

Healthy Eating for Pregnancy



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All information in this book is tempered by the opinion of the author.

If you wish to make health and lifestyle changes, I recommend you do so under professional care. I will not be held responsible for any loss or damage of any nature occasioned or suffered by any person acting or refraining from acting as a result of reliance on the material contained therein. Second and third opinions are often necessary, and even then, please remember that it is YOU and your baby who are bearing the lifelong consequences of your decisions and actions.



It is not intended that you substitute the information contained within for appropriate medical advice. Helpful hints and self-responsibility must be tempered with common sense and a respect for the highest good of all the participants.

ABOUT THE AUTHOR



Heather's passion is providing people with the means to help themselves.

Drawn to natural medicine after the birth of her first child in 1977, she has been involved in providing acupuncture education for three decades. After graduating in 1978, she realised it was more important to teach people what they were doing to disturb their own inner balance, and how this was contributing to their problems, rather than just trying to 'fix' things for them.

Soon she co-wrote a very different kind of undergraduate acupuncture course, teaching at her college for several years, while also writing and delivering postgraduate seminars.

Since she is also a naturopath and herbalist, Heather combines many different approaches and responses to people's conditions. In 1986 she gave birth to a seriously brain-injured, severely autistic baby. She then spent her daughter's first eight years turning over every stone to help her live well and optimise her potential.

This gave Heather first-hand experience of the suffering we inflict on ourselves when things seem not to be going 'our way'. Altogether, Heather had four children, all of whom contributed additional practical experience to her wealth of knowledge and skills in her clinic work and teaching at all levels of acupuncture.

Drawing on this life of maternity, and of teaching acupuncturists, and of working with apparently hopeless cases, Heather has created websites, books, life manuals, meditation CDs and posters. She also produces videos and trainings for acupuncturists and midwives/doulas, and now has branched into spreading her wisdom through eBooks and online self-help courses.

These tools are widely researched. You will see the evidence of Heather's personal and clinical experience. Coupled with the practical application of her understanding of the natural life centred acupuncture and naturopathy modalities, you will also discover many answers that till now you may have missed.

Be aware that often Heather is answering questions that you may not yet have thought to ask.

FOREWORD

This is written for those who want to improve what they are doing for the future of their family. You have in this work the result of my decades of supporting nature. Change diet and you change everything. Often this most basic component of life is overlooked. Why not make the best baby and the best reform of yourself when pregnant possible? A gift to yourself – enhance your own health.

Along the journey of life, we all grow, learning as we go. I have added my own personal journey into this, as my own path to maternity was fraught with me being misinformed – and of course doing what I thought was best. Problems may develop. Solutions may be needed. Therapists may be consulted. Answers may be discovered. We could go back to what always worked. Nature.

Western medicine is not focused on enhancing wellness. It is well outside their scope of practice. Midwifery, obstetrics, now even the ‘allied health’ sector all are governed by what is ‘allowed’ to be presented. One man changed the course of life for all peoples. Check out the Flexnor Report (1908-11). Who funded that and why? I ask you the reader. Do you want the best possible outcomes – or ones that are ‘acceptable’ in the medical model? Your choice.

None of what is written here is usually presented. This puts you, the reader, in a quandary - who to believe? My suggestion is that you go with your gut. What feels right? Maybe change all you do for a month – and review. Did it work?

While humans are capable of eating a variety of consumables, they tend to go with dogma and taste. Some substances now called ‘food’ are very questionable. This may have come to your attention already. Farming and gardening were initially about the best possible outcomes. We are made from what we chose to eat. Poisons in – poisons out.

You may not be aware that this is the first place to make changes when something appears to be ‘going wrong’. Possibly because almost no one will be asked, when consulting a doctor or any form of health care professional, what they eat; what they have changed in their diet recently or what they have done to alter what was a functional system is not investigated. The average vet possibly used to start there. Instead now, a diagnosis to be coupled with a medication or service will be discovered.

