

3 - Making a new being

Exciting times! You can only make this baby once.

You need **ingredients** - those able to be easily spotted within you to make what is to be the best baby and best pregnancy you can. These need to flow to and from where they will do the most good.

Tired? **Sleep**. Hungry? **Eat**. Thirsty - hopefully not as you have woken up to your water needs. You are clearing out all that has gone before. NO sugar or anything that coverts to sugar as you are after clarity. Grains/cereals (fillers essentially) and fruit even: all are not where minerals, fat and protein are. The inflammatory sugar hits that MAY give a rush of energy are at the cost of your vigor – don't.

Minerals – topical iodine and magnesium are essential – see more here.



Hydration – not when thirsty - way too late! Drinking sufficient at least 3 litres daily and one litre prior to eating anything in the morning – not gulped down. Start the day clearing your liver – some warm water with a half lemon squeezed in. Drink enough pure, unchilled water all through the day so there are no warning signs of dehydration - dry lips, warm/hot feet/legs – going into itchiness later on – no heat sensations regardless of how cool you feel on the skin surface - here we are setting a foundation for wellness - not 'high risk' as the pregnancy grows. and no sugar cravings. More on [what could happen without enough water here](#).

Sunshine – **Vit D3** levels MUST be at least at the highest suggested for optimal life as a mum to be and for baby.

Ingredients - fat and protein – if vegetarian/vegan the some of secondary protein combining and exceptional amounts of fats to make or and your baby's hormones and neurological system – and to fuel this project are essential.

The basics ...



Much more on all of this can be [found on this site](http://www.easybreasts.com.au) – www.easybreasts.com.au
 I did this up as if we have happy healthy breasts we will also be sane, hormonally' balanced and in great shape. Here I explain that the breasts are (like periods) a report card of what is/ has happened.

[Iodine](#) is such an underappreciated crucial mineral/building block. Micro doses needed – x2 in pregnancy and lactation - and when not there - your metabolism slows – as does digestion – and then disasters happen – including all gut disorders. . as we need to be able to digest and to transport all to where it is optimally needed and wastes away. This includes constipation (as with lack of water and fat and fibre and fluids), lack of energy, baby brain – all appear.

These are NOT 'what to expect when expecting' neither are they healthy signs/ normal in pregnancy: they are warnings that your body gives you. Pay attention!

Without enough bioavailable iodine – [Dampness](#) will get out of hand.

How to increase your levels? It may be easy – painting your skin with Lugol's solution (15%) – hard to come buy – and is crucial as most (at least 80% who walk into my clinic) are low thyroid/adrenal functioning – an in pregnancy – that downwards spiral MUST end.

The importance of gut health is underestimated – your food factory HAS to work. What you put in is not as important as what your body can do with it – [more here](#)

Love your body better

Take out the COLD

- only body heat to warm food and drink, keep it bland
- protect feet and head, no chill breezes

Leave out the SWEET taste

- zero tolerance to sweet
- leave out fruit and juice as well

Have plenty of SALT

- suck on one roasted, salted nut at a time, or
- a spoon of warm, salty broth

Paint on some MAGNESIUM & IODINE

- feed your body the ingredients it needs, painted on topically
- Have a warm magnesium bath to relax your muscles

Bring yourself gently back to wellness and enjoy your beautiful pregnancy.

www.heatherbrucehealing.com.au

Topical application – is the best way. . **Iodine** - a palm sized each day – magically breast tenderness will leave you – paint on different spot – breasts is a great start – if nauseated – on the stomach – above the navel is a great place and may instantly resolve your distress. Be aware that it may irritate your skin if you use the same place daily.

Magnesium – at least 10 x daily – on bum/thighs after using loo. If it prickles or burns/you can't stand it on your skin - you need a different strength and to take out [what is harming your uptake](#) – the embedded mercury in all your tissues.

