

# Treatment Plan

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ROSA

nutritionist and naturopath

## Treatment aims:

1. **Continue to improve overall diet to support pregnancy**
2. **Decrease bloating and improve digestion**

### **FOCUS ON:**

- Chewing your food properly
- Avoid drinking liquids with meals
- Decrease refined sugar intake (replace banana bread with a healthier option, maybe those pouch yoghurts that you can easily grab in the fridge if you are on the go. You can also prepare overnight oats and leave it in the fridge to eat in the morning)
- Peppermint or ginger tea 30-40 minutes after each meal

**Teas you can drink in pregnancy:** chamomile, peppermint and ginger are the best ones to decrease bloating. You can also have lavender, lemon balm and fruit teas (pineapple, apple, orange).

**Avoid** cinnamon, black tea, green tea and hibiscus.

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## 1. Increase fish intake.

- decrease inflammation,
- support brain health
- support a healthy pregnancy.

### *High omega-3 fish options:*

- Salmon
- Sardines
- Mackerel
- Herring
- Trout
- Tuna
- Barramundi

## 2. Drink 500mL of water upon waking up.

Throughout the night, our bodies undergo numerous metabolic processes which result in significant water loss. Rehydrating with 500ml of water upon waking can revitalize your digestive system and aid in the elimination of toxins accumulated overnight.

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3. Include one morning shot daily to stimulate digestion, improve immune system health and decrease inflammation. Take it FASTING, 20 minutes before breakfast:

- 1/2 cup of warm water
- 1/2 Lime or lemon
- 10 drops of propolis
- 5g glutamine
- 1/2 tsp of ginger powder or ginger juice
- 1/2 tsp of turmeric powder

4. Drink 1/2 cup of warm water with 1/4 lemon before lunch and dinner to stimulate acid secretion, which will improve digestion and decrease bloating.

5. Bone broth:

Bone broth is beneficial for health due to its rich nutrient content, including collagen, amino acids, and minerals, which support gut health, joint function, and overall immunity.

Ideas on how to use it:

- Add in a cup of warm water and sip on that
- Add to soups, stews, beans, lentils, risotto....