Chronic conditions are usually due to inappropriate nourishment. Many people may completely heal themselves through improving their state of nutrition. At no time is what is being chosen to eat more important than when a new being is being formed - and at the same time, when mum’s body is undergoing rapid and often permanent changes – pregnancy and breastfeeding.

There are infinite versions of ‘right’ out there.

Who is the authority? We are remarkably resilient. What was eaten all over the globe would show you amazing variations - due to latitude, altitude, soil availability and prevailing weather.

Humans have always thrived on simple fare. Usually, animal based. A look into the past, eating, and the effects our modern habits have had on all in the world can be [seen here for free](#).

In traditional cultures, those nearing marriage were swamped with nutrient dense foods to ensure the next generation made was as strong and resilient as possible. Pregnancy was revered and all knew to make the best future meant looking after those newly married.

Globally, within the past two centuries almost all peoples have been reduced to eating what colonisers dictated - with very grave consequences. This can be seen in the teeth and general physical degeneration. (As in the Weston Price book free link above).

Fertility problems and producing less than perfect children is now accepted. Nowhere seems the call to improve prenatal nutrition. Or ensuring (as farmers would) that we have the best breeding stock or conditions. Here I seek to change this – even though it is probably in pregnancy that you have taken this interest in what you are making your baby with, and what you can do to improve your own state of being.

Whilst modern medicine has in the past removed dread diseases and discovered how to do apparently miraculous things, what is missing is a life-based diet and a sense of how whatever we fuel ourselves with is directly related to what our bodies can do. (We are what we eat).

Possibly what we make and remake ourselves with constantly (food) is ignored in the push for what is seen to be ‘health care’ in the orthodox model, as the use of antibiotics did revolutionise life. This was when the survivors had strong constitutions and life habits (sleeping with the sun, exercise as all had no other option, living simply). With the improvement of sanitation, and the understanding of how infection and contamination of water alters all, life was transformed.

These simple public health measures can get ignored as we become seduced by the constant adding in of technological enhancements/interferences and of chemicals across all aspects of pregnancy and of life.

Experiencing ‘Health Problems’?

Modern medicine ignores diet as a component of who you are and how you got to where you need help. If you have a health concern - does anyone suggest that what is happening to you is easily remedied through changing what you eat? Your relations several generations ago would have. Life is fuelled. As with your car – a better grade of petrol gives a better driving experience.

Regardless of the type and the calibre of the practitioners you may consult, their advice and support is still dependent on you ALSO looking after yourself. You may not be aware that this is the basis of your life and often the root of your problems. In your mind you may think that you are doing whatever is best for you.

Do read *“Nutrition and Physical Degeneration - A Comparison of Primitive and Modern Diets and Their Effects”* (above link) - It may seem daunting, as it is a large body of work – and is the basis of all our global problems. It explains all that is confronting us – our state of teeth especially. It shows totally that we are what we eat. Our teeth are only as good as our food.

Humans have all [experienced a steep degeneration](#) – within one generation when the normal diet/food chosen to eat was changed - in ALL cultures of the world. All were better without modern grains, and refined, and then sugared, and chemically altered ‘food’ lookalikes.

We all need to understand that the basics are now totally misunderstood. All our health issues are simply a matter of changing what we are making ourselves from. Where is this in modern medicine? Even in diabetes and cancer the role of food is ignored in favour of chemicals that are supposed to give relief from what is essentially an imbalance due to wrong input. This is so easily shown in the work of Dr Pottenger and his research on cats in the 1930’s, now as a book – and [FB page](#) that is fascinating. It shows just what we have done to ourselves and our children through following taste buds, not clean living habits from our parents and their parents.

This may be the beginning of a transformation in your life. Not just in your pregnancy. From here you may need to question everything that is seen as ‘true’ in the world of ‘research’ and of ‘medicine’ – especially as you are on a journey of being entrusted with the life of another being.

We have eaten ourselves into our own problems. We need to eat ourselves out of them. Everything you may have thought was true, may well be as I found out when I researched – it is wrong. Everything you have taken on board (for example fat is bad and that the ‘heart tick’ is to be followed) - is CAUSING all the health issues we face now as a culture. Obesity is just the beginning. Go back to eating animal fat – it will need to be organic though.

