

40 WEEKS OF *Pregnancy*

CLINICAL AND HOLISTIC
NUTRITION FOR THE
EXPANTANT MOM



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Welcome to 40 weeks of pregnancy!

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Welcome to 40 weeks of pregnancy!

Welcome!

Welcome and congratulations on your pregnancy! This is an exciting and amazing experience and I am delighted to be walking this journey with you over the next several months. It's possible that by now you are well into your first trimester, and whatever week you are joining this program is perfect. Don't feel like you have "missed out" on any of the weeks as they are all available to watch anytime.

I am so grateful that you have invested in this program for the health of you and your baby.

These videos are designed to walk you through every step of your pregnancy. Week by week I will cover what is happening physically to your body, and with baby, and most importantly what you can be doing each week to support your body and baby through nutrition.

Nutrition makes a huge impact on your baby's overall health. Now is the time to invest in yourself to be sure you are eating all of the right things for the development of your sweet little baby.

I look forward to supporting you over the next several weeks!

Good luck beautiful mama!

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Week 1. Things to Increase

Welcome to week one! As you already know when it comes to counting the weeks of your pregnancy, you aren't technically pregnant at week one. So no matter what week you are at right now, it's the perfect time to start watching from video number 1. The first few videos lay the foundation of things you should start thinking about when it comes to nutrition now that you are pregnant.

We cover a lot of information in this video, so just watch and learn, and come back to this material later in your pregnancy as these specific questions arise.

Upon conception, your body begins to create your baby and that requires materials and energy. Your body is the sole source of these materials and energy. Truly, the foundation is built in the first trimester.

#1. Healthy fats

Consuming adequate fats is absolutely vital to baby's organ and brain development. This includes saturated fat. Vitamin A, found in plentiful amounts in saturated animal fats, plays a unique role in protecting a woman from environmental pollutants.

These are the healthy fats that I put on my grocery list when I found out I was pregnant.

Grocery List for Healthy Fats

Coconut oil
Ghee (clarified butter)
Animal fats (Bring on the bacon! But, try to find organic bacon free of antibiotics and nitrates, etc.)
Pastured organic eggs. (The yolks are what are packed with nutrients.)
Grass-fed raw dairy. Note: This is a controversial one and many health practitioners do not agree that raw dairy is safe during pregnancy. I am a huge proponent of the Weston A. Price philosophy, and if this is something that you are curious about, or interested in, I encourage you to do a bit more research and speak to your healthcare provider about this topic. <http://www.westonaprice.org/>

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Fats to Increase:

Omega-3 fatty acids are precursors to anti-inflammatory compounds in the body. Omega-3 and Omega-6 actually compete for the enzymes that convert them into more biologically active compounds. So, when you have a lot of omega-6 it uses proportionately more of those enzymes. You're left with a pro-inflammatory environment and a bad mood. Great Omega-3 foods include:

salmon	flax
sardines	walnuts
anchovies	cod liver

Saturated Fats: Saturated fats have a bad reputation, however are a key component to a healthy diet, especially during pregnancy. When eaten appropriately and of the highest quality these foods can be very healing and strengthening. For the past several years we have been taught that low-fat/no-fat is the smart choice. It's time to flip the paradigm and re-learn that fats, and particularly saturated fats, are not the enemy. * Note: Butter and Ghee are so packed nutritionally, with their 10 vitamins, 10 minerals, 18 amino acids and high in vitamin A. Use these two things generously in your diet!

Butter	Bacon fat/Lard
Ghee	Tallow
Coconut Oil	Eggs, Meat and Seafood

Unsaturated Fats: Best For Cold Uses:

Olive Oil	Avocado Oil
Sesame Oil	Nuts and Seeds
Walnut Oil	Flax Oil

Omega-6 fatty acids are precursors to pro-inflammatory compounds in the body. This means it creates inflammation in the body and high levels of omega-6 (relative to omega-3) create a pro-inflammatory environment. This doesn't mean always avoid omega-6, but be mindful to get plenty of omega-3 to balance the body overall.

corn	soy oils (unhealthy)
safflower	nuts
canola	seeds
	beans

Fats to DECREASE

Margarine	Partially hydrogenated oils	Grapeseed oil
Shortening	Canola Oil	Sunflower oil
Fried Foods	Soybean Oil	Safflower Oil



#2. Protein

Protein. Most women need 80+ grams of protein every day for healthy pregnancy. Some research shows less morning sickness when they consume this much protein. If you don't know how much protein you consume every day, keep track for a few days to make sure you and baby are getting enough. Protein is a component of food, called amino acids, that comes in many different forms. Amino acids are the building blocks for major parts of a lean human body. They are crucial to the minute-by-minute regulation and maintenance of bodies. Therefore, your body makes its own supply of amino acids, and also must get some from food. Protein is a basic building block of cells and tissues needed to keep us strong. It is crucial for vital functions, regulation and maintenance of our bodies.

It's important to be mindful of signs that could point to protein deficiency. These signs include: sugar and sweet cravings, feeling spacey and jittery or weak, fatigue, weight loss or not gaining enough weight during pregnancy, and anemia.

Here is what was on my grocery list for protein when I found out I was pregnant:

Grocery List for Protein:

Pasture-raised chicken Grass-fed beef
 Wild tuna Pastured organic eggs
 Cashews and almonds Turkey

Meat	Chicken, turkey, duck, lamb, beef, buffalo, ostrich, so many different types. Try different types to discover what works best with your body.
Egg	Quick, practical, inexpensive protein source. When eating eggs, try to have one, not two or three. Eat the whole egg to get the total energy of the egg, as opposed to just the egg white.
Fish	Fish farming is a huge industry: red fish, white fish, canned fish, smoked fish. Beware of ingesting too much mercury especially during pregnancy (1 x weekly should be safe). Avoid farm-raised fish. Enjoy high quality, wild fish.
Soy	While soy is high in protein, soybeans are the most difficult beans to digest. People traditionally ate baby soybeans known as edamame, made tofu, or took the time to ferment the soybeans and make tempeh, miso and tamari. Today's trend to consume soy in various unnatural, highly processed ways like commercial soymilk, soy-meat and soy-ice cream, may not be a good idea. Also, many people are allergic to soy. Soybeans are one of the most genetically-engineered crops, so it is important to get organic. I strongly advise you to remove all soy from your diet unless it has been fermented (Miso, Tempeh, Tamari).

Grains	A staple in all civilizations around the world. Increasing grains often decreases cravings for many foods. Whole grains, such as rice, millet, quinoa, buckwheat, oats and oatmeal, are much different from processed grains. (Beware of wheat! Many people are allergic to wheat but don't know it.)
Beans	Contain a more complete set of amino acids than other plant foods. Use fresh beans that are smaller, like split peas, mung and adzuki beans if you're not used to eating beans. To make them easier to digest, soak them overnight, add spices or vinegar, skim off cooking foam, pressure cook or purée and eat small amounts.
Nuts	Generally considered a fat, not a protein. Great for people who want to gain weight. Peanuts, which are actually legumes, are far higher in protein than any nuts.
Protein Bars	Some are much better than others. Many contain a lot of chemicals and unnatural sweeteners. These are not meal replacements. My favorite is "The Perfect Food Bar" available at Costco.
Protein Powder	Check for high-quality ingredients. Not recommended in large amounts; eat whole, natural foods as much as possible. I like grass-fed collagen hydrolysate to add to smoothies or even stir into coffee.
Leafy Greens	Broccoli, spinach, kale, collard greens, bok choy, romaine lettuce, and watercress all contain some protein. Leafy greens are the one food highly associated with longevity because they contain major sources of magnesium, iron and calcium, They are also packed with Quercetin, a bioflavonoid with antioxidant, anti-inflammatory and anti-cancer properties. Green, leafy vegetables are dense with easily-assimilated amino acids as well as other life-extending nutrients.



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#3. Increase Organic Foods

Eat Organic. Just as simple as it sounds, by eliminating in-organic foods, you are eliminating a variety of toxins consumed through food. We talk more about this in week 18 so feel free to skip ahead to view the “dirty dozen, clean 15 list.” What you need to remember now is if you have the chance to buy it organic, that is always best.

#4. Increase Consuming Bone Broth

Before there was medicine there was broth! Bone broth is high in collagen and gelatin which are key building blocks for bones and tissue. You can buy bone broth at the health food store, and I have even seen Pacific Coast Organic Bone Broth at Costco before. However, homemade is always best. Here is my recipe.

Ingredients

2-3 lbs organic raw chicken bones, rinsed and cleaned (ask your grocer, just tell them you're making chicken soup)
2 T Bragg's Raw apple cider vinegar
1/4 tsp celtic or himalayan pink salt
1 onion
2 stocks celery
1 carrot

Directions:

Mix bones, veggies, apple cider vinegar and salt in a crock pot full of water. Turn on low and cook for 12-24 hours (this slow process draws the minerals out of the bones, making it pure medicine). After finished cooking strain fat and save broth.

Note: For a quicker bone broth recipe and a great food prep suggestion, try just simply placing a whole organic chicken into crockpot instead of the chicken bones. Cook for about 4 hours until chicken falls off the bone. Put in glass Tupperware and place in fridge for your “meal prepping.” Allow the skin, bones, and remaining ingredients in the crockpot to simmer another 12 hours.



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#5. Increase Hydration

A woman's blood volume almost doubles during pregnancy and her body has to supply fluid to replenish the amniotic fluid the baby is in. Drinking enough water can help fight off morning sickness and also helps prevent constipation and make sure mom and baby are properly hydrated. Our bodies are made up of 70% water. Staying hydrated is important to flush the entire system of toxins. Often, the body doesn't register it is thirsty until it is dehydrated, so listening to the physical cues isn't always safe when it comes to hydration. Typically, a safe rule of thumb is take your body weight, and divide by two. Consume that many ounces of water daily. For example: 150lbs / 2 = 75lbs. Consume 75 ounces of water a day. However, because you are pregnant, you will need a little extra.

Beverages that count as water intake: Water, Herbal Tea, Coconut Water, Fresh Green Juice, Sparkling Water (away from food).

Beverages that are dehydrating: caffeinated beverages, soda, or beverages high in sugar.

Hydration Tips

The best times to consume water is in between meals. To start your day off, begin with 16 ounces room temperature with the juice of 1/2 lemon.

