

# Natural Health Techniques to Support a Healthy Pregnancy

BY TRINITY SCHOOL OF NATURAL HEALTH



220 PARKER ST. WARSAW, IN 46580  
TO ENROLL: (800) 428-0408, OPTION 2  
CURRENT STUDENTS: (800) 428-0408, OPTION 1  
[INFO@TRINITYSCHOOL.ORG](mailto:INFO@TRINITYSCHOOL.ORG)

Disclaimer: This article is intended for educational purposes only.

# Natural Health Techniques to Support a Healthy Pregnancy



From thinking of baby names to decorating a nursery and creating a birth plan, pregnancy can be a beautiful time in a couple's lives. It can also be a scary and stressful time in a woman's life. Beyond considering the logistics of expanding your family, pregnant women must care for themselves and their growing baby. Since a healthy pregnancy is crucial for the well-being of both the mother and the baby, adopting a natural health perspective to support yourself and your growing baby during this transformative journey is essential. During this time, a woman's body undergoes significant physiological and hormonal changes, requiring specific care and attention. In this article, we will explore holistic techniques that can guide women toward a healthy and fulfilling pregnancy through nutrition, physical activity, stress management, and natural tools that can support common pregnancy concerns.

## An Important Note About Safety:

A top priority for pregnant women is nutrition. During this time, the body is under increased demands, which means women will require more nutrients in their diet. If the diet consistently lacks the nutrients necessary to support the added metabolic needs and growth of the infant, the long-term health of both mother and baby can be compromised. Poor nutrition can lead to many common pregnancy complications and an increase in the rate of infant mortality and birth defects.

A healthy diet for pregnant women contains foods low in chemicals, hormones, and trans fatty acids. Therefore, it is best to eat whole and organic foods whenever possible. The National Institutes of Health also reports that pregnant women can safely eat fish and seafood to obtain much-needed omega-3 fatty acids. However, consumption should be limited to the FDA/EPA's recommendation of only consuming two servings (12 oz) per week. Therefore, supplemental fish oils can help safely meet the optimal omega-3 intake and avoid exposure to mercury or pollutants commonly found in fish.





Another critical aspect of a healthy diet for pregnant women is to eat food that maintains insulin sensitivity. Ideal insulin response is vital to help avoid pregnancy complications and ensure the baby develops with a lower risk of future chronic health problems. To maintain healthy insulin sensitivity, pregnant women should help stabilize blood glucose levels by avoiding refined carbohydrates, which are high on the glycemic index. To further manage insulin levels, pregnant women will also need to aim to prevent excess body fat, which worsens insulin sensitivity and dramatically increases the risk of developing gestational diabetes.

Ideally, pregnancy nutrition starts pre-conception, with women optimizing their health at least three months before becoming pregnant by improving nutrition as needed and taking recommended prenatal vitamins. This gives time to address any nutritional deficiencies and improve diet and lifestyle. For women who have had an unplanned pregnancy, it is vital to make dietary adjustments as soon as possible.

### Exercise and Physical Activity

The importance of exercise and physical activity in pregnancy cannot be understated. This aspect of healthcare is often poorly discussed or scrutinized, yet it has far-reaching effects on a woman's overall health. Exercise has been shown to help combat mild depression, decrease fatigue, increase energy, and improve overall mood and health – and these are all significant factors for a pregnant woman's well-being. The American College of Obstetricians and Gynecologists recommends that pregnant women partake in 150 minutes of moderate-intensity exercise each week. This can be broken up into 10-minute sessions. However, it's important to remember that your changing body can also affect your exercise routine. Hormones during pregnancy relax the ligaments that support the joints, so avoiding jerky, high-impact, or bouncy exercises is essential. Pregnant moms should also be mindful of maintaining balance as their bellies grow and their center of gravity shifts. They should also be aware that strenuous exercise affects their oxygen levels. To ensure what physical activity, if any, is suitable for you during pregnancy, speak with your physician.



## Managing Stress and Emotional Well-being

Most expectant parents have hopes and dreams for their children, and any perceived threat to these is often a significant cause of stress, consciously or subconsciously. Expectant parents need to prioritize their emotional well-being and find effective strategies to manage stress to support a healthy pregnancy.

Eucalyptus oil can be used in a diffuser or added to a steam inhalation medium to clear nasal passages and improve respiratory function. Additionally, its antibacterial and anti-inflammatory properties make it an excellent choice for skin conditions such as acne and insect bites.

One effective strategy for managing stress and promoting emotional well-being during pregnancy is regular exercise. Exercise can boost mood, improve sleep quality, and increase energy levels. Another important aspect of managing stress and emotional well-being during pregnancy is establishing a strong support system. A network of family, friends, and healthcare professionals who can provide emotional support and guidance can greatly contribute to a healthy and positive pregnancy experience. In addition to securing a support system and regular exercise, expectant mothers can use Bach flowers to support emotional well-being. For example, Impatiens is known to balance the nervousness and impatience commonly felt during pregnancy, and Walnut supports feelings resulting from changing circumstances. Bach flowers contain alcohol, so speak with a Bach flower specialist to determine how to use them safely. The Bach flower blend known as Rescue Remedy may also be helpful during pregnancy as it promotes feelings of calmness and helps protect from anxiety during times of stress. It comes in a variety of forms that do not contain non-alcohol, including tablets and gummies.

*"A network of family, friends, and healthcare professionals who can provide emotional support and guidance can greatly contribute to a healthy and positive pregnancy experience."*

## Natural Remedies for Common Pregnancy Concerns

Leg cramps are common in pregnancy and can happen for a variety of reasons. Over-exertion of the muscles, fatigue, increased weight, nutritional deficiencies, and changes in the circulation of the legs have all been implicated. Despite the cause, it is painful and debilitating when a cramp strikes. Stretching is often the best approach. If the cramping still occurs, consider altering your exercises to non-weight-bearing activities such as swimming or cycling. Pregnant women should also ensure that their legs are not crossed when sitting. Wearing compression socks or taking a warm shower before bed can also help.

In addition to techniques to address leg cramps, several other natural tools can help support various pregnancy concerns such as morning sickness, constipation, headaches, and more:

- herbal teas
- acupuncture
- essential oils
- chiropractic care
- massage therapy
- cold and hot compresses
- aromatherapy
- probiotics
- herbal remedies, like ginger or chamomile

To determine which complementary options can help with your pregnancy concerns, speak with a natural health professional and your physician. Your healthcare team can also help determine which methods may be appropriate for you, including adjustments to your normal nutrition and exercise.

To learn more about natural support techniques that can help to support individuals at different times in their lives, consider enrolling in our Certified Natural Health Professional program. Visit [trinityschool.org/program/cnhp](http://trinityschool.org/program/cnhp) or call 800-428-0408 to learn more and enroll.



## References

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3046737/#:~:text=Omega%2D3%20fatty%20acids%20are,of%20fetal%20brain%20and%20retina.>

<https://www.helmerichwomenscenter.com/news/pregnancy-weight-gain-and-risk-gestational-diabetes>

<https://www.acog.org/womens-health/faqs/exercise-during-pregnancy>

<https://innerplantwisdom.com/blog/5-top-bach-flower-essences->

<https://innerplantwisdom.com/blog/5-top-bach-flower-essences->