As background, [The Oiling of America](#) (Sally Falloon) is so very important - then look to [Sugar – the Bitter Truth](#). (Robert H. Lustig). It has taken me months of researching this every stray minute whilst I was asking the question – ‘why is no one able to think for themselves anymore?’ The addiction to what is making all ill is a large part of this. Sugar and the sugars - not just from cane – but all of them – are highly addictive.

Both you and your health care professional may already think you both eat a ‘good diet’. But fashions change. Body requirements do not. To have any health issue, there is a nutritional component. By changing what you eat, you can change what is happening, altering the entire course of your life and your pregnancy. Simple. Natural. Solutions to your current questions.

What you choose to eat may ‘look’ great but may not be full of what it should be. It may contain a lot less of what it used to, due to modern farming methods, length of shelf life, and the use of chemicals to cover problems in both. Nutrients have to be in the soil and available for the plants to use them. The modern farming methods and the use of chemicals new to nature have meant that what was nutritious, decades ago, may now not be. We all know foods do not taste as they did. Also that if we eat what is harvested when ripe, it tastes very different.

Little is said on [how the gut works – and what affects digestion](#). (Dr McBride and her work - a 2010 presentation). Here it is hoped that you will see that you can radically change your and your baby’s health through paying attention to your own ‘food factory’. What you will learn from reading this can apply for the rest of your life. Change may be needed - this will liberate your health, and your life.

WHEN PREGNANT

You may become obsessed with doing everything 'right'. But whose 'right'? Everyone has a different 'take' on 'right' - and it constantly changes. There can be very conflicting information; the majority written through the biomedical model will emphasize research and 'proof', calories and food groups, rather than nutrition and how our nutrition needs change when we are growing another, or when menstruating or when breastfeeding.

Perhaps ask yourself – '*What did my forebears do?*' They must have gotten something right, as we are the result of their efforts. Survival of the fittest was the game back then.

All farmers know that soil health and what an animal eats dictates all that comes next. Want better prices? Make better products. Start with the soil and the quality of seed /breeding stock, and look after their nutrient levels and hydration, and all will be well. This is the foundation of life. All traditional systems of human health care, hence the naturopathic and the acupuncture models, are based on life and wellbeing.

The biomedical model tends to assume what is fuelling us is immaterial/coincidental to disease, its causation and in recovery. This very assumption means that even a little working WITH your body; you can turn most problems around, as nature wants you to win. The orthodox medical profession uses only an illness model. How to support healing, how this even happens, what is needed for life and how to stay well and to make a better baby is not the focus.

Alternative to modern medical thinking – look to life and wellness

When this is pointed out – you see it all around you. No wonder there is so much fear – there is so much ignorance. What you will read below is very different from what you will be exposed to anywhere else.

How to live your life with ease.

There are very simple solutions. All natural. Live simply and life will turn to be easy again. No scans, no testing, no worries – just drink more clean pure (no chilled water) and eat and live as though you would have a century ago – no numbers (Chemicals) in your food, or on your plate - all starting from 'scratch – you make and preferably grow) all you eat yourself.

Go back to what was always known – pre 'research' and 'studies' – life was the study – what had sustained all will still sustain you, and well. Not just in pregnancy, or in preparing for the growing of a new person, but also for your own healing once baby is out. Then your next task is regenerating your pre baby body and feeding a hungry newborn – all made that much easier with a life respectful eating model on board. You working *with* your body, rather than just popping any old edible in to satisfy your palate /cravings /habits will give you much better results.

The best investment possible for your healthy family – buy and follow what is written in [Nourishing Traditions for Baby and Child Care](#) by Sally Fallon Morell and Thomas Cowan.

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MY PERSONAL STORY

THINKING WE ARE DOING THE 'RIGHT THING'

Decades ago I arrived in Australia to visit my grandmother. Twenty years old. I met the man who was to become my husband and stayed on. He was living in the hills, eating and behaving unconventionally, a 'hippy' type if you like, and I adopted this lifestyle myself.

