organic cotton pantyliners
- maternity tights, leggings
- sturdy, spacious shoes (flats or very small heel)
- pillows

Vaginal discharge

- Bio-Kult Candea probiotic capsules with garlic and grapefruit extract
- i say: Vaginal Infection tablets for prevention and treatment
- Ellen probiotic cream

Tiredness

- check your hemoglobin levels
- Floradix liquid iron (daily dose contains 15mg)
- Superior Source Just Women instant iron (daily dose 25mg)
- Terra Nova Easy Iron non-constipation (daily dose 20mg)
- Vitamin Code Raw Iron, non-constipating, whole food (daily dose 22mg)
- afternoon nap
- daily movement, exercise

Aches and pains

- massage - choose a place where they're trained to do prenatal massage
- movement, exercise
- don't lift heavy objects
- squat rather than bending down

Sleep

- on your side, especially the left side
- firm pillows for support
- hemp tea
- magnesium spray

Travelling

- magnesium spray
- enough liquids, bottled (to avoid diarrhoea)
- plenty of breaks, wide-brimmed hat
- safe sunscreen, For Luna swimwear

Books and information

- Expecting 411