



NATURAL REMEDIES FOR COMMON COMPLAINTS IN PREGNANCY

Aches and Pains: To relieve low back pain and other muscle tension take Epsom salt warm baths. Add 3 cups of Epsom salt to warm bath water and soak for 20-30 minutes. Epsom salt contains magnesium which helps to relax sore and tense muscles. Do not soak in hot water > 102 degrees.

Allergies: Drink three cups of nettle tea per day. Add 3 Tbs of dried nettle leaves to 1 quart of water and allow to soak in the refrigerator overnight. Nettle tea also is very rich in minerals so it is a great way to increase intake of calcium and magnesium. You can buy nettle leaf at Red Clover herbal store or at Natural Grocery in bulk herb section. Another option is to take capsules of freeze dried nettles. These can be purchased at Natural Grocers, take as directed on the bottle. You can also take Quercetin 250 mg 1-3 times a day. We carry Quercetin Phytosome by Thorne, a high-quality Idaho company: take 1 cap daily with liposomal vitamin C 1 gram every 3 hours.

Headaches: Apply a cold compress to your forehead and soak feet in a warm bath. You can also apply a small amount of a menthol ointment like Tiger Balm to the temples or tense muscle of neck and upper back. Be careful not to get in your eyes or rub eyes after applying. Also, take 200-300 mg of magnesium and Vitamin B2 400 mg.

Toothache: 1-2 drops of Clove essential oil applied to a cotton ball and place over effected tooth. This will numb area until you can be seen by a dentist.

Insect Bites/ Itching: Oatmeal baths: put a cup of oatmeal in cheese cloth or an old clean sock and soak in 2 cups of hot water for 15 minutes. Then pour water and oatmeal contained in cloth into the bath and soak in it or apply compress of oatmeal directly to bite or itching skin. Bath temperature should not be greater than 102 degrees. You can also add a cup of baking soda to the bath to help with itching. An herbal cream that can help with itching can be purchased online: Calendula, Coneflower and Comfrey cream by Eclectic Institute.

Sinus/Cold/Flu Symptoms: Drink ginger tea every 3 hours. Take 1 TBS spoon elderberry syrup every 3 hours. This can be purchased at Natural Grocers. Do steam inhalations of thyme and or eucalyptus essential oil. Add

3-5 drops of essential oil to hot steaming water and breath in steam by covering your head with a towel and placing it close to the steaming water. Be careful not to get too close so not to burn your face. Do this for 15 minutes 3 times a day. Apply menthol based ointment on your chest to soothe coughs and relieve congestion. Take Liposomal Vitamin C take 4 times a day to induce immune system action.

Sore Throat: Gargle this throat gargle every 3-4 hours: Add to 1 mug of warm water (all measurements approximate; do what feels and looks right to you): :: 2 t. honey :: 2 t. salt :: Juice of half a lemon :: 3 T. vinegar :: Several dashes of cayenne pepper

Cough: Add 3-5 drops of thyme essential oil to menthol based ointment and apply on your chest to soothe coughs and relieve congestion.

Hemorrhoids: Apply Witch hazel compresses and warm sitz baths.

Diarrhea: Drink 1 cup of Red Raspberry leaf tea 3-5 times a day. This tea is safe in pregnancy and is also good for preparing the uterus for childbirth. You can purchase the dried leaf at Red Clover Herbal store. Stay hydrated drinking clear fluids, bone broth and coconut water.

Constipation: Drink at least 64 oz of water per day and 5 servings of vegetables per day. Eating 1 cup pumpkin puree and/or 3 prunes soaked in water can help relieve constipation. If that doesn't work take Psyllium fiber: 1 tsp in 16 oz of water 3 times a day and take 200-300 mg Magnesium glycinate before sleep. If that doesn't work take Digestone (Triphala) 2 caps 3 times a day. We have Digestone and Magnesium glycinate in office.

Indigestion and Heartburn: Eat small frequent meals. Take digestive enzymes with meals. We carry BPP: take 1-2 caps with meals.

Nausea: Take 25mg Vitamin B6 daily which can be achieved by taking B-Complex #12 which we have in office. Drink 3-5 cups of ginger tea. We also have a ginger supplement by V.P.K. Take 1-2 caps three times a day. Wearing acupuncture sea band wrist bands may be helpful. Eat small frequent meals and eat something light in the morning before even getting out of bed. See our handout on morning sickness for more information.

Legs Cramps and Edema (Swelling): Wear supportive hose, wear low heeled shoes, elevate feet when possible. Increase intake of dark leafy greens and avocado and other magnesium and potassium rich foods. Take 200-300 mg of magnesium glycinate.

Sleep Aid: If you have trouble staying asleep take 250 mg GABA before going to sleep. We have PharmaGABA by Thorne in office: take 1-2 caps before going to sleep and an additional capsule if you wake in the middle of the night. If you have difficulty falling asleep take Tryptophan 1-2 g before going to bed. We carry L- Tryptophan by Thorne: take 1-2 caps before going to bed. Another option is Melatonin 3-5 mg before going to bed. If you get headaches.

Leg Cramps and Constipation: Take Magnesium glycinate 200-300 mg before going to bed to address all these concerns.