Through this, I encountered a great number of very different perspectives, particularly about food. He was following a book called *Survival into the Twenty First Century* by Viktoras Kulvinskis. In this, the author advances ideas about raw food and wheatgrass juice. My then husband also was trying to follow a macrobiotics programme as promoted by George Ohsawa and to practice the Iyengar method of yoga. As a result, he was considerably underweight but also very strong. He was motivated to try to escape a lifetime of chronic severe asthma.

Almost without thinking, I followed suit. This transformed the girl from kiwi-land, (NZ) who had until then lived on milk, cheese and meat!!! My body, being very young and resilient, completely changed. All excess (of which there had been very little to start with anyway) dropped off. I noticed a disappearance of all body odours, and my menstrual blood became very clean and fresh. I felt invigorated and very clear.

We ate only what we grew in the garden, plus brown rice. I felt fantastic!! Leeches, which were very common in that area, would not touch us. I imagine this had something to do with the raw garlic we chewed, as he believed this would strengthen our digestive system. It definitely made us unattractive to pests!!! Visitors were always besieged by leeches, so I suspect there is something in a cleansed-blood body that does not attract this attention.

When I became pregnant though, I began to crave animal protein. Sometimes I gave in. I suspect my use of protein combining, as per Frances Moore Lappe (*Diet for a Small Planet*), made all the difference to me. I was possibly also craving fat. Salad vegetables and brown rice are deficient in this, and I would not recommend this as a healthy way to start a baby.

By the time I was ready to breastfeed, I was in deep trouble. My diet was maybe 20 oranges from the fridge daily, a 44 pound bag of carrots, juiced, between us a week, and a tray of mangoes — again from the fridge. It meant, as you will see later in this book, I completely wrecked my digestive fire (*Spleen Yang*). I couldn't digest protein without the help of ox-bile extract tablets — not a great thing for a vegan macrobiotic!!!

This experience sparked a lifetime interest in both low metabolism/thyroid activity, a disorder I'm sure I created by mismanaging myself in those early, misdirected years. I also told myself I would write a book to help those inclined to follow the next 'bright idea' - as my mistake did such damage (albeit with the best of intentions), to my own life and my then newly born son. When baby was six weeks old, I started an acupuncture course, and then naturopathic training. I followed this with western herbal studies, then Bach and other vibrational flower essence learning. Along the way, I picked up a wide spectrum of energy healing techniques.

I was like a sponge, absorbing anything that might help my husband and son, focused on being the best mum I could be. Once I began to learn, I realised that what lay at the core of these two modalities (acupuncture and naturopathy), were polar opposites. Everything I had done in good faith to help myself following naturopathic precepts had damaged my body. At the time, a grape juice 'fast' had been popular, supposedly for solving all problems (especially cancer), so our bodies were continually inundated with sweet, cold and raw foods. All of this was totally contrary to the notions of good health from the Chinese medical and macrobiotic standpoints.

I felt such a strong desire to help those who were treading or about to tread the same path to ruin, obsessed or self-righteous about what they ate, about what was 'bad' and what was not — all leading to a state of unwellness and a stubborn determination to remain stuck in a situation that was not helping them.

WHAT WAS HEALTH?

Eventually I started teaching others how to become better acupuncturists. I found that I needed a working definition of health - and this time out in the hills behind Mullumbimby ('hippy haven' back then) was my initial training ground. I saw many young people who had 'opted out' and who were ill, especially with tropical ulcers - a bacterial infection that eats away the flesh. Some were determinedly eating only what they grew. Describing it as organic would have been a joke. It may have been their intention, and they personally may not have added any extras to Mother Nature, BUT the area was a heavily farmed banana and dairy region, where aerial spraying was prevalent, and water was laden with toxic crop chemicals.

WHAT DID I LEARN FROM THIS?

Moderation in all things. The diet I was raised on, contrary to my adolescent ideals was actually a great template for balance in living. It had stood the test of multiple generations and, whilst it may have needed tweaking a little, was proven to be able to sustain life. Home grown veggies and lots of dairy were where I came from and what my body was used to.

