

Treatment Plan

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Treatment aims:

1. Improve overall diet to support pregnancy
2. Decrease morning sickness
3. Improve energy levels
4. Improve bloating and irregular bowel motions

1. DIET

An optimal diet is essential to support a healthy pregnancy for both you and the baby.

- It is important to remember that weight gain is not only normal but expected during pregnancy. A healthy weight gain during pregnancy is considered to be 1-2kg in the first trimester and 400 grams per week thereafter.
- I made you a sample diet on WebDiet. That diet is designed to be a guideline of what and how much you should be eating. This is only a GUIDE and is not meant to be strict or restrictive. It is just so you have an idea (:

Important dietary changes:

- Decrease intake of sugar in the morning (banana bread and cereal = refined sugar) to avoid blood sugar dysregulation. This is very important to avoid gestational diabetes during pregnancy. If you want to have banana bread in the morning, have it with a smoothie and protein powder.
- Avoid eating sugary foods without fibre and protein
- Coffee only 30 minutes after breakfast

Exercise:

If you were active and physically fit before pregnancy, you have no complications and have been cleared by your GP to exercise, you may continue to do so adjusting the intensity and activity level as the pregnancy progresses. Staying active can improve fitness, prevent or manage gestational diabetes, facilitate labour and reduce stress.

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2. DECREASE MORNING SICKNESS

The hormonal changes during the early stages of pregnancy are responsible for this increased sensitivity towards foods.

- In your diet, you will find a guideline of what foods to eat so you have an idea of how much and why you should be eating. However, be patient with the process and don't go too hard on yourself. ***If you are unwell, the most important thing is eating something, doesn't matter what it is (within reason, especially for high sugary and processed foods). Eat what you want, when you feel like it, trying as much as you can to follow the diet given.***

To alleviate nausea:

- On waking, arise slowly, don't rush to get up and out of bed.
- Try to eat straight after you wake up, ginger biscuits are a good alternative (you can buy gluten-free ones in the health section of the supermarket)
- Chew gum
- Eat small and more frequent meals (snack on ginger biscuits throughout the day). You can also eat your lunch/dinner in turns. For eg eating half of your lunch at 12 and the other half at 2 pm.
- Drink carbonated water instead of juice, milky beverages, and coffee.
- AVOID COFFEE as much as you can, but if you want to have it, only after you've eaten and 30 minutes away from food.

3. IMPROVE ENERGY LEVELS

Lower energy levels mean it's your body's way of telling you to *take it easy* and allow it to adapt to the transformations occurring internally.

Hormonal fluctuations, particularly the surge in progesterone, contribute to your fatigue during pregnancy, especially in the first trimester. As blood volume rises to support the growing placenta and fetal circulation, your heart works harder, leading to increased pulse and breathing rates. Low iron levels may also contribute to fatigue.

This overwhelming fatigue you are feeling now in the initial trimester normally goes away, and you will typically feel better in the second trimester.

- Food is fuel!
- Sun exposure (before 8 am after 4 pm)
- Sleep and naps. Rest if your body asks for it!
- Take your supplements every day! Set an alarm if you struggle to remember it.
- At least 2L of water daily

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4. IMPROVE BLOATING, DECREASE GIT INFLAMMATION, IMPROVE STOOL CONSISTENCY

To improve gut motility and abdominal bloating:

- Eat plenty of fibre: fruits, vegetables and wholegrain cereals
- Exercise regularly (light 20-minute walks are a form of exercise)
- Hydration through water and coconut water
- Respond rapidly to the urge to defecate

SUPPLEMENTATION:

- **Ultra Flora Gi regulate:** Contains probiotics which will decrease leaky gut and microbial dysbiosis, decreasing bloating and improving general gut health. Probiotics are essential to help build a healthy microbiota which will directly influence your baby's health, not only during childhood but throughout their whole life. Probiotics will also decrease the risk of mastitis when breastfeeding. Maternal microbiome directly influences the foetal microbiome, which will play an important role in the health of the baby throughout his life. It also contains PHGG, a fibre that helps with stool consistency and to improve the quality of the microbiota.
- **Prenatal supplements:** Will provide you with all nutrients necessary for optimal foetal development, as well as support your nutritional needs throughout this period.
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- **Women's essence (Australia bush flower essence):** The vibrational molecules of the flowers can help regulate our emotions. This essence can help you transition into this period of changes in your life.
- **Fe-restore:** to improve iron levels. Take 1 capsule every second day.

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