Notice the color of your urine. If it's a light yellow/clear color then you are good to go. If it's a darker yellow that's a great sign that you need more hydration!

Fruits and veggies count as great sources of water - so when in doubt, load up on those.

If you are one of those people that feels like they never remember to drink, try setting a few alerts on your phone. You will create this habit quickly in your daily routine.

Mineralized water is best. Purified water is great because it removes many impurities from water, but it also removes many of the essential minerals needed for true hydration on a cellular level. If you drink reverse osmosis or purified water, add [essential trace minerals](#). (Add about 1 tsp per liter.)

Watch out for signs of dehydration. These can include that annoying headache, feeling tired, cramping muscles, constipation and decreased urination.

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#6 Fermented Foods

Fermented foods and beverages are SOOO good for you, and for baby. Traditionally, fermented foods have been used for thousands of years to promote overall health, and specifically the health of the GI tract. Fermented foods improve digestion and nutrient absorption. They are also loaded in probiotics. Regular consumption of traditionally fermented foods and drinks promotes the growth of healthy flora and overall balance in the intestines.

This is a list of the fermented foods on my grocery list while I was pregnant:

Grocery List:

- Kombucha (fermented tea. Trilogy by Synergy is my favorite flavor, but I also make my own.
- Kefir (plain to avoid added sugars)
- Yogurt (plain to avoid added sugars)
- Sauerkraut

#7. Fruits and Veggies

Simple, but SO important. What are your favorite fruits and veggies? Load up on these this week (and every week) so that is the key part of your meals.

Here were the fruits and veggies on my grocery list each week:

Fruit

- apples
- strawberries
- blueberries
- pineapple
- grapefruit
- orange
- pomegranate

Veggies:

- Broccoli
- celery
- sugar snap peas
- Spinach
- Arugula
- collard greens
- Brussels Sprouts

Root vegetables:

- sweet potatoes/yams
- carrots
- beets
- onions

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Week 2: Supplements

Be sure to always check with your primary health care provider before taking any supplements. The supplements below are what I took during my pregnancy. You can find these supplements on my [resources page](#).

1. Prenatal: Thorne

Prenatal is a comprehensive supplement formulated with the special needs of pregnancy in mind. Manufactured with none of the additives and coatings usually found in mainstream prenatal tablets, Basic Prenatal includes only the most bioavailable nutrients. I love this formulation because Thorne research has formulated their prenatal with the awareness that high-potency multiple vitamins may sometimes be difficult for a woman to “stomach,” particularly during the first trimester of pregnancy. Thorne Research does not include large amounts of the nutrients commonly known to cause stomach upset. Instead, these nutrients are included in their most active or absorbable forms for superior utilization.* Among these are the active forms of several of the B vitamins, folate and B12. Be sure to eat with meals, or take before bed to avoid stomach upset.

2. B Vitamins: (Basic B complex - Thorne) or [Max B ND by Premier Research Labs](#)

Think ENERGY and metabolism with B vitamins. Because these are liquid they work fast to give you a pick me up in the afternoon which is giving your body exactly what it needs. Bananas and baked potatoes are high in B6.

3. Fish Oil. (EPA/DHA) [SUPER EPA PRO \(Thorne\)](#) or [Green Pastures Fermented Cod Liver Oil](#)

The body cannot produce its own omega-3 fatty acids, therefore, we must consume them via diet. Omega-3s are needed for maintaining blood pressure, regulating cholesterol, assisting with nerve transmission, brain health and so much more. I also recommend cod liver oil because it has vitamin A, vitamin D, vitamin E and K2 which are all critical nutrients during pregnancy.

4. Folate. Thorne research labs pre-natal includes a high quality folate (1mg in this supplement)

Folate is a B vitamin that is crucial for a healthy pregnancy. Don't worry, if you are taking a pre-natal, it will have it in it. But as you know, not all prenats are created equal. I recommend a folate in the form of L-5-Methyltetrahydrofolate. Every time you make a new copy of dna, you need folate. Folate helps the neural tube (the embryo's precursor to the central nervous system or the brain and spinal cord) close properly, which allows for a healthy nervous system. It is recommend that you need at least 800 mcg daily before and during pregnancy. I recommend not just supplementing with folate, but eating foods high in folate. These foods are: asparagus, spinach, garbanzo beans, liver, tomatoes, citrus and broccoli.

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5. Magnesium. [Calm](#), [Trace Mineral Research](#) or [Thorne Magnesium Citramate](#)

This can be helpful to get things moving, if you know what I mean! It's also known to calm down the nervous system and help with sleep. I typically took this before bed and would sleep much better through the night. I also love magnesium oil, and speak more about this in week 7.

6. **Minerals.** Calcium Magnesium Citramate (Thorne). Minerals (including magnesium) are so important as well. I supplemented with a multi mineral, as well as a trace mineral. My favorites are coral legend by Premier Research Labs, and for trace minerals, I used Essential Trace Minerals by Trace Mineral Research. By increase your greens and drinking alkaline water you will naturally increase your minerals. Be certain you are getting pure, spring, mineralized water. Himalayan pink salt is also a great way to increase minerals. There is much more info on calcium and magnesium and importance of minerals in week 13.

7. **Greens:** [Vitamineral Green](#) or [Premier Research Labs Greens](#). I like to supplement greens as an insurance policy to be sure I am getting enough of them, especially through the winter months. Greens can give you a little energy boost, and are loaded with minerals as well.

8. **Vitamin D:** Thorne research Prenatal includes 1,000 IU of D, or you can supplement with up to 5,000 IU. Most of your vitamin D supply comes from the sun or dairy products if you consume them. However, this is definitely one I recommend supplementing. Vitamin D is essential for maintaining healthy teeth and bone structure, plus it helps you absorb calcium (and you already know why you need to absorb plenty of that). Foods high in D include sardines, egg yolks, fatty fish and liver.

Other suggestions not in video:

Probiotics: [Thorne Floramend](#)

Probiotics are essential to maintain good digestive health. I recommend taking them a few times a year generally speaking, but definitely suggest them when you are pregnant. During delivery, babies culture their gut bacteria from the birth canal. This process is critical for baby's gut health, and overall immune system development. Probiotics help to ensure those good bacteria in your gut, and birth canal entire for vaginal delivery. Probiotics can also keep you going to the bathroom regularly avoiding constipation which is a common problem among pregnant women.

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Week 3: Things to decrease

Now that you are pregnant, it's more motivation than ever to avoid some of those foods that are not so good for you. Here are the things I avoided during my pregnancy.

Packaged and processed foods.

Deli meat and soft cheese

Vegetable oil and oils that are overly processed and refined

Caffeine

Sugar: check out week 17 for healthy upgrades

Alcohol

Gluten

1. **Packaged and Processed Foods.** With up to 200 chemicals found in the umbilical cord blood of some babies, there is certainly good reason to avoid any unnecessary chemicals in foods or environment. As a rule of thumb whenever possible just eat REAL food. Look for things you can't pronounce! Read the labels. Watch for and avoid added sugar whenever possible.

2. **Deli meat and soft cheeses.** This is because of a bacteria called listeria. Best to avoid during your entire pregnancy.

3. **Vegetable Oils and Fats.** Too many omega-6 fats are not good for the body, especially during pregnancy. Many of these oils are overly processed and refined, creating free radicals in the system. Read your food labels and reduce (when possible) soybean oil, safflower oil, canola oil, vegetable oils and mayonnaise. Great upgrades include omega-3 fats and oils as well as coconut oil, avocado oil, olive oil and ghee.

4. **Caffeine.** This is a gray area with lots of different opinions. Caffeine isn't necessary, and best when avoided. If you are used to drinking coffee, upgrade to an herbal tea or green tea on occasion. Try to enjoy a cup of coffee once or twice a week instead of every day. Upgrades: Teccino, herbal tea or try 'bulletproofing' your coffee by adding 1 T MTC oil or 1 T coconut oil.

5. **Refined grains and Sugars.** Grains and sugars have very LOW nutrient density. Read labels and avoid added and processed sugars. Look for natural sugars such as honey, maple syrup, stevia, coconut sugar, etc.

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7. Gluten. Gluten is the protein in wheat. It's the cohesive, elastic and insoluble protein that is left behind after starch is washed away from a wheat flour dough. Gluten is among the top 5 most common food sensitivities, and many people are sensitive to gluten and don't even know it. Here are some tips when it comes to avoiding gluten:

How is gluten problematic? Humans can't digest gluten well. The undigested portions of wheat begin to ferment, producing gas and an acidic environment. Gluten is also a pro-inflammatory agent which means it is rapidly converted to sugar, causing a rise in the body's insulin levels. This in turn causes a burst of inflammation at the cellular level, among other problems. Consuming gluten can in some cases lead to 'leaky gut syndrome.' This is when the microvilli of the small intestine (small, hair-like projections along its walls) become compromised or even destroyed. This creates a huge impact on the absorption of the nutrients that the body needs to stay healthy.

Grocery list of [gluten-free foods I love and ate during pregnancy](#):

oats (*must be labeled gluten-free to avoid cross-contamination)
corn (be sure it's organic so it isn't GMO)
rice
quinoa
millet
beans
nuts and nut butters
eggs
fresh fruit
fresh vegetables
herbs and spices
meats and fish purchased without sauce or seasonings
root vegetables

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Week 4: Fighting Fatigue

Being tired is unanimous among women in the 1st trimester . . . so if it's any consolation, you are in good company!

[Here are my tips for fighting fatigue.](#)

Take a nap
Ask for support from your partner/friends/family
Take a bath with epsom salt and essential oils
Restorative or slow flow yoga
Create a healthy sleep routine. [Week 7](#) has more on sleep routine.

Week 5: Combating Morning Sickness

[Tips to reduce morning sickness:](#)

Often nausea is worse with an empty stomach, so try to eat something small.
Add in protein whenever possible as that tends to keep the nausea at bay.
Take your pre-natals with food, or before bed otherwise they can create nausea.
Chicken broth and bone broth are great nutritious foods to consume if chewing food sounds awful.
Undigested foods that are sitting in the stomach can make you feel sick. Minimize heavy foods such as fried foods, dairy products and process foods.
Ginger tea can be very soothing to the stomach.
Deep breathing and yoga can help you relax, and help with morning sickness.



