



Getting Your Body Healthy BEFORE Baby

Just as diet and nutrition are important DURING pregnancy, these same practices BEFORE conception are crucial to ensure a healthy baby. **After all, you can only pass on to your offspring what you yourself already possess... and if you are unhealthy, then Baby is prone to be unhealthy too.**

Here are a few tips for you to get into optimal health BEFORE you conceive. A lot of information is covered in this paper, and you may be tempted to give up before you even begin, depending on your starting point, but the key is to just start—pick one thing to change in your lifestyle, and when that becomes commonplace and habit in your life, then move on to the next thing. Just keep moving forward, and don't give up! Baby will thank you for it!



Digestion:

- You can eat the best food in the world, but if you are not digesting that food, you will have inflammation at a cellular level which will disrupt your overall health. Enzymes are crucial for proper digestion. Download your **FREE** copy of [“Which Enzyme is Right for You?”](#)
- The digestive health of the parents influences the health of the baby, and food allergies in Baby are typically related to the gut or intestinal health of the mother in utero.
- Cellular inflammation in the gut is referred to as “leaky gut,” and if the mother’s gut is leaking, then she likely has food sensitivities, allergies, or even autoimmune disorders. These same issues can be passed on to Baby if they are not resolved BEFORE conception. If you have already conceived, then it is not too late to begin working on things—try bovine colostrum and an enzyme for 1-2 months, then switch to a probiotic and continue with the enzymes simultaneously. Colostrum seals the gut and provides a foundation for probiotics to build upon.
- Probiotics can be taken in pill, powder, or food form. The least expensive option is food form by making your own cultured or fermented foods:
 - **Kefirs**-- coconut, water, goat, cow, etc.



- ◆ **Coconut**— request my FREE “Coconut Kefir Recipe”
- ◆ **Water**—see <http://www.passionatehomemaking.com>
- ◆ **Goat or Cow Milk**—simply pour 1-2 packets of Yogourmet Kefir Starter into a large non-metallic container. Cover with a cloth and let stand on countertop or other warm place for several days until thickened. It usually takes 2-3 days for a new batch for me, then I reserve 1 cup of kefir for my next batch, and



that will take only 1-2 days to culture. If you are using raw milk, you may need to heat the milk to scalding first, or use a yogurt maker to prevent bad bacteria from growing.

- **Vegetables**-- anything can be cultured by alternately layering salt and shredded or finely chopped vegetables and herbs into clean glass jars. Pour in some starter from a friend (or start without—it will just take longer the first time around), then top off the jar with distilled or filtered water. Make sure vegetables are submerged in the liquid, then leave in a dark, warm place like your countertop or pantry until they are to the desired sourness. This is how Old World people made sauerkraut! For more information about culturing your own foods, download your **FREE** copy of [“Old Fashioned Probiotics & Enzymes: Cultured Horticulture,”](#) and check out these websites as well:

- <http://www.wildfermentation.com>
- <http://www.passionatehomemaking.com>
- <http://www.immunitrition.com>

Diet:

- Sugar:
 - The single most important “food” item in the American diet that needs to be monitored for optimum health is sugar. Take a look at this chart to see how sugar consumption has grown over time:

Sugar Consumption Statistics:			
Time Period	Sugar	Corn Sweeteners	TOTAL <small>(sucrose, HFCS, glucose, dextrose, honey, maple syrup, other edible syrups)</small>
Early Man	Meat, vegetables, fruit, seeds, nuts		
Colonial America \$2.40/	4 #/ person/ yr. (less than 1% of total caloric intake)		4 #/ person/ yr.
1800’s	12 #/ person/ yr.		12 #/ person/ yr. 300%
1900	60 #/ person/ yr.		60 #/ person/ yr. 1500%
1970’s	126.6 #/ person/ yr.		126.6 #/ person/ yr. 3165%
1980’s	84.8 #/ person/ yr.	39.6 #/ person/ yr.	124.4 #/ person/ yr. 3110%
1990’s \$.35/ #	66 #/ person/ yr.	83.2 #/ person/ yr.	149.2 #/ person/ yr. 3700% (20% of total caloric intake)
21 st Century \$.50/ #			130-228 #/ person/ yr. 5700%

- ◆ If you enjoy statistics, check out this website for a really cool infographic on sugar consumption in America over time: <http://haveanamasteblog.com/2012/09/u-s-sugar-consumption-statistics/>
 - x Added sugars in the American diet have increased an amazing 5700% since the 1700’s! Notice how the switch was made from cane and beet sugar to corn sweeteners since the 1970’s. Corn syrup and High Fructose Corn Syrup (HFCS) are being added to more and more processed foods. To top it off, all non-organic corn is genetically modified.



