

# Baritz Wellness Center, P.C.

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## Have a Healthy Pregnancy

08/30/10, 03/01/11

### Low Carb Lifestyle

A lower carb diet can reduce morning sickness and the risk of gestational diabetes by limiting hypoglycemic trends. A lower carb diet also limits excessive mother weight gain and resultant stretch marks. A simple rule of thumb is to avoid bread, pasta, potatoes and rice.

### Synthetic Supplements vs. Whole Food concentrates<sup>1,2</sup>

The need for extra nutrition during pregnancy and lactation is well established. However many women do not tolerate synthetic vitamins well; and become nauseous or not to not feel well when they take them. Also some experts question the wisdom of high dose synthetic vitamins. One problem is that synthetic vitamins do not contain the cofactors found in nature and tend to draw on the bodies reserves of these co-factors to be metabolized. Thus they can ultimately lead to deficiencies. Whole food concentrates avoid these problems because they are always provided in a natural base that contains the co-factors found in nature. Whole food supplements can be taken by themselves or in combination with other prenatal vitamins. Supplements are usually continued for three months following delivery to support recovery, lactation and a return to normal cycling.

### Basic Nutritional Support for pre-natal care and post-natal care<sup>3</sup>

<b>Folic Acid-B12</b> (1/day)	Provides the recommended 400 micro grams; folic acid supports spinal cord neural tube formation in the first trimester <sup>4</sup> and CNS development thereafter.
<b>Tuna Omega-3</b> (4/day)	This product contains naturally occurring DHA. Among other important nutrients expectant mothers need plenty of DHA in their diet to ensure proper brain development for their babies and for proper development and function of the eyes. <sup>5</sup>
<b>Catalyn</b> (6/day)	Our best multi-vitamin and trace mineral whole food concentrate. Catalyn has been recommended by 1,000s of doctors and used by millions of people since 1929.
<b>SP Green Food</b> (6/day)	Medically speaking, Toxemia is pregnancy induced hypertension. Roughly 7% of pregnant women will develop at least mild Toxemia. Severe toxemia, however, can cause many health problems. SP Green food contains concentrated vegetable powders shown to support the P450 enzyme system of liver detoxification. <sup>6</sup>
<b>Calcifood Wafers</b> (6/day)	Each wafer provides 100mg of calcium. The FDA recommends that women who are pregnant or lactating consume 1,300mg of calcium per day. We recommend you get about one half of the RDA from your diet and one half from supplements. <sup>7</sup>
<b>Ferrofood</b> (1/day)	Iron deficiency is one of the most common nutrient related conditions among infants and women. Iron is a important blood-building nutrient.
<b>Immuplex</b> (3/day)	Provides a complex of nutrients to support your immune system and keep you healthy.

**To have a custom program created for you or for a free consult call 508 583-2565**

1. The Importance Of Whole Food Supplements: [www.standardprocess.com/display/theimportanceofwholefoodsupplements spi](http://www.standardprocess.com/display/theimportanceofwholefoodsupplements spi)

2. Selecting A Quality Supplement:

[www.standardprocess.com/display/displayFile.aspx?docid=656&filename=/Public/Lit/Brochures/selectingaqualitysupplementL6130.pdf](http://www.standardprocess.com/display/displayFile.aspx?docid=656&filename=/Public/Lit/Brochures/selectingaqualitysupplementL6130.pdf)

3. Standard Process Products for more info: [www.standardprocess.com/display/sponlinecatalog spi](http://www.standardprocess.com/display/sponlinecatalog spi)

4. American Pregnancy Association: [www.americanpregnancy.org/pregnancyhealth/folicacid.html](http://www.americanpregnancy.org/pregnancyhealth/folicacid.html)

5. Fatty acids during pregnancy: [www.marchofdimes.com/pnhec/159\\_55030.asp](http://www.marchofdimes.com/pnhec/159_55030.asp)

6. Toxemia In pregnancy: [www.amazingpregnancy.com/pregnancy-articles/188.html](http://www.amazingpregnancy.com/pregnancy-articles/188.html)

7. National Institute of Health, Office of Dietary Supplements: <http://ods.od.nih.gov/factsheets/calcium.asp>

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