

Health Hints and Remedies

Simple, Natural Tips

NOTE: If you are having medical problems, please contact your caregiver.

Headache

- warm, relaxing bath
- massage
- tension reducing exercises (such as shoulder circling)
- relaxation routines
- hot packs or cold packs on the back of the neck or shoulders
- cold packs on the forehead
- drink more water and/or juice

Heartburn

- Eat slowly
- Eat several small meals

Constipation

- drink plenty of fluids - preferably water or juice
- use a footstool while sitting on the toilet
- eat fresh fruit and roughage
- moderate exercise - walking

Cold, Hay Fever, Runny Nose and Cough

- cool-mist vaporizer
- saline nose drops
- rest
- liquids
- honey and lemon

Morning Sickness

- drink plenty of fluids - preferably water or juice
- eat small, frequent, non-greasy meals with little odor, i.e.: crackers - preferably whole grain for nutritional value; fresh fruits, unsugared; cold chicken; a piece of (whole grain) toast before getting out of bed
- papaya enzyme tablets
- peppermint oil or peppermint tea
- chamomile tea
- raw almonds
- parsley (tea or in salads)
- extra vitamin E
- extra rest
- reduce stress
- cut back on vigorous exercise.
- Vitamin B6 (Vitamin B6 is also important because it strengthens the immune system, aids nerve impulse transmission, assists with energy metabolism, and synthesizes red blood cells. You can get the B6 you need from food sources as well as a vitamin supplement. A large banana provides almost an entire milligram of this B vitamin. Brown rice, lean meats, poultry, fish, avocados, liver, whole grains, corn, and nuts are also high in vitamin B6. So, provided you can stomach them, you may want to add some of these foods to your diet along with the vitamins.)

Backaches

- rest
- massage
- hot or cold packs
- exercises to strengthen the abdominal muscles and to decrease the curve in the lower back
- chiropractic care

Sleeplessness (common in late pregnancy)

- take a brisk walk each day
- warm bath
- warm milk
- massage
- soothing music
- a dull book (if you find yourself awake in the middle of the night)

Things to Try Avoid During Pregnancy

- Tetracycline (a commonly prescribed antibiotic)
- Over-the-counter medications including:
 - antacids, decongestants, cough medicines, sleep medications, headache remedies, aspirin
- paint fumes (use low VOC if needed)
- strong cleaning supplies
- pesticides
- x-rays
- cat litter
- cigarette smoke (including second hand)