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## LABOR-AIDE RECIPE



- This recipe can be helpful for pregnancy nausea which is mostly due to hormonal fluctuations & low salt (which results in low stomach acid, which is needed to digest protein & minerals, and can cause heartburn as well.) The endocrine system & hormones rely on the basic electrolytes; salt, magnesium, potassium, and calcium to function properly. The endocrine system is the gland that produces hormones that regulate: mood, reproduction, sleep, metabolism, sexual function, and growth and development.
- Magnesium & calcium are necessary **for deep sleep** (when rapid growth hormones are produced), for less painful BUT EFFICIENT contractions, to prevent water retention, sore muscles, or high blood pressure.
- It is also a great source of Vitamin C which creates a strong bag of waters, aides in the production of collagen (which is helpful to prevent tearing), helps prevent stretchmarks, helps pick up iron in the body, dissolves Lactic acid; which can build up in the muscles causing sore muscles, it can stop bleeding and aides in preventing illness.

\*You do not need all 3 magnesium supplements, you can pick just one & increase slowly how much you use.

- 1 Liter of organic coconut water (potassium)
- ¼ tsp. Salt – for sodium & chloride (himalayan, REAL salt, celtic sea salt)
- ½ to 1 ½ tsp. Concentrace Mineral supplement
- 1-2 tsp. Of Natural Calm Magnesium powder or the calcium-magnesium powder (magnesium/calcium)
- Juice of 3 limes or 2 lemons (Vitamin C)
- To sweeten: Monin flavoring syrup, coconut sugar, honey, agave, etc.
- Adding a splash of juice or sliced fruits makes it tasty too!
- Add water to fill the rest of the way.

**\*This is not intended to diagnose or cure. As always, discuss it with your care provider if you have any questions about whether it is right for you!**



## Nausea/Vomiting in Pregnancy??

Nausea & vomiting are common symptoms during pregnancy. It isn't just "morning sickness" either, it can be any time of day! Here's a list of some ways that you can try to reduce or eliminate the symptoms...

### -P6 Accupressure Point

- Don't take prenatal vitamins on an empty stomach.
- Red Raspberry Leaf Tea
- Increase Vitamin B6

Here's how you can locate P6 accupressure point yourself: In general, the point is found about two inches above your wrist crease on the palm side, right in the middle, in between the tendons.



- Bland Foods
- Reduce stress
- Get adequate rest
- Avoid Strong Smells
- Fresh Air
- Ginger
- Labor-aide, Ginger Ale, carbonated H2O
- Lemon Balm, Peppermint, Spearmint Tea
- Eat Small (high protein) Snacks **Frequently** Throughout the day.

\*Be sure to talk to your Care Provider about any concerns with nausea or vomiting like; weight loss, dehydration, or dizziness.

### \*The FDA Warns Against the Use of Zofran During Pregnancy...

Based on recent studies regarding the association between Zofran use in early pregnancy and congenital cardiac malformations and oral clefts (cleft lip and palate), the FDA has cautioned against its use in pregnancy. There are also potential maternal risks associated with taking Zofran especially in pregnant women with electrolyte imbalance due to severe nausea and vomiting. These risks include the Serotonin Syndrome which is a triad of cognitive or behavioral changes including confusion, agitation, autonomic instability, and neuromuscular changes. Therefore Zofran should not be taken during pregnancy. For more info:

[http://www.fertilitycenter.com/fertility\\_cares\\_blog/fda-warns-against-zofran-use-in-pregnancy/](http://www.fertilitycenter.com/fertility_cares_blog/fda-warns-against-zofran-use-in-pregnancy/)