

Naturopathy for pregnancy support



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The addition of natural therapies as part of your pregnancy care plan has shown to have many benefits. Naturopathic medicine has a long history in midwifery practice and all aspects of gynecology, with many herbal medicines and nutrients showing both traditional and evidence based knowledge for placental support, pregnancy symptoms and women's health in general. Adding naturopathic medicine to your care plan during pregnancy has shown to benefit mother and baby in many ways that are safe and efficacious. naturopathic support can be a great tool to assist in reducing and easing symptoms that may be present during pregnancy. Certain therapies may assist with meeting nutritional needs, improving sleep, reducing anxiety or supporting structural changes occurring in the body. They are also highly sort after in preparation for labour and to increase the chances of an uncomplicated birth.

The body has different needs and requirements during pregnancy, labour and post birth. Whether nutrition and diet, or various lifestyle changes, naturopathic care can provide excellent support. Naturopaths can address common complaints that can arise in pregnancy such as nausea, gestational diabetes, sleeplessness, cramping, constipation and migraines. Furthermore, naturopathy can also assist in preparing your body for labour and birth. In final weeks of your pregnancy, a herbal mixture can be formulated specifically for your needs to prepare you for birth.

We provide all patients with a list of herbal medicines that are considered safe in pregnancy, to reduce the risk of them taking natural medicines that may be less safe, or be unproven to be safe in pregnancy. Working with your naturopath can ensure you get the best out of your natural medicines, both herbs and nutritional supplements.

Overview of areas naturopathy can excel in pregnancy care:

- Nutrition and diet
- Natural management of health concerns ie, Low iron, head aches, morning sickness
- Reduce fetal toxicity
- Natural Breastfeeding support
- Support for initiation of labour
- Natural support for labour & post birth
- Support to help reduce infant illness ie. Allergies & Asthma and weaning.