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Week 6: Mood and Irritability

Let's be honest. Have you been a little more on edge? Do you feel your rope is a few inches (or feet) shorter? It's okay! It's normal to feel 'moody' while you are pregnant. Those hormones are surging and going crazy right now, so ride the wave, ask your partner to be patient with you, and remember to breathe.

Em's tips to reduce moodiness and irritability:

1. Increase healthy fats like avocado (see week 1 "Things to Increase" for a full list of healthy fats).
2. Eat any and all berries which are high in antioxidants and vitamin C.
3. Add in citrus because of vitamin C.
4. Oysters. High in zinc can help with mood support.
5. Deep breathing and remind yourself that what you are going through is normal.
6. Take a yoga class. For me, this always helps me to shift my perspective.
7. Journaling and visualizations. What works for you? Dust off that old journal and write out your thoughts. I promise you will feel better afterwards!



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Week 7: Sleep Support

Sleeping often gets more challenging in the 1st and 3rd trimesters. Here are my tips for getting a good night's rest.

Design your sleep routine.

Sleep plays a key role in your health. It is your body's time to repair from the day and restore and rejuvenate for the next day. Give yourself permission to sleep MORE THAN USUAL! Remember, you are growing a baby!

Best bedtime: 10:00PM. (Believe me, you will be tired.)

Best rising time: 6:00AM Did you know: 2 hours of sleep before midnight are worth 4 hours of sleep after midnight.

Creating your space: Sleep in complete darkness or as close as possible. When light hits the eyes, it disrupts the circadian rhythm of the pineal gland and disturbs production of melatonin and serotonin. There also should be as little light in the bathroom as possible if you get up in the middle of the night. Use your bedroom for sleeping only; it's not your work space or lounge.

1 hour before bedtime: 9pm. Turn off all electronics. The white light from electronics (phone, tv, computer, ipad, etc. is disruptive of pineal gland which is responsible for the release of melatonin into the bloodstream. This creates a stimulation to the brain and it will take longer to fall asleep.

30 minutes before bed: 9:30pm

[Magnesium oil foot soak](#). 2 ounces magnesium oil in a foot soak or hot bath with 1 cup epsom salts. Sip on herbal tea, something relaxing like chamomile or lavender. Read something relaxing or take a few minutes to journal about your day.

10 minutes before bed: 9:50pm Eat that forbidden snack before bed. Example: ½ apple with some nuts, or almond butter. Or, ½ banana and some cashews (also known as nature's prozac!)



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Week 8: Combat Stress

Being pregnant can be stressful. Not only is your body rapidly changing, but your life is rapidly changing too. And, there is likely a million things on your to-do list. Here are my tips for combating stress.

Foods to combat stress:

Look at [week 1 and 2](#) for foods to increase and foods to decrease. The foods high in protein and high quality fat will be the best when it comes to stabilizing the stress response in your body.

Make your NourishMint List

When it comes to feeding and nourishing ourselves, we can break it into two different categories. There is “food” that feeds us emotionally, spiritually and energetically. It’s the richness in life that truly feeds our soul.

And there is food we reach for when we are filling the emotional, spiritual or energetic voids in our lives. Fill out this list, and put it in a place you can see it every day. Consult this list when you are reaching for a secondary food out of lack. Here are so examples from my NourishMint list: Yoga/Meditation, hot bath, walk with a close friend, A favorite book.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____



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Week 9: Iron, Anemia, Constipation

Uggg, are you constipated? Unfortunately, this is a common problem among pregnant women, and you are NOT alone!

I’m so excited to be sharing my tips for mitigating constipation below :) But first, be sure you are consuming enough iron! Here are some things for your grocery list this week.

Sources of Iron:

Red meat
Spinach
Legumes

If you combine these foods with vitamin C, it can help with iron absorption.

Iron building Spinach Salad

2 boiled eggs
2-3 slices organic bacon
¼ cup red onion diced
4 cups organic baby spinach, washed and dried
½ cup orange, sliced and diced
½ cup grapefruit, sliced and diced
1 handful of almonds or hazelnuts
Dash of Himalayan pink salt

Dressing:

¼ cup balsamic vinegar
¼ cup olive oil
2 T maple syrup

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Tips for constipation

Foods to limit:

Dairy, especially cheese.
Gluten-containing products.
Commercially-produced protein and energy bars filled with soy.
Most processed foods, including cakes, cookies, candy (all refined sugar), pre-packaged foods, white flour products (breads, pasta, etc), soda, fried food, refined cereals, etc.

Foods to add in:

Add in raw foods and juicing, especially in warmer weather. Dark leafy greens.
Fiber rich foods including fruit especially apples, pears, prunes and citrus fruit, veggies (2 servings daily), gluten-free oatmeal, sweet potatoes and yams.
Increase your water intake. Remember 16 ounces room temp water with juice of ½ lemon upon waking, and before bed, drink 8 ounces of water with 1 T chia seeds (soaked for 10-20 minutes).
Increase healthy fats like avocado, ghee and coconut oil.
Eat your largest meals earlier in the day. Eat light meals at night, and allow at least two hours before bed with no food.
Eat and chew very well 2-3 prunes in the morning. You can also stew the prunes in water, and drink the whole mixture. Add a little lemon. Or before or with breakfast, half 4-6 oz prune juice mixed with water, or 3-5 stewed prunes or figs. Chew very well.
Add more water and herbal teas regularly.
Add in a probiotic. See week 2 for my recommendation.

A note about Iron:

When you're making a baby, you're in the blood-making business! Big time. Be sure to ask your doctor or practitioner about supplementing iron throughout your pregnancy as well, especially after week 20.

Vitamin C is essential for the production of collagen, which gives strength to your baby's cartilage, muscles, blood vessels, and bones. Here are my favorite sources of vitamin C.

orange juice (fresh squeezed is best)	strawberries
mango	red peppers
papaya	broccoli
cantaloupe	collard greens
	vegetable juice

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Week 10: Alternative Treatments

Teeth and gums

Everything is changing in your body right now, included your teeth and gums. Now is the time to give your teeth a little extra TLC. Your oral hygiene matters a LOT and here is what I recommend doing twice daily.

Upgrade to a natural tooth paste. My favorites include: Perioscope, [Tom's](#), doTerra On Guard,

Consider adding essential oils to your tooth paste. My favorite is 'on guard' by doTERRA.

Floss daily. Your gums might bleed a bit more, but that is normal and okay.

Other alternative suggestions

When in doubt double check what you are taking, or what pills you are consuming. Babycenter.com has a comprehensive list for you to view.

Remember if you are fighting a cold, or some type of sickness alternative treatments that are available like:

Chiropractics
Acupuncture
Yoga
Deep breathing
Meditation

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Week 11: Healthy Breakfast Smoothie

This was by far my favorite smoothie while I was pregnant!

Emily's favorite Prego Breakfast Smoothie

- 1 cup frozen berries
- 1 banana
- ½ avocado
- 1 cup milk (raw cow's milk, unsweetened almond or coconut milk)
- 2 T Great Lakes collagen
- 1 T hemp seeds
- 1 T chia seeds
- 1 T raw cacao nibs
- 1 T MCT oil

Blend and enjoy!

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Week 12: Boost your Immune System

You are nipping at the heels of your 2nd trimester, so you might be getting your energy back, finally! Even though your immune system is compromised when you are pregnant, you might feel like a warrior and invincible. I remember vividly feeling like that. However, better to be safe than sorry. Keep your immune system strong while you are pregnant so you don't come down with that pesky cold.

Hydration: I suggest drinking 16 ounces room temp water with the juice of ½ lemon upon waking, and drink water throughout the day!

Probiotics. See week 2 for more information..

Elderberry Syrup. Click here for my recipe. Try taking 1 tsp daily.

Vitamin D. See week 2 for more information.

Fish Oil. 2-3 caps 1 x daily.

Turmeric. This is an amazing anti-inflammatory, and it's high in antioxidants. Try making a ginger/turmeric tea. ½ tsp of turmeric spice, ½ ginger spice, 1 tsp honey, hot water.

Bone Broth. Before there was medicine, there was broth!

Gelatin is collagen that has been broken down into its basic components by reacting with water through a process known as hydrolysis. Gelatin has been demonstrated to soothe and heal the intestinal mucosa. This is a powerful way to assist the body with the nearly constant detoxification that is required to maintain health, in particular, detoxification before pregnancy. Consume a small cup with every meal.

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Week 13: Second Trimester - What to add Calcium/D/Magnesium and Minerals

Welcome to your 2nd trimester! Hopefully by now you are feeling a bit more energy, and less morning sickness. Because baby is making bone marrow this week, we want to focus on key nutrients specific to the 2nd trimester.

Key Nutrients Required:

Calcium
Magnesium
Vitamin D
Minerals

Calcium: Calcium is crucial at this time because your baby's bones and teeth need calcium! It is SO important that you take it in because if you don't get enough calcium, the baby will pull it from your bones.

Great sources of calcium:

Leafy greens: Kale + Broccoli are my favorites!
Almonds. Simple and easy to bring with you every day.
Sesame seeds. Think tahini or hummus to get in some extra sesame seeds.

Calcium Packed Kale Quinoa Salad

1 bunch raw kale, chopped fine
1 lemon, juiced
1/4 red onion, minced
1 handful cherry tomatoes, cut in half
1/2 c cucumber, chopped
1 cups cooked quinoa
1 tsp sesame seeds
1/4 cup extra virgin olive oil
Ground pepper and Himalayan pink salt to taste
1/2 avocado sliced

Remove stems from kale and chop kale ultra fine. Massage and toss kale with olive juice.. Add onions, salt and pepper and toss with olive oil. Allow quinoa to cool and mix into salad. Slice avocado and add on top.

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I love this recipe because cacao powder is high in magnesium and can be very calming to drink before bed, especially when you are craving a bedtime treat.

Serotonin Boosting Hot Cacao

1 T raw cacao powder
3/4 c boiling water
1/4 c raw milk, coconut milk or almond milk.
1 tsp vanilla extract
1/2 tsp cinnamon
1/2 tsp nutmeg
1 tsp maple syrup
Mix ingredients and enjoy.