- x Half of all sugars on food labels is glucose; the other half is fructose. Glucose has no negative effect on the body, in fact, the body NEEDS glucose to survive. Every metabolic process in the body is driven by glucose! Fructose, on the other hand, causes:
 - ➔ Spikes in blood sugar
 - ➔ Elevated triglycerides and bad cholesterol (LDL and VLDL)
 - ➔ Obesity
 - ➔ Degeneration of bones and teeth
 - ➔ Cellular inflammation, which is the basis for all disease.
 - ➔ So, read labels, pay attention to added sugars and limit your fructose intake to 25g or less per day. **If you have blood sugar issues, then further limit fructose to 15g or less per day.**

- x Memorize this simple equation to calculate the Glycemic Index for any food:
 - ➔ Total Carbohydrates – Total Dietary Fiber = Glycemic Index
 - ➔ Low Glycemic Index are < or = 10 g
 - ➔ Download your **FREE** copy of [“Holistic Tips for Managing Blood Sugar & Weight Loss”](#) for more information.

◆ Candida

- x Candida is a natural bacteria/ fungus that lives in your large intestine, and as long as it is “in check” and does not spread to other parts to your body due to yeast overgrowth, then you are in good shape. If you suffer from frequent bladder infections, vaginal itching or burning, and even full-blown yeast infections, it is imperative to get this under control before you conceive. If you choose not to deal with this issue, then Baby will be prone to thrush, cradle cap, diaper rash, and systemic yeast infections as well.



- x Candida is linked to sugar consumption because this fungus feeds on sugars (including carbohydrates). If you don't feed it, it will die, but as it is dying off, it will cry out to be fed through creating sugar cravings in you. If you just say “NO” for a minimum of three days, it gets much easier as time goes on.

- x Visit <http://www.wholeapproach.com> if you are addicted to sugar or suffer from any of the symptoms listed above. Try the Candida Diet for a week, two weeks, or more, and take note of how you feel. If you notice a difference, and you like that difference, then use this diet as a baseline for lifestyle change before Baby!

- x Candida can also be eradicated through changing the environment of your gut: candida cannot survive in an acidic environment (less than 7.0). Download your **FREE** copy of [“Principles of Cleansing & Detox”](#) to learn about options for ridding your gut of candida.

◆ Artificial Sweeteners



- Contrary to popular belief, artificial sweeteners are not foods—they are excitotoxins which overstimulate nerve cells to death, leading to a host of nasty health issues. Sucralose, aka Splenda, was discovered to have a sweet taste during insecticide production in a laboratory. Scientists began to add it to their coffee, leading to the bright idea to market it as a food! Sucralose as well as aspartame are excitotoxins that cause neurologic death. Aspartame, aka Nutrasweet, is one amino acid different from MSG, and we all know how healthy that is.
- Also contrary to popular belief, although artificial sweeteners have zero to low caloric content, they do not decrease weight gain. In fact, people who use artificial sweeteners actually gain more weight than those who use natural sweeteners! This is because the sweet taste without the calories stimulates a response in the body that triggers weight gain. This is referred to as “The Fat Switch,” and there is a book by the same name that can explain this scientific discovery in more detail. Also, according to laboratory studies conducted on rats, those fed Nutrasweet-laced yogurt consumed more rat chow than those who consumed unsweetened yogurt-- so appetite is INCREASED by using Nutrasweet.
- Artificial sweeteners have been found to stimulate the release of insulin, making them not as healthy as we previously believed, especially for those with compromised sugar metabolism.
- ◆ Preservatives
 - Foods that are able to last for months on the shelves of grocery stores and household pantries are heavily laden with chemicals to preserve them. Additionally, processed foods are dead foods, devoid of life-giving energy that is necessary for health. We have to retrain our thinking to realize that whole foods in their natural state are what fuel our bodies, and anything that is processed and pre-packaged is not really food at all-- it is a counterfeit! While shelf-life is convenient for the consumer, it is not a healthy choice. Preservatives may cause allergic reactions, including headaches, rashes, illness, and even cancer. Baby is even more sensitive to these chemicals, so avoid before and during pregnancy.
- ◆ Pesticides
 - Organically produced foods are the best for our bodies because they are clean and free of harmful chemicals used to prevent invasion from pests. These chemicals are distributed throughout the tissue of the plants that we eat, and washing your produce is not enough to remove these harmful substances. Think about it, would you soak your fruit or vegetables in a harmful chemical before eating them? You may reason that, “Well, I’m only getting a tiny bit when I eat these foods,” but over time, these little bits add up to large amounts that are stored within the tissues of your body, and a tiny amount for you has a more pronounced effect on Baby. The result of this toxic build up in your body, particularly in your body fat, is a host of health issues including allergic reactions, such as itching, rashes, hives, inflammation, unexplained illness and fevers, headaches, and even cancer.
- ◆ GMO’s
 - Along the same lines as pesticide-free foods, Genetically Modified Foods (GMO’s) should be avoided as much as possible. Mixing the genes of plants with animals to produce drought-resistant wheat, Round-up resistant corn, or frost-resistant tomatoes is wreaking havoc on our health. These altered forms of foods that G-d created