HOW DID I LEARN THIS?

By wrecking myself, and having to rescue first my body, then my patients and finally my children, I learnt even more through teaching and mentoring healers for over thirty years. Teaching patients is also a great way to reinforce my belief that we just need to follow life and nature. Everything else follows naturally.

THE MAJOR ISSUES

Chinese medicine is for maintenance and good all-round balance. The target is to support a metabolism that encourages wellbeing. Stopping creating/causing damage to ourselves through ignorance and habits is the first step in any healing. To identify and work with a very deficient metabolism is often missed when someone comes in complaining of a specific illness or sore

area. The body has to REPAIR itself. This has to be done in tandem with the hectic lifestyle most people lead, going to work and doing far too much.

Naturopathic approaches are to be used when a serious misalignment has happened, and a short-term treatment — especially a cleanse — may be in order.

Rebuilding strength and vigour in some very weakened bodies, is more vital than detoxifying. In my early years, fasting - as in nothing but water (Bernard Jensen and his bowel/colonic notions) was the way to go. This model has validity, but I strongly suggest if you choose to use it, especially when thinking of being pregnant, or in being pregnant, to do so under competent natural care supervision.

‘Dieting’ - during pregnancy is NOT the time to be restricting nutritious food. Afterwards, if you wish to lose weight quickly, all the toxins stored in your fat migrate towards baby via breast milk. Why would you want to be a ‘yummy mummy’ if it did this to precious baby? Dieting to lose weight after pregnancy and whilst breastfeeding will ensure maximum load of toxins previously held in your own fat cells to migrate to baby. I would recommend that you do all the dieting PRIOR to baby making – as fat stores what the body doesn’t want.

Without adequate fat in our diet, we cannot grow a great baby. What with the recent panics over cholesterol and heart disease it may be a good time for you to start your own research. I totally recommend you start here with [Nourishing Traditions for Baby and Child Care](#)

MY RESEARCH IN REAL LIFE

In 2006 I began working with a closed community who were somewhat emulating Amish ways. They forbade women to use contraception. Whilst they saw all children as gifts from God, the quality bothered me. Also of the mothers who were very broken down: plagued by hyperemesis, connective tissue damage that I had never encountered – all seen as expected/normal.

A woman’s lot was to be constantly pregnant and breastfeeding – with no awareness of the damage wrought to her and the subsequent babies/generations. Farmers (as they are) do not do this. Health being seen as coincidental. Not to me, the natural health detective. The babies who were constantly being popped out with no concern for quality. The acceptance of all that befell them – shocked me. The animals were treated with more awareness/respect.

Without judgment – this is the medical model. I saw it in my several different clinics - in the ‘high end’ of town in Brisbane, and in the ‘out bush’/rural NZ where we were in essentially depression times.

[Healthy eating wins better babies.](#) Dr Brewer wrote this in answer to a specific problem. There are so many more now. Bioavailability is one. Lack of natural lives - especially the access to the outdoors, Vitamin D3 absorption and the loss of not only nutrient dense foods, but the loss of digestive capacity and cellular uptake of nutrients - due to body burdens of toxic wastes and often iatrogenic (medically caused) bodily corruptions.

1. COMMON LIFE/EATING DILEMMAS

We are what we eat. The work of Dr Weston Price in the 1930's showed that by investigating traditional diets all around the world, we could chart how degeneration in teeth, health and life happens – follow the advent of refined white grains and sugars – and more recently - the use of transfats.

Changing what you are doing will change outcomes — you are not helpless. Change how you see anything, and you will also then see different solutions, especially your own role in it all. What you will find here will surprise you. When researching this, it also surprised me. What we have been led to believe about eating and health is about 180 degrees from the truth – so basically – all you may hold dear is about to change – if you take the time to follow the links and digest what real food can do for you and your baby/life.

The central question here is 'Why are we now not eating for life and our children's futures?' There is a window of opportunity and if we miss this, baby is not made as well as otherwise. Look to what other cultures have seen as being sacred foods. Why is the sugar issue present? So many women are following a modern diet – and fat is missing – leading to cravings for sugar/fruit/juices/grains/cereals. None grow hormones or nervous systems - babies miss out.