Best Easy Vitamin D Sources

Organic animal protein
Pastured eggs
Wild salmon fish
Fermented cod liver oil

Best easy Mineral Sources

Himalayan pink salt
Essential trace minerals: 10 drops per liter

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Week 14: Healthy Fats

Healthy fats and omega-3's are brain food. Your baby's nervous system and brain are developing now and it is crucial for the omega-3 fatty acids to be available for this delicate process.

Saturated and Mono-unsaturated:

- Egg yolks
- Butter
- Coconut
- Red meat
- Avocados
- Olives
- Nuts

Note: The component choline in egg yolks can actually guard against birth defects. 2 eggs will give you ½ of your choline needs for the day. Other foods high in choline are fish, peanuts and liver.

Coconut oil is amazing for your immune system and can be helpful now for the formation of extra hormones that are pumping through your body.

Other healthy omega-3 fats worth mentioning include:

- Seafood
- Chia seeds
- Walnuts
- Hemp seeds

*Many pregnant women make the mistake of avoiding all fish, not just the fish highest in Mercury. When it comes to eating fish during pregnancy, or anytime really, it is all about having it come from a quality source you can trust. The seafood you eat should be wild. Seafood that is lower in mercury are Salmon, Herring, Mackerel and anchovies. I tried to have fish about 1 x weekly.

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Week 15: Healthy Snacks

This is such an important week because snacking is going to happen... often! But, I encourage you to keep your snacks as healthy as possible.

Here are my favorite snacks:

- Brown rice cake frosted in almond butter and coconut oil
- Seaweed snacks
- Mary's Gone Crackers crackers or cookies
- Zing protein bar (I also love the Perfect Foods Bar)
- Dried Fruit + Nuts
- Brown rice chips
- Hummus and veggies (calcium + healthy fats)
- Scoop of protein powder + almond milk

Salty

- Olives
- Pickles
- Tabouli
- Hummus
- Tortilla chips and salsa or guacamole
- Brown rice chips
- Sauerkraut

Creamy

- Smoothies
- Avocados
- Rice pudding
- Hummus and baba ghanoush
- Puréed soups (homemade)
- Puddings made with avocado or mashed banana
- Mashed sweet potatoes
- Coconut milk
- Homemade icecream made with coconut milk, cacao, honey and ice in a Vitamix.

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Week 15: Healthy Snacks

Crunchy

Apples

Frozen grapes

Rice cakes

Popcorn. Use coconut oil to pop in a covered pan, or air pop and drizzle with coconut oil or ghee

Gluten free cracker such as Mary's Gone crackers, pretzels.

Carrots. We recommend buying organic large carrots and cutting them yourself.

Crunchy crudité's of veggies and dip (hummus, or guacamole, or favorite dressing)

Celery and peanut butter (use non-hydrogenated peanut butter)

Hummus on rice crackers

Nuts and seeds

Sweet

Kombucha

Fresh, whole fruit

Coconut yogurt or goats milk yogurt with a drizzle of honey

Apples and almond butter

Acai bowl

Frozen yogurt: freeze coconut yogurt and make your own!

Dried fruit (always pair with protein like nuts or seeds)

Smoothies: Berries, protein powder, 1/2 banana, cacao powder, nuts, almond milk, ice.

Fruit "ice cream": peel a banana, freeze, blend in a food processor with nuts or berries.

Freshly squeezed juices: Make your own and try different combos. Use both fruits and vegetables

Sweet vegetables: yams, sweet potatoes, squashes (acorn, butternut) cut into chunks or fries; sprinkle with cinnamon and bake.

Dates stuffed with almond butter or other nut butter

Organic dark chocolate chips or carob chips

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Week 16: 5 Minute Meals and Meal Preparation

Planning your meals for the week is the single most important thing you can do for your health and your sanity. Often times when we don't do a little bit of planning and prep work we end up in the drive thru or eating cereal for dinner (we have been there!).

It is also helpful to have a handful of quick and simple meals in your back pocket so you can easily pull together a meal with staples that you have in your pantry already.

FIRST THINGS FIRST

Make a fun ritual out of it. Curl up on the couch with your magazines, pinterst and cup of tea.

NEXT

What does your week look like? Do you have any late work nights? Commitments with friends or your kids activities? What nights do you exercise?

Plan your meals according to how much time you will have and don't hesitate to have a breakfast for dinner night or plan an eat-out night.

AND THEN

Inspect the pantry, fridge and freezer. What needs to be used? What do you have excess of? Work that into your recipes and meals.

LASTLY

Collect your recipe ideas and start building your shopping list. Try to use several ingredients in a variety of dishes to save money and time. Plan dinners that can easily turn into lunch the next day and consider making a frittata or big batch of oatmeal to eat for several days.

ONE MORE THING

Pick one day or evening where you can commit two hours to prepping for the week. This will save a ton of time during the week. Team up with a friend and share your meal plan, shopping list and cooking duties. This not only saves time and money but you'll have a great time doing it!

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Breakfast:

Stock your freezer with organic frozen fruits and berries for your morning smoothie. Keep almond milk, protein powder and other smoothie additions on hand in the pantry.

Keep “happy” pastured organic eggs on hand. If you have some extra time in the morning, scramble 2-3 eggs with kale or spinach and onion. Serve with ½ avocado.

When in doubt, go for the oats. It takes two minutes to whip up some delicious oatmeal. Use Bob’s Red Mill’s gluten-free quick oats. Boil some water and mix in with oats. Add in 1 T coconut oil or ghee, 1 T hemp seeds, 1 small handful of chopped raw nuts, 1 tsp organic maple syrup and almond or coconut milk.

Lunch/Dinner:

Bake 4-6 organic chicken breasts. Slice the chicken and divide into 6 portions. Keep three in the fridge, and three in the freezer.

Bake a few sweet potatoes. Add ½ a sweet potato to your lunch or dinner. This is a smart complex carb to add to meals to stabilize blood sugar. Easy and delicious.

Cook a batch of grains. Soak your grains in water with 1 T apple cider vinegar overnight. My favorites are brown rice and quinoa. Cook grains, and store in fridge. Add ½ cup of grains as a side dish to lunch and dinner.

Make a big salad. Purchase your favorite greens (kale, spinach, collards, chard, lettuce etc.) Prepare these greens by washing, drying, chopping, and putting in fridge with a paper towel in the bag. Cut up other veggies of your choice and store in fridge (such as red bell pepper, carrots, celery, onion, cucumber, snow peas and broccoli sprouts). Each morning before you leave for work, put together your perfect salad with the prepared greens, chopped vegetables, baked chicken, and ½ sweet potato or ½ cup of grains. Drizzle with olive oil and lemon juice.

Make soup. Soup can add great variety to your meals, and is the perfect fall back. Collect a few recipes and make soup each week to be added to your meals. Remember to freeze half of the batch. To add nutrient density, use The Flavor Chef’s chicken bone broth as the base of your soup. My favorites are turkey or grass-fed beef chili and tomato basil soup.

Stock up on veggies. When you do your weekly grocery shop, choose several veggies that you want to try that week. Once you get home, chop and prepare all of the veggies so they are ready to be used right away. My staples are broccoli, artichokes, asparagus, snap peas, carrots, celery, onions, peppers and zucchini.

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Week 16: 5 Minute Meals and Snacks

Homemade gluten-free kale pizza

2 brown rice tortillas
¼ cup raw mozzarella cheese
½ cup Muir Glen pizza sauce
1 onion, caramelized
1-2 T butter (to caramelize onion)
chicken, baked and sliced thin
kale chips
Nutritional Yeast

Heat brown rice tortillas on stove top until crisp. Add a sprinkle of cheese and melt the two tortillas together to make the crust. Add pizza sauce to crust. Caramelize onions in butter and add to pizza. Top with chicken, cheese, homemade kale chips and nutritional yeast. Bake 10 minutes or until cheese is melted.

Easy Tostada

2 Sprouted corn tortillas, toasted in skillet
½ c re fried or black beans
½ c grass fed ground beef
Handful mixed greens
Tomato, diced
Onion, diced
Avocado, sliced
Optional: Raw cheddar cheese
Toast in Oven until cheese is melted. Enjoy!

Fresh Tuna Salad

2 cans Wild tuna
Juice of Full lemon
½ cup Green apple, chopped
½ cup Celery chopped
¼ cup Olive oil
1 tsp Sea salt
Fresh ground pepper to taste
Mix all ingredients together and enjoy!

Kale Chips

1 bunch Kale
3 T Olive Oil
Salt and Pepper to taste
2 T Nutritional yeast (optional)

De-stem and chop or tear kale into large 2” pieces. Massage in grape seed oil and lay flat onto cookie sheet. Sprinkle on salt and pepper and nutritional yeast. Bake at 350 for about 10-12 minutes or until crispy.

Acai Bowl

2 packets frozen acai (unsweetened)
1 banana
¼ c almond milk (unsweetened)
½ cup frozen berries (optional)
Blend above ingredients

Toppings:

Raw cacao nibs
Raw almonds
Hemp seeds
Raw organic local honey

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Week 17: Sugar Cravings

Be honest, are you craving sugar? If you are sneaking in a little extra sweet stuff just to sustain energy to get through your day, you are not alone!!! Sugar cravings typically get a lot worse during pregnancy and it's hard to find that balance of enjoying some sweet treats without overindulging. Rest assured, I have got you covered this week. Today is all about curbing sugar cravings, and making healthy upgrades.

Here are my favorite “sugar” upgrades

Maple Syrup
Coconut Sugar
Blackstrap Molasses
Raw Organic Honey
Dates/Bananas

Best Blood Sugar Regulation Snacks:

Brown rice tortilla, cracker or slice of gf bread with nut butter and/or coconut oil.
Piece of fruit (green apple and berries are best) with a handful of nuts
½ avocado with a few multi-grain (gluten-free) crackers
Hummus or guacamole and veggie crudites
A protein bar or shake with high quality ingredients
½ a sweet potato with ghee or grass-fed butter
Sprinkle cinnamon on everything! It is a great blood sugar regulator

My fav “upgraded desserts”

Raspberry Coconut Butter Delight

1/2-2/3 c frozen berries
2 T warmed coconut butter
1 T raw cacao nibs
1/2 tsp coconut sugar (optional)

Heat coconut butter in warm water. Drizzle over frozen berries. Top with cacao nibs and coconut sugar and enjoy.

