

Healthy Pregnancy

Congratulations... you're pregnant! However many times you've been pregnant, whether this is your first or your 10th [!!], you're baking a cake and the recipe of health is an important one.



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This is the time that you really can and will make a difference to your child's life. The good news is that you can make educated informed choices about nutrition and lifestyle, which will support your growing foetus and positively affect your pregnancy and your well-being too.

VITAMINS: The B group vitamins B1 (Thiamine) and B2 are commonly depleted, and especially so in pregnancy. B1, B2 and B3 are all-important in the growth of the foetus, as well as in many other enzyme systems in its body. They have been shown to help increase foetal size and birth weight. B5 is essential for many things, including eye sight. B6 helps reduce morning sickness and possibly pre-eclampsia. B12 is essential to nervous system development, red blood cells and the genetic code of the foetus. Folic acid is essential for complete development of the neural tube, preventing, for example, spina bifida. Vitamin E is an antioxidant providing liver support and may decrease the chance of premature birth and low birth weight. Vitamin C is a potent antioxidant that helps form red blood cells. Vitamin D3 helps the absorption of calcium and phosphorous.

MINERALS: Zinc helps growth and immune system function. Calcium is involved in the development of teeth, bones, nervous system, heart and muscles. Magnesium contributes to bone and teeth formation, and relaxes mother's muscles. Selenium reduces the risk of pre-eclampsia x 4 fold and is an antioxidant. Chromium helps regulate blood sugar levels and so is very important for diabetic mothers and gestational diabetes sufferers, or those people at risk of this. Iodine is important for the thyroid gland, and for growth and cognitive foetal development. Coenzyme Q10 is an antioxidant that boosts energy within the cells. Iron requirements are **DOUBLE** in pregnancy for healthy blood.

Significant sources of DHA are mainly found in deep sea oily fish such as salmon, mackerel, anchovy, and sardines. It is vital to the brain's development and health. Some studies show the benefits of taking DHA supplements are: higher intelligence, advanced attention spans, healthy vision development, less post-natal depression, decreased incidence of childhood allergies, ADHD and Autism. Remember 'oils ain't oils'. It is important to seek advice on supplementation in pregnancy from a qualified practitioner.

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