perfectly are altering our DNA and causing serious health conditions in Americans. Other countries will not permit GMO foods into their food supply, and they are not facing the same health consequences as we are here in America, such as birth defects, epidemic food allergies, unexplained illnesses, autoimmune disorders, and cancers.

◆ Fats

➤ Healthy fats are important for the health of both Mother and Baby. They nourish the brain, reduce oxidative stress, and provide the building blocks for hormones. In fact, low-fat diets can increase infertility by 85%.

◆ **Polyunsaturated Fats**—oils from avocado, butter, cocoa butter, coconut, olive, palm, safflower

x Omega 3's: oils from cold water fish (mackerel, salmon, sardines, tuna, etc.), flax seeds

x Omega 6's: oils from corn, sesame, sunflower

x Fat-soluble Vitamins: A, D, E & K

◆ **Monounsaturated Fats**— oils from almonds, Brazil nuts, cashews, grape seeds, hazelnuts, olives, pumpkin seeds, sesame seeds

◆ Hydration

➤ Holistic experts agree that optimum fluid intake should be ½ your body weight in ounces of clear liquids (water, herbal teas, broths, etc.) per day, and even more during summer and exercise. Among many other health benefits, increasing water intake decreases hunger. In fact, many times we are simply thirsty and not hungry; thirst often masquerades as hunger. So aside from benefiting your blood sugar levels, sufficient daily water intake aids in weight loss.

➤ Water is crucial for the proper function of EVERY body system:

◆ Brain & Nervous System= 75-90% water

◆ Bones=22% water; Muscles=75%; Discs= 80%

◆ Blood=83% water

➤ Water also has a cleansing effect on the body, flushing out toxins and keeping the bowels moving with regularity. One sign of dehydration is constipation. And slow moving bowels/ constipation result in excess weight in the form of stored toxins and intestinal sludge. "Many experts believe that the average person has 5-20 pounds of accumulated waste matter in their colon. While a person with **a toxic colon can have 40 pounds or more.**" (Source: <http://www.colon-cleanse-information.com/toxic-colon.html>) These residues set up an environment in the body for diseases ranging from acute colitis to colon and rectal cancers. I always tell my clients that water is the cheapest and easiest natural health practice.



➤ After discussing the benefits of drinking plenty of water, my clients inevitably ask, "What is the best kind of water to drink?" The answer is not a straightforward, black and white response.... in fact, it really depends on where the balance in the body at any given point in time. For instance, one day you may be low on electrolytes, so distilled water would not be good option for you. The one thing that I can tell you for certain is that tap water is not the best option because there are too many added chemicals that act as toxins, carcinogens, and hormone disruptors in the body.

➤ So, which kind of water is right for you? One way you can know for sure is by scheduling a [Biological Terrain Analysis](#) with me. I can tell you



what your body's exact nutritional needs are through this test in order to restore balance. From a general perspective, you can read about the pros and cons of a variety of water purification methods and systems in "[Time & Temperature, Quality & Quantity, H2O & Your Health.](#)"

- As a final note about hydration, every body is different, and there are no hard and fast rules for hydration. Read my blog to learn about how to hydrate properly for your specific needs: [20 Signs That You May Have a Sub-Par Body Temperature.](#)

Environment:

- ◆ Chemicals
 - Traditional household cleaners, pesticides, personal care products, etc. all contain harmful chemicals that can disrupt hormone function and poison our systems leading to illness and disease, including cancer. Switching over to all natural products can be expensive, so try making your own. Here are a few tips for substituting with natural products that you probably have around your house right now:
 - ◆ Bleach→ vinegar (kills 99% viruses and bacteria)
 - ◆ Borax→ washing soda, sodium percarbonate (Oxyclean)
 - ◆ Scouring powder/ Soft Scrub→ baking soda, citric acid, washing soda, sodium percarbonate, and/ or salt (most abrasive)
 - x Combine baking soda and lemon juice (or lemon juice) for an abrasive bleaching agent, good for showers, sinks, and bathtubs
 - ◆ Air fresheners/ scented products→essential oils
 - x Tea Tree Oil (Melaleuca alternifolia)-- anti-viral, anti-bacterial, anti-fungal
 - x Clove Oil-- anti-microbial
 - x Citrus Oils-- fresh scent, calming to parasympathetic dominant people (those who are energized by caffeine)
 - x Eucalyptus Oil-- anti-microbial
 - x Pine Needle Oil-- fresh scent
 - ➔ Download my eBook called [Homemade Herbal Remedies & Household Cleaning Products](#) for recipes and information about natural vs. chemical cleaning supplies.