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Try one of these recipes to curb the craving, and give your body nutrients rather than refined sugar.

Banana Maca Smoothie

1 cup almond milk
1 banana
1 T coconut butter
1 T raw cacao powder
1 T hemp seeds
1 tsp maca powder

Chocolate Banana Muffins

3 very ripe bananas
2 T coconut oil
1/3 cup honey or maple syrup
1-2 T coconut sugar
3 eggs
1 tsp vanilla extract
1 cup almond meal
1 cup gluten-free oats
1/3 cup cacao powder
1 tsp baking soda
1 tsp baking powder

Optional: Gluten-free Chocolate Chips or cacao nibs

Instructions:

Preheat oven to 350 degrees F. Line a muffin tin with liners or spray muffin tin with coconut oil spray. Place peeled bananas in the bowl of a mixer. Beat until well mashed. Add coconut oil, honey, coconut sugar, egg, and vanilla, and continue to beat on medium until well combined. Add almond meal, oats, cacao, baking soda, and baking powder and beat on low until well combined. Stir in ¼ cup of chocolate chips. Scoop batter into the prepared muffin liners. Sprinkle with remaining chocolate chips. Bake 18 minutes, or until a toothpick comes out clean.

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Week 18: Reduce Toxins in the Body + Dirty Dozen, Clean 15

The dirty dozen clean 15 list is a helpful tool to take with you to the grocery store. My rule of thumb is if it isn't organic, and it's on the dirty dozen list, I won't eat it or serve it to my family!

Dirty Dozen: (buy organic if possible)

Apples
Celery
Strawberries
Nectarines
Spinach
Peaches
Sweet Bell Peppers
Grapes
Blueberries
Lettuce
Potatoes
Kale/Collard Greens

Clean 15: (Okay to buy conventional)

Onions
Corn (however get organic, due to GMO's)
Avocado
Cantaloupe
Pineapple
Mangoes
Asparagus
Sweet Peas
Kiwi Fruit
Cabbage
Eggplant
Watermelon
Sweet Potato
Grapefruit
Mushroom

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This week is all about reducing the toxic load in your body while you are growing your beautiful baby!

Think about it. We are exposed to thousands of chemicals each day and might not even realize it. Just think of your morning routine. Shower (soap, shampoo, conditioner, lotion) makeup (foundation, mascara, blush, eyeshadow, etc.) deodorant, perfume, hairspray . . . the list goes on and on and you haven't even left the house (or cleaned the house!)

I'm not telling you to stop doing what you are doing, I'm just wanting to bring some awareness to you about how many chemicals we are exposed to daily, and what you can do for simple easy upgrades.

Here is what is in my shower:

Alafia Black Soap
Jason Shampoo and Conditioner
Avalon Organics Shampoo and Conditioner
Aubree Hairspray
Youthful Essentials pH mist
Bare Minerals Foundation
Kiss my Face face wash

Remineralizing Cinnamon Toothpaste:

½ cup Calcium Carbonate
¼ cup warm coconut oil
¼ cup MCT oil
6 T xylitol (ground in coffee grinder)
15 drops cinnamon and peppermint essential oil
5 drops clove essential oil

Stir until smooth. Put into toothpaste tube (I use a baby food squeeze pack) and enjoy!

Vanilla Brown Sugar Face Scrub

1 cup brown sugar,
½ cup olive oil
1/2 tsp Vitamin E oil
1 tsp real vanilla extract

Stir until smooth - apply in shower and enjoy.

Natural Deodorant

1/4 cup coconut oil
1/4 cup cornstarch
1/4 cup baking soda
10 drops essential oil

Measure all three ingredients into a small saucepan. Heat over low heat, stirring constantly, until the coconut oil melts and the ingredients are combined. Pour the liquid into the container of your choice. (I use an old deodorant container.) Allow the mixture to cool and solidify, either at room temperature or in the refrigerator.

Detox Face Mask

1 part Bentonite Clay
1 part Apple Cider Vinegar

Stir mixture until smooth. Apply thick layer to face and let sit 5-10 minutes. Remove with warm water.



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Week 19: Skin and Stretch Marks

You likely know by now that pregnancy has its ups and downs. Today I wanted to touch on another not so fun part of pregnancy . . . changes in your skin and stretch marks. The good news when it comes to stretch-marks is that not everyone gets them, and there are LOTS of things you can do to your skin to support this rapidly growing belly!

Supporting your skin through pregnancy

Think Vitamin C:

Leafy Greens

Grapefruit

Lemon

Berries

Orange Juice (mix with water to avoid spike in blood sugar)

Moisturize the skin:

Coconut Oil

Mother's Love Belly Salve (I discovered this one a bit later in my pregnancy and LOVED it.)



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Week 20: Pregnancy Ailments

This week is all about the changes that you may be feeling and experiencing in your body in the second trimester.

Round Ligament Pain

The round ligaments surround your uterus in your pelvis. As your uterus grows during pregnancy, the ligaments stretch and thicken to accommodate and support it. These changes may occasionally cause pain on one or both sides of your abdomen. It can be a sharp pain, so don't be alarmed if you do feel this. I suggest massage for this, or you can try flexing your knees toward your abdomen to get some relief. And if you haven't bought a body pillow yet, now is the time. Use that to lay on your side and cuddle into your belly for added support. And of course a warm bath may help, too.

Leg Cramping

This is typically a sign that you could use a little more calcium and magnesium. Other things that will help this is exercise regularly, especially walking. Wear low-heeled shoes. Elevate legs and flex toes when resting. Increase consumption of calcium and mineral rich foods : green leafy vegetables, sesame seeds, almonds, brazil nuts and seeds. In week 13 we talked all about Calcium and Magnesium if you need a refresher!

Calcium/Magnesium Supplement: Lifetime Liquid Cal/Mag

And in case you are experiencing some other pregnancy ailments that I didn't talk about today remember these videos as resources - a little refresher/sneak peak!

Week 4: Fatigue

Week 5: Morning Sickness

Week 6: Moodiness and Irritability

Week 7: Sleep issues

Week 21: Headaches

Week 33: Pregnancy Brain

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Week 21: Headaches

Headaches are very annoying, although a pretty common symptom during pregnancy. There are usually 3 main causes to headaches in pregnancy:

Dehydration: Don't forget to drink 16 ounces room temp water with the juice of ½ lemon upon waking. Drinking lemon water spurs the liver and helps in balancing hormones while minimizes inflammation and edema (swelling). Remember that things like tea, green juice and sparkling water all count towards your hydration for the day.

Low blood sugar: Blood sugar balance can be much trickier for the body while growing a baby! Remember to snack on healthy, complex carbs and good quality fats. For more on balancing blood sugar, skip ahead to week 27.

Hormones surging: Of course this comes with pregnancy!

Tips to reduce headaches:

Get to a dark room and lay down for 10 minutes
Use a humidifier and essential oils: peppermint is my favorite
Be mindful of sleep, and that you are sleeping enough. You can sneak ahead to week 22 to watch now.
Smart snacking. Watch week 15 for a reminder.
Treat yourself to a massage or some type of body work to reduce some tension.
Walk around the block. Take 5 minutes every hour to move your body.
Create some “down time” or quiet space in your day to check in with yourself and with baby.
Hope your week is great! (and free from headaches :)

Week 22: Meditation

If you are like most pregnant women, it's likely that at some point in your pregnancy sleep will become more challenging. This week is all about getting you ready for a deep and restful sleep. I'm tapping into my yoga and meditation background for this video.

I hope you enjoy this 5 minute guided meditation!

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Week 23: Labor and Delivery Preparation

It's beyond exciting to think about that first moment where you get to meet your baby. And, the thought of labor and delivery is also exciting, and quite possibly very overwhelming.

Finding an ideal birthing class that matches you and your partner's wishes is a big “must do” for first time parents. There are LOTS of different techniques and classes that you can start researching. Just keep in mind, any and all techniques are great as long as they get baby into the world safely.

Here are a few that you may have heard about already:

Bradley Method
Hypnobirthing
Lamaze Birthing Class

Have you ever considered hiring a doula? A doula is an advocate for you and your partner. She is there for you for the physical, emotional, and spiritual needs and journey of the birth. She can do pretty much everything but the medical stuff.

And, statistics prove that using doulas dramatically reduce interventions and C-section births. And, it's likely that your doula will also help you postpartum as they are very skilled in lactation and making sure you and baby are off to a good start. I share in this video all of the reasons why I recommend considering a doula!



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Week 24: Healthy Breakfasts + Pumpkin Pancakes

By now your appetite should be very strong, and being mindful of a healthy protein-packed breakfast is a smart idea for you and for baby. Here is my recipe for my favorite breakfast option.

Pumpkin Pancakes

Makes 10-15 small pancakes

- 1 can organic pumpkin puree
- ½ cup gluten-free pancake mix
- 8 eggs
- 1 T maple syrup
- ¼ tsp Himalayan pink salt
- 1 tsp vanilla extract
- 1 T coconut oil
- 1 tsp ceylon cinnamon

Directions: Add all ingredients into a blender or vitamix. Blend until smooth. Cook like regular pancakes in butter or coconut oil.



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Week 25: Blood Glucose Test

This week I wanted to give you a heads up about the glucose screening that your doctor will be asking you about. Between 24-28 weeks your doctor will want to screen you for gestational diabetes. This is very important, and it deserves some research. And, when in doubt, listen to your doctor.

I elected to choose a different option for my glucose screen because the syrup they use is derived from GMO corn. It's rare if ever that I have 50 grams of sugar in one sitting, and I knew it wasn't my preference for me and for baby.

My doula recommended a "food based" glucose screen. This was the recipe I used.

- 2 pieces gluten-free toast
- 2 eggs
- 8 oz glass of organic orange juice
- 1 cup of tea

Once your meal is finished, set your clock for 1 hour. You will need to get your blood draw at the 1 hour mark so plan accordingly with your local lab.

Remember, it was a personal decision of mine to choose this alternative option. Because I did this option, I took it upon myself to check in on my blood glucose with a glucometer every week through the 24-28 week marks to make sure there weren't any red flags.

If you chose the alternative option, here is what you are looking for.

- 1 hour after eating: under 140
- 2 hours after eating: under 120
- 3 hours after eating: between 70-90 (fasting glucose.)

Remember, always check with your healthcare provider for what is best for the health of you and your baby.

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Week 26: Craving a Cocktail

I have to be honest! I had no interest in drinking with my first pregnancy, but in this pregnancy I was craving a cocktail! While this may not be the “typical” craving for you (and DEFINITELY not PC . . .) I still wanted to offer up what I did in this situation.

Virgin Moscow Mule

- 1 cup ginger Zevia
 - 1 splash of sparkling water
 - 2-3 slices of cucumber
 - 2-3 basil leaves
 - 2-3 mint leaves
 - 2-3 lime wedges
- Pour over ice and enjoy!

Week 27: Balancing Blood Sugar

In Week 25 we discussed the glucose screen. Regardless of your choices with the actual test, balancing your blood sugar is a very important thing to be aware of in general. Here is a bit more info on balancing blood sugar.

What is blood sugar?

Blood sugar is defined as just that - the sugar in your blood, or amount of glucose in your blood. Glucose is basically sugar, on a molecular level, and it provides energy for all of the body's cells. To put it simply, sugar is a form of energy, and in moderation, it is beneficial, and even necessary, to our bodies.

Is sugar the only food that affects blood sugar levels?

Overconsumption of sugar along with simple and refined carbohydrates, like white flour, white rice, pasta, and potatoes, are treated like sugar in the body, thus contributing to blood sugar levels and imbalances.

How does our body process sugar?

Sugar and refined carbohydrates are absorbed in the small intestine first, and the liver produces hormones like cortisol and catecholamines to release sugar into the bloodstream, while hormones like insulin moderate and control blood sugar levels.

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Overconsumption of these foods, and other high sugar foods like soda or candy, will spike your blood sugar levels, forcing a surge of insulin to convert blood sugar into energy. Our bodies aren't made to consistently handle sugar overloads, and often times this leads to an overproduction of insulin. Of course we know what goes up, must come down. Because the human body doesn't have the compensatory mechanism to deal with this much sugar in the bloodstream, often the body turns into a temporary state of “insulin resistance” because there is too much insulin in the bloodstream, and the cells are unable to house anymore glucose. This sharp spike and drop in blood sugar is what creates the roller coaster of cravings, mood swings, and the constant need for yet even . . . more . . . sugar . . .

Tips for blood sugar balance

1. Read your labels: The first part of controlling your blood sugar is being aware of what you are putting in your body! Mentioned above is the fact that many foods and packaged items have added sugar and other things you might not want to be putting into your body. Knowledge is power! And when in doubt, just eat real food.
2. Balanced breakfast: Balance is important with every meal, but if that feels overwhelming, focus on breakfast because it will set the pace for stabilizing blood sugar throughout the day. Eating protein within one hour of waking provides amino acids as fuel for the body, and a complex carb will help slow the release of sugar into the bloodstream. A healthy fat will support energy levels and keep you full. Breakfast should be the largest meal of your day.
3. Pick your carbs wisely: We talked about simple carbs being treated like sugar, but complex carbs, such as brown rice, quinoa, beans, sweet potatoes and butternut squash, are high in fiber and break down more slowly, leaving you satisfied longer and keeping your energy levels balanced. Fiber can also help you feel fuller longer. However, there is even some controversy about complex carbs, specifically whole grains, in relation to inflammation. Root vegetables may be the best option for you. Think sweet potatoes, carrots, beets, etc.
5. Don't be afraid to eat fat: Your body knows exactly how to process fat and especially now you need more than ever. Consuming enough fat will help with insulin resistance. Be liberal with healthy fats such as chia, flax, hemp, nuts, cold water, fatty fish, avocado and coconut oil etc.
7. Protein-rich snacks: Protein aids in pulling the sugar from the bloodstream and into your cells to be used for energy. A small snack between meals will help moderate blood sugar and keep you feeling full. Try keeping some hummus on hand or having a lentil salad.
8. Stress Management: Long-term stress contributes to adrenal fatigue, which affects blood sugar. Eliminate mental and emotional stressors, and add activities to your life that help relieve stress. Remember - sleep can be an important part of this!



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Week 28: Books to Read

You likely already have a stack of books as your bedside stand that you are thumbing through. Here is what was on my night stand during my pregnancy.

[The Thinking Woman's Guide to a Better Birth by Henci Goer](#)

Factual and informative. Read this book when you feel ready for the facts about what can go right, and what can go wrong. I felt like this book was accurate and unbiased. Most of the research does not support common medical opinion and practice.

[The Doula Book by Marshall H. Klaus](#)

This book offers research showing how labor support reduces the rate of cesarean sections, length of labor, need for pain medicine, and number of episiotomies. It highlights the positive effects of having a doula on mother-infant bonding, how relatives or friends can be trained in labor support, and how hypnosis is used to ease and shorten labor.

[Your Pregnancy for the Father-to-Be by Glade B. Curtis and Judith Schuler](#)

My husband reviewed this one and thought it was a good overall "heads up" for how to be most supportive to a pregnant wife, and to best prepare for a new baby. This book is written with the needs and concerns of the dad-to-be in mind, includes a comprehensive glossary of terms, a resource section, up-to-date medical information, and tips for supporting your partner during pregnancy and the birth of your new baby.

[Bountiful, Beautiful, Blissful by Gurmukh Kaur Khalsa](#)

Written by a yoga teacher, this book is a combination of wisdom, inspiration and information. I love how this book had illustrated, step-by-step instructions, for both meditations and exercises that will help you physically, mentally, and spiritually.

Here is one more I highly recommend!

[Birthing From Within](#)

Here is a holistic approach to childbirth that examines this profound rite-of-passage not as a medical event but as an act of self-discovery. Exercises and activities such as journal writing, meditation, and painting will help mothers analyze their thoughts and face their fears during pregnancy.



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Week 29: Top Foods to add in for Third Trimester!

Congratulations! You are officially in your third trimester.

This week focus on the foods that will best support you in this phase of pregnancy.

1. [Gluten-free Granola with oats](#)

Your body needs carbs right now as you are in this final stretch. Be mindful to watch for sugar content in any cereal or processed foods. I chose oats because they are filled with fiber, protein and vitamin B-6.

2. [Avocado.](#)

Think nutrient density for brain development at this stage in the game. You need healthy fats your entire pregnancy, but these mono-unsaturated fats are critical right now for the development of your little one. Avocados also have B vitamins which will give you a little boost. They are also a good source of fiber, vitamin K, folate, vitamin C, potassium and vitamin B-63.

3. [Asparagus](#)

You have heard me talk about folate throughout this program. Asparagus is packed with it along with vitamin K.

4. [Beets](#)

Helpful for blood production, folate and fiber. These will also help with constipation!

5. [Strawberries](#)

Packed with vitamin C, and all antioxidants. This will be great for your immune system, and iron absorption.

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Week 30: Increase your Energy

There is a chance your energy levels are feeling great right now, however most pregnant women start to feel a huge decline in energy over the last few weeks. These tips will help you sustain energy through to the finish line!

Magnesium is your best friend when it comes to energy. Not only can it help you get those much needed hours of restful sleep, but it helps glucose breakdown in the body giving you sustained energy.

Here are three options for magnesium:

Calm – Magnesium Citrate. Use as directed (this formulation can help with constipation).

Magnesium Oil. This is easily absorbed through the skin. Try adding 2 ounces to your bath before bed, or simply spray onto your feet and go to bed.

Lifetime cal/mag. 1 tsp daily. This is a nice tasting liquid form of calcium magnesium citrate contains the perfect ratio of vitamin D, calcium and magnesium for optimal absorption and assimilation.

Other energy boosting tips.

MOVE your body every day. Even if it's just a quick walk around the block, the exercise and fresh air will definitely make you feel better.

Don't skip breakfast.

Power nap.

Reducing stress. Easier said than done, but make it a point to do a few things each day that reduce stress levels. The magnesium oil in the bath was my favorite way to decompress after a long day.

Desiccated beef liver. Radiant Life grass-fed beef liver. This one might be a stretch for you, but liver is an incredibly powerful and healing food. Desiccated liver contains more nutrients, gram for gram, than any other food! This capsule is a way to obtain all the legendary health and nutritional benefits of liver without the inconvenience. You are getting vitamin A, B, Iron and trace minerals with this supplement!

Max B ND. My absolute favorite. B= energy. Enough said!

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Week 31: Things to add in your 3rd trimester

1. Digestion Support

Eat smaller meals throughout the day.

Try Braggs organic Apple Cider Vinegar as your digestive enzyme. Take 1 tsp with some water before meals.

Papaya enzyme to help break down food.

2. Red raspberry leaf tea. You can supplement or you can drink the tea. Try making a gallon of tea at a time, and drink throughout the day. This helps tonify and strengthen the uterus.

3. Fish oil for brain development as well as evening primrose. This is helpful for hormones and to tonify the uterus.

4. Pregnant Belly Salve by Mothers Love. This is perfect for your Itchy tummy and stretch marks.

5. Mother's Love nipple cream. This is great to prep your body for nursing. Your breasts will be very tender the first few weeks of nursing and this will be helpful.

6. Exercise. You are preparing for your marathon. You want your body to be in peak condition! Some ideas include: squats, crawling, stretching, movement in the hip area.

7. Indulge! Take a few extra days off of work and treat yourself. Get a massage :)

I also suggest seeing a chiropractor your last few weeks of pregnancy to relieve pressure and tension in the sacrum along with sciatic nerve issues.

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Week 32: My Natural Nursery

I love all things natural and holistic, so here is a list of my favorites!

Cloth Diapers

As a holistic mama, I was convinced from early in my pregnancy that I wanted to use cloth diapers. When I first decided to attempt cloth diapering and shared that with my friends and family most people thought I was crazy. A common response was “good luck with that!” But I have to say I’m very pleased with my decision and would support anyone who was considering taking the same road with their children.

I had 3 main reasons to use cloth diapers:

- 1) No chemicals. Disposable diapers have loads of chemicals and chlorine in them which I didn’t want near my baby’s bottom.
- 2) Environmental. Disposable diapers are the third largest consumer item in landfills.
- 3) Financial. It’s estimated that you save about \$1500 the first year with cloth diapers.

Why Fuzzibunz?