Body:

- Endocrine System
 - This system regulates hormones in the body, and the proper hormone balance is necessary for conception and pregnancy. Inadequate hormone levels lead to infertility, miscarriage, pre-term labor, difficulty with milk production, post-partum depression, etc. If you are struggling with infertility, download [End the Hormone Madness: Balance Your Hormones Naturally](#) to get a comprehensive overview of herbs, nutritional supplements, and holistic lifestyle changes that will assist you in conception and fertility.
 - The progesterone/ estrogen balance is essential to conception. Often miscarriages are due to low progesterone.
 - If you suffer from endometriosis, we can address that holistically by supporting the thyroid and cleansing the body before conception. Read [10 Steps to Freedom from Endometriosis](#) to learn more.
- Hypothalamus:



- Rules over pituitary, which stimulates oxytocin for labor and prolactin for lactation.
- Pituitary:
 - Regulates mood and adrenal function which is responsible for regulation of hydration in the body, kidney function, and energy.
 - Oxytocin and prolactin are both produced by the pituitary. A healthy pituitary is necessary for labor to begin and progress, effective contractions, as well as proper let-down and adequate milk production.
- Adrenals:
 - Low energy can be a sign of adrenal exhaustion.
 - Difficulty getting to sleep can be linked to adrenal imbalance.
 - Adrenals regulate the thyroid.
- Thyroid:
 - The thyroid carries the load for an inordinate number of functions in the body, and if the thyroid is not functioning properly, you may be tired in spite of sleep, lack proper milk supply, experience thinning hair, problems with skin and nails, etc.
 - If your thyroid is not functioning properly, then Baby's thyroid will bear the brunt. To prevent Baby from having long-term thyroid issues, it is critical to ensure mom has a healthy thyroid before and during pregnancy.
 - Milk production is affected by how well the thyroid is functioning.
- Pancreas:
 - Before pregnancy is the time to get blood sugar under control so Baby does not suffer!
 - Blood sugar is best balanced by eating a variety of vegetables and proteins, including eggs, nuts, seeds, fish, legumes, and meats.
 - If you are vegetarian, it is critical that you understand the proper way to combine foods so that you are not missing any one of the 9 essential amino acids. Avocados and quinoa are vegan sources of complete proteins that contain all 9 essentials.
 - Download your **FREE** copy of ["Holistic Tips for Managing Blood Sugar & Weight Loss"](#) for more detailed information about this topic.
- Liver
 - Morning sickness and PMS can be related to a congested liver, so cleanse your liver BEFORE you conceive! Request your **FREE** copy of ["2-Day Gallbladder & Liver Cleanse."](#) Another cause is phosphorus deficiency-- take a few drops of Phosfood Liquid by Standard Process before rising to drive circulation to the head and inner ear, which prevents nausea.
 - The liver is also responsible for filtering blood and producing bile which aids in digestion. Getting the liver in order will provide a clean environment for Baby to develop, and you will not suffer from the all too common acid-reflux experienced by many pregnant mamas!
- Bladder & Kidneys





- When you carry Baby, there is a significant increase in bodily fluids that need to be processed, so healthy kidneys and bladder are a must. If you suffer from frequent infections in this region, then steps can be taken to balance your body chemistry and get things functioning smoothly. This is important since urinary tract infections are related to excess candida (yeast) and/ or bacteria. It is critical to deal with any issues in this region before you conceive.
- Heart
 - Mom's blood volume increases by 30-50% during pregnancy, so a healthy heart is essential.
 - Exercise, diet, and water intake are critical factors that determine heart health.

Every system, organ, tissue, and cell need specific and adequate nutrition in order to be healthy. Birth defects can be easily prevented with adequate nutrition. And so-called “genetic diseases” are often a nutrient deficiency in utero. While the foods we eat are one key to health, due to soil depletion they cannot adequately provide the nutrients we need for optimal health. In fact, everyone is deficient in one or more of the [60 essential minerals](#) that are key not only to health but to fertility and pregnancy. Read more about [How to Make a Healthy Baby](#), then find out what your mineral balance is by ordering a [Hair Tissue Mineral Analysis](#) today.



Want to learn more?
Contact me for a consultation and receive a
customized protocol that is perfect for you in preparation for Baby!

L'chaim-- To Life!