Fuzzibunz are a fleece liner with a cloth insert that is for absorption. The fleece keeps baby dry even when the insert is wet. We haven’t had too much trouble with leaking. As long as you change them often enough, and size them correctly you will be good to go.

What about the laundry?

Honestly, it’s not that bad. I only do 2 extra loads a week. The diapers are washed in a special detergent called Rockin Green. I run a cold rinse cycle followed by a hot wash and they come out bright white. You can dry them on low temps, but I like to hang dry mine outside on a sunny San Diego afternoon. I have two diaper pail liners as well that I wash with the diapers so I don’t have to use garbage bags. Every time I gather a fresh load of diapers from the dryer I say to myself “I just saved the family \$20!”

How to get set up?

I own 28 diapers which lasts me about 3 days. These diapers are about \$20 each, so the initial investment is around \$500. All of my diapers are the ‘One Size’ and they will fit from newborn until your child is potty trained. I was so lucky to get most of my diapers at my baby shower, so it was worth it to register for them. I also have about 30 cloth wipes. I pre-wet the wipes with a solution of ‘California Baby’ soap and a few drops of lavender oil in water. I keep them in a wipe warmer container- however don’t ever warm them up because I didn’t want my baby getting used to warm wipes.

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What about out and about or traveling?

Easy. Really. I have a little washable baggie that I put used diapers in, and pack 3-4 fresh fuzzibunz with me. I used to use disposable wipes when I was out and about, but I now pack a few cloth wipes in a plastic wipe case and use them. We went on a 3 day road trip a few weeks ago and packed all of the fuzzibunz and had no problem traveling with them. We are off to Idaho for 2 weeks in June and I plan to bring the diapers with us then as well.

The adorable factor:

I think it’s safe to say both of my babies loved them, and they are adorable! I love them and couldn’t be happier.

Diaper Liners. These make the mess SO easy to clean up!

Prince Lion Heart Cloth Wipes and Cloth Wipe Warmer

All Natural Wipe Solution

1 tsp baby shampoo
5 drops essential oil

I keep Honest or Seventh Generation wipes in my diaper bag.

Diaper cream

Baby Bum Balm
Waleda
Burts Bees ointment

Cholic baby

doTERRA digestzen. You can apply a few drops to babies feet and this can do wonders for an upset tummy.

Be mindful of how much acid is in your diet (and if you are nursing) if this is a problem for you!

100% organic wool blanket. This is a great protective barrier that is 100% natural.
Organic cotton bum cover. This is perfect for those occasional messy diapers.

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Week 33: Pregnancy Brain and Mood Boost

Prego brain. This is a REAL thing!! The chemicals in the brain shift when you are pregnant and that can make you feel a bit clumsy, forgetful, and spacey! Don't worry. It's normal.

Here is a fun recent study posted on BBC explains:

"Pregnancy reduces grey matter in specific parts of a woman's brain, helping her bond with her baby and prepare for the demands of motherhood."

And, this change in the brain can last up to 2 years after giving birth.

"Pregnancy is characterized by extreme surges of sex hormones and involves drastic physiological and physical changes in the body, the researchers say. During those nine months, women experience a flood of oestrogen which is greater than for the whole of the rest of their lives."

The grey matter changes occurred in areas of the brain involved in social interactions used for attributing thoughts and feelings to other people - known as "theory-of-mind" tasks.

The [researchers](#) thought this would give new mothers an advantage in various ways - help them recognise the needs of their child, be more aware of potential social threats and become more attached to their baby.

Prego Brain suggestions:

Brain food = fish oil and health fats.

Mood support: cashew + banana. This will boost your mood while supporting the brain. (This is known as nature's prozac!)

Nuts and Seeds.

Foods high in Choline: egg yolks, beef, raw milk, garbanzo beans, beef liver (remember you can supplement with the dessicated beef liver from Week 30).

Raw Milk. Ask your doctor as this one can be controversial. I recommend doing a little research of your own at www.westinaprice.org

Other tips

Be gentle with yourself! Give yourself a little extra grace. It's okay to be forgetful. It will come back! Write it down. Use your phone, or jot down a reminder for yourself.

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Homemade Icecream recipe

- 4-5 cubes of ice
- ¼ c raw cream
- ¼ c raw milk
- 1 T cacao
- 1 T coconut butter
- 1 T cacao nibs
- 1 tsp raw organic honey

Week 34: 5 things to do before baby arrives!

It's likely that you have already thought about these things, but I just wanted to remind you!

Car Seat installed in your car. It's time!!

Consider a birthing class- do something. Review Videos from Week 23 and 28.

Have an action plan for the labor. What do you want it to be like? Visualize your best case scenario. See Week 35 for your ideal birth plan.

Start making extra meals, and freeze food. See below for my favorite freezable meals. mealtrain.com (consider asking a friend to set this up for you)

5. **Make a playlist for D day.**

6. **Make a phone list** – call list to delegate so you aren't worried about updates.

Side Note and BREECH babies: My little girl was still breech at this stage, and stayed breach until 37 weeks. She eventually flipped naturally after I did multiple things to encourage her. If you know you have a breech baby, please visit this website for a wealth of information.

www.spinningbabies.com

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Freezer Meals

Hamburger pie

Prep time: 20 minutes
Bake time 20 minutes
Serves 6

Ingredients

1 lb organic grass fed beef, browned
1 onion, chopped
1 pint organic salsa
1 can organic tomato sauce
1 can organic string beans
1 tsp salt
1 tsp pepper
1 tsp cajun
2 T coconut sugar
4-5 potatoes, mashed with grass fed butter
Raw cheese *optional

Directions:

Boil potatoes. While they are boiling, begin to brown hamburger meat. Add in chopped onion and let simmer until onion is cooked. Add remaining ingredients with the exception of the potatoes. Let simmer 10-15 minutes on low. Pour into a baking dish.
Spread the potatoes over the hamburger mixture. Option: sprinkle some raw cheese on top of the potatoes.
Bake 20 minutes or until cheese and potatoes are slightly crispy.

2 pastured eggs
2 T organic ketchup

Paleo Meatloaf

Prep time: 30 minutes
Bake time 1 hour
Serves 6

Ingredients

1 yellow onion, diced
2 cloves garlic, minced
1 stalk celery, diced
2 carrots, diced
4 Tbsp ghee or grass fed butter.
1 tsp fresh or dried thyme
1 tsp turmeric powder
1 tsp dried chile flakes
2 lb of high quality grass fed ground beef
1/2 c almond flour
1/2 c coconut flour
2 pastured eggs
2 T organic ketchup

Directions

Chop onion, garlic, celery and carrot. (you can also do a rough chop in your blender/vitamix to save time.) Saute this mixture in ghee. Add herbs and salt. Mix in almond flour, coconut flour and meat and eggs to veggie mixture. Form into a loaf and set in pan. Bake 350 degrees for 1 hour.

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Black Bean Brownies (gluten-free, guilt-free)

Prep time 20 minutes
Bake time: 15-18 minutes
Makes 9-12 brownies

1 can black beans, drained and rinsed
1/2 c quick gluten-free oats, ground
3 eggs
1/3 c butter, melted
1/3 c raw cacao powder
1 pinch of sea salt
1 tsp vanilla extract
1/2 c coconut sugar
2 T maple syrup
1/2 c dark chocolate chips
1/2 c chopped pecans

Preheat oven to 350 F. Combine all ingredients except chocolate chips and pecans in a good food processor or blender and blend until completely smooth. Stir in the chocolate chips and then pour into a greased 8x8 pan. Sprinkle pecans on top. Cook 15-18 minutes, then let cool at least 10 minutes before trying to cut. Makes 9-12 brownies.

Quinoa Chicken Soup

Prep time: 15 minutes
Cook time: 1 hour
Serves 6-8 people

4 cups chicken bone broth or 1 quart chicken stock
2 organic skinless chicken breasts, baked and sliced
1 T grass fed butter or coconut oil
1 onion, diced
3 carrots, sliced
3 stalks celery, diced
2 cloves garlic, chopped
1 cup of quinoa, cooked
1/2 tsp thyme
1/2 tsp pepper
Sea salt to taste

Directions:

Bake chicken or cook on stove top until cooked. While chicken is cooking, simmer quinoa in a separate pot. In pan, add butter or coconut oil and saute onion, carrots and celery until tender. Add all ingredients together and simmer for 15 minutes.

This can be done in a crockpot as well!

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Week 35: Wellness Tips for a New Mom

When baby comes, life will quickly become ALL about the baby. That is the way it should be as you embrace this new life with your new sweet little one. But, it's INCREDIBLY important to remember to take care of yourself too. Just like they tell you while traveling on an airline, put your oxygen mask on first. Increase energy and prioritize yourself.

1. Nourish yourself FIRST. Don't skip meals.

Preparation is everything. Plan ahead. (hint: that means NOW at 35 weeks!)

Have meals in your fridge ready to roll.

Sign up for a mealtrain.

Let people help you! If friends and family ask if they can help tell them YES and ask for a homemade meal.

Try to stay away from sweets. Revisit week 17 for sugar upgrades and healthier options.

Eliminate processed foods as much as possible.

2. Be mindful about what you are drinking.

Drink at least 8-12 glasses of water each day. ESPECIALLY while you are nursing.

Reduce the use of caffeine. This is easier said than done, especially with a new baby but be conscious and moderate about your caffeine consumption especially if you are breastfeeding. I love the coffee upgrade Teeccino as it tastes like coffee, but doesn't have the caffeine.

3. Stay active. Prioritize time for yourself to move your body every single day.

4. Sleep. You will soon see why parents always talk about sleep deprivation!! I promise, the laundry can wait.

It's okay to nap while your baby naps! Babies sleep a LOT the first few months which is your little gift for survival, so SLEEP. I give you permission.

5. Supplement wisely for energy

Beef Liver – think nutrient density

Probiotic- support for digestive tract

Greens (PRL) for energy

Liquid B vitamins for energy

Fish oil- healthy fats for breastfeeding

6. Don't lose sight of things that “fill you up” and feed your soul. Re-visit your NourishMint list from week 8!

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Week 36: Birth Plan

Example birth plan

*Feel free to use this as a template and make the changes you desire.

Birth Plan: Regarding labor and birth – Emily Potter 5/20/83

Due Date: 06/10/15

Patient of Kootenai Midwives

Scheduled to deliver at Kootenai Hospital CDA

Individuals Present: I request my husband Gregg to stay with me at all times. Willow my Doula and Jessica (best friend) is also allowed in the room per my request. Medical team: I request Midwife, nurses and attendants only. (No med students, residents or hospital personnel.)

Labor

I wish to have no medical interventions throughout labor and delivery.

I wish to be able to move around and change position at will throughout labor.

I wish to labor in the bathtub if and when possible.

I wish to use a birth ball.

I would like to be able to have fluids by mouth throughout labor.

I would prefer to keep the number of vaginal exams to a minimum.

I wish to use essential oils.

I wish to decline a hep lock IV if medically safe and possible.

Monitoring

I wish to have intermittent fetal monitoring if and when possible.

Labor Augmentation/Induction

I do not wish to have the amniotic membrane ruptured artificially.

I would like to consider Pitocin only as a last resort option.

Anesthesia

PLEASE do not offer me any kind of pain medicine or anesthesia.

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Week 36: Birth Plan (continued)

Delivery

I would like to wait until I feel the urge to push before beginning the pushing phase.

I would like to have my baby placed on my stomach/chest immediately after delivery. I request that the cord pulse as long as possible before being cut.

After Delivery

I would like a private room if available with a cot for my husband.

I would like my husband to cut the cord.

I would like to have my baby with me immediately following delivery.

I would like to request that she is not washed, just wiped down.

If my child must be taken from me to receive medical treatment, my husband or some other person I designate will accompany him at all times.

NO amoxicillin in babies eyes, and NO HEB B shots administered. No Vitamin K

I would like baby in the room 24 hrs/day.

Breastfeeding

I plan to breastfeed exclusively. Please do not offer baby pacifier or bottle or formula.

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Week 37: Hospital Preparation

It's time to start thinking about the actual delivery, your birth plan, and what you are packing in that hospital bag! Here is my list of suggestions:

For mom:

Insurance info/pre-registration

Warm, fuzzy socks

Bath robe (even if you don't typically use one, it's perfect in this setting since it opens in the front, and can be great for nursing your new little baby.

Yoga/exercise pants/jammy pants that are loose fitting.

3-4 tops for nursing that either open in the front, or can be pulled down.

2 maternity bras (get one size larger than you think you need; avoid underwire)

Organic cotton nursing pads

Lip balm

Moisturizer for skin and face (andalou)

Toiletry pack for your first shower post baby

Makeup

Eye glasses

Hair ties

Essential oil diffuser (balance from doterra)

Heating pad, or rice bag to be microwaved

Maternity underwear (large granny panties. I PROMISE you want these.)

Food:

Cold coconut water for hydration and electrolytes

Protein bars (perfect foods bars)

Grilled chicken, cubed

Candy or chocolate. YEP! This is the first time in my life I am recommending candy. My doula had me get M and M's because if there ever was a time for quick energy and sugar it is during labor.

For baby:

Coming home outfit :)

Blanket

Swaddle

Car seat

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Week 38: Power of Intention

The power of intention is an incredible thing. Here is what I worked with during my pregnancy. Meditation. Come with 'ease.' was the word I chose. Choose one word as your mantra
Vision boards
Miracle manifestation manual.
List out what you already grateful for.
Picture yourself with the ideal scenario. What does that look like? What does it feel like?

Week 39: Nutrition for Postpartum

In just a few short days your baby will be here! Can you believe it. It's likely that you are starting to notice some big changes in the body this week. In preparation for D day here is what I suggest having on hand to eat while labroing at home, and to eat at the hospital. Remember, once you are admitted into the hospital, the nurses will not want you to eat incase you have to have an emergency c-section. My doula would sneak me snacks, treats and even M&M's during labor. (I know, M&M's??? But if there was ever a time to need glucose immediately, it's when you are in labor. So I give you permission to pick out your favorite candy at the gorcery store and tuck into your hospital bag.)

Other things to include:

Coconut water and Juice
Fruit. I had strawberries, cherries, grapefruit and watermellon.
Protein Bar such as The Perfect Foods Bar
Gin gins (ginger chews great for nausea or GI disgress)
Almond butter (great to eat with your fruit)
Cereal- bob's red mill oats. (huge upgrade from the hospital breakfast! Oats are also great for lactation.)
Chocolate Banana Muffins
Grilled chicken, cubed. Marinated in: olive oil, lemon/ lime juice, garlic, teryaki sauce, tamari sauce, salt pepper .

Week 40: CONGRATULATIONS!!

It has been an absolute privilege to take this journey with you. I wish you all the best in raising your new little one. If you ever have questions about nutrition for your infant, the introduction of solid foods, or homemade formulas, please feel free to reach out to me and I would love to help!
Emily@nourishmintwellness.com

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Bonus: Tips for a new Dad

When in doubt, be supportive. Your partner is likely overwhelmed too, and doing the best she can. Offer a listening ear, offer to rub her feet, get her some yummy snacks and always, always try to be supportive.

Stay overnight with your partner in the hospital. I know, the lazy chair is NOT going to be comfortable, and you might even be sharing a room with other people however I desperately wanted the company, moral support and love from my partner the entire time I was in the hospital.

Skin to skin. I know you heard all about this in the hospital. But don't forget to continue to do this once you are home. Take your shirt off, grab baby right after a bath, and just cuddle. Let him or her fall asleep on your chest and just relax and rest together. Your baby will likely be very comfortable on your chest just like mom's chest as he or she will recognize your smell and your voice. Hearing your heartbeat is added comfort from the womb as well. I promise this will never be a waste of time.

Plan on disrupted sleep. It's obvious that newborns keep you up during all hours of the day and night. Both you and mom will be very tired in those first few weeks. Just like I tell mom, sleep when the baby sleeps. Everything else can wait. Taking a nap can shift your whole perspective on things especially when you are sleep deprived.

Learn to play second fiddle... at least for a little while. Mom and baby will spend the first few weeks really getting to know each other. Feeding a newborn can be all consuming for mom and often there is a fair amount of pain in the body that goes with those first few weeks including pain while nursing. Be mindful that your partner is doing the best she can, she is also sleep deprived, and she is trying to learn how to take care of this new baby. If you feel pushed aside, just know it's normal, and temporary.

Forget about Sex... for now. Recovery from childbirth, crazy long nights of sleep deprivation, and hormones that are regulating can take a major toll on your sex life. The doctor will likely give your partner the green light at 6 weeks, and I remember I didn't feel ready for several months. It will get back to normal soon, but be extra patient in this department. Be mindful of showing love to your partner in other ways.

Depression. It's not uncommon for both parents to feel a bit of depression after baby is born. Ride the wave, and know it will get better soon...

Understand that there is no rule book for the first few weeks at home. It's hard not to go stir crazy those first few days home. Some dads might feel 'house bound' because they know they should be around, but yet there isn't a whole lot that dad can do. Besides changing diapers and making food your tasks are a bit



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limited when it comes to baby. Try to get creative. Be available to help bathe the baby, hold the baby while your partner takes a warm bath etc. You will find things that you are really good at. My husband was the 'swaddler' of the family because he could get it just right. Offer to help often even if you get turned down. Eventually your partner will be VERY ready for the help.

Don't be afraid to ask guests to leave. It is your job to check in with your partner and make sure there aren't too many guests visiting especially in the first few days. Friends and family will be overly excited to come meet the new baby. Embrace their excitement, but if you feel they have overstayed, it's totally within your rights to graciously walk them out. Tell them your partner needs a nap, or it's time to feed the baby and they should understand.

Say yes to help. Like I said above, so many people will want to be involved in this special time of your life. However, it might feel best to just have some sacred family time during these first few moments AS a family. Try delegating some tasks. Ask friends or family to drop a meal at your doorstep and that you will have them over in a few days when the dust settles. People will gladly bring you food, groceries or anything you may request as they just want to offer love and support.

Emotional Processing. While childbirth is an amazing and joyous process, it is also one of the most life changing events a woman can go through. Some women are surprised to find that even though it is the happiest moment of their life, it can also be traumatic, scary and overwhelming. Supporting and encouraging your partner to process the aftermath of her childbirth experience can be extremely helpful. The telling and retelling of the birth story can be extremely therapeutic, especially if there are aspects of delivery that didn't go according to "the plan" or if there was some sort of medical trauma. Sometimes women may feel isolated in their emotions - they may feel like it's not OK to express anything other than joy about their new baby however, processing the good, the bad, and the ugly helps your partner take ownership of her whole experience and becomes a vital part of postpartum recovery. Some women find journaling helpful, others just want to talk it through with a loved one. Whatever your partners' style, encourage her to process her thoughts and emotions in the days following the birth of your little one.

A Note About Infertility. If infertility was a part of your journey to parenthood, it may be helpful to check in with your partner in the week leading up to delivery and in the days following. Infertility is a different experience for everyone and some women may experience lingering emotions from the journey to become pregnant. Impending delivery can stir up many of these emotions that have been silent for 10 months - some women find themselves feeling anxious, worrisome, or scared leading up to meeting their little one. Some feel like it may be too good to be true. Some may not have any residual emotions and may only feel the joy of waiting to meet their baby. There's no right or wrong way to navigate the journey from infertility to parenthood - the important part is that you, as a team, find closure in the journey.



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Bonus: Vaccination Research

I get this question all the time as a nutritionist. Did you vaccinate?

While this is a very personal decision and highly contriverial, I wanted to offer up some information from where I started my research journey. The more I learned on this topic, the more I wanted and had to know.

My one and only suggestion: do you research. I was blown away with what I learned the more I researched, and I spend way more time on this topic than I ever thought I would. I found it very helpful to make a list of all of the vaccines on the schedule. I then researched the vaccines individually and considered the risk of the infection vs. the risk of the vaccination. Some of the vaccinations are for conditions that have mild symptoms so when I learned about each one individually, I felt like I could make a more educated decision. Unfortunately, many of the vaccines come in combination formulations so you can't necessarily always single out the vaccine. Also, vaccines are not necessarily one size fits all. Every child is different genetically and there are many factors to consider. In this research phase I found it helpful to interview different people including other mom's I trusted, a variety of doctors including my OBGYN, my pediatrician, an Osteopath in my town, my chiropractor and my doula.



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