The Food Revolution video - [less fat eaten, the more hungry we become](#) (as the body is sending out messages to get what is needed on board), eating happens and with the less nourishing foods, baby gets fatter, mums get fatter and gestational diabetes appears. The short answer is eat for health.

Often we forget what complex organisms our bodies are. Changing just ONE thing (like what goes in your mouth) can have far-reaching consequences. By adjusting something, we could get different results. [Begin Before Birth](#) is a site that times past, and all mothers knew.

Tuning in to the next bright idea from the latest data (like the idea that eggs were bad for us), or the next advertising fad, (a fancy new pregnancy vitamin, backed by 'research'), you could be forgiven for forgetting that humans have been eating and living on various types and amounts of food for a very long time. Eat for perfect teeth, strong resilient babies and easy, healthy lives.

The 'natural is best' mantra is not just a 'green' anthem; it's what all of us were designed to follow. Organic and self-grown often DOES taste much better than store-bought. Buying only local allows you to not only feel empowered and less wasteful, but also gives you back what is vibrationally from where you live. Eating also only what is in season allows our bodies what naturally is intended. The increasing success of local farmers' markets attests to this.

Our forebears ate these natural foods, including FAT - many eggs and butter with gusto. They lived long lives (barring accidents) and were very active. They ate sparingly and slept in natural rhythm according to the sun's hours. Electricity and all the 'mod cons' were not part of their lives.

Has so-called progress helped us? The amount each nation provides for its health budget suggests that modern life is not creating wellness. Consider a country like the South Pacific's **Nauru Island**, which in its heyday attracted massive inward investment. The indigenous population started eating only imported and processed foods. The previous diet, built on the bounty of fishing and tilling the soil, was abandoned.

Their rates of diabetes became the highest in the world. The local Nauru Island airplanes were fitted with dialysis machines as complications of modern eating (kidney failure and diabetes) took their toll. Then disaster struck!!! External funding dried up and the locals faced starvation. Foreign-owned fast food outlets closed down and the people had to call on neighbouring islanders to teach them how to use again what was surrounding them — nature's bounty. The rates of modern diseases plummeted. A combination of more energy expended (to gain food) and a far more nutritious diet was all that there was on offer.

There is a similar situation in **Samoa**, where locals are suffering from previously unheard-of health and mobility problems. Why? Western 'aid' packages and money sent home by Samoans working overseas have encouraged western style diets. Chemically-laden, fatty turkey and beef by-products from First World countries arrive by the container load. Whilst the fat may seem to taste wonderful, it is killing the population with Western-style degenerative diseases that were never part of their culture.

Cuba, after the USSR collapsed in the mid 1990s, had to stand on its own feet, with no more foreign aid. Cubans suddenly had to fuel themselves. Bicycles and walking became the only travel mode. Guess what? The diabetes and degenerative diseases rates plummeted. So why is it that we, as First World residents, seem so keen to believe we need help to lose weight?

Why do people seek drastic solutions like gastric banding after years of so-called dieting has not given them the svelte body they believe is hidden inside the Michelin Man look?

Before you think about changing the body you live in and start in on losing weight, especially when post-baby, perhaps think about how it happened in the first place. What are you doing differently from your ancestors? How can you reverse this process? Will your real quality of life change through your efforts? When you're ready to shed all the illness/pain/ depression and general misery you know needs to go — and possibly acquire a new shape and allow yourself to heal — what you really need to do is

WORK WITH YOUR BODY!!!!

Sometimes the greatest effort seems to net the least results. We all have to eat but we all seem to have ideas that may actually be keeping us unwell. I recall, forty years ago, trying to get people to continue eating butter when the new American craze - plastic lookalike margarine - was touted as the saviour for all our health woes. But think: What did our forebears eat? Butter. Remember, everything in moderation!

Learning from this rather than blaming our genes would surely be more productive. Forebears unquestionably had the same genetic predispositions for the same diseases we are now

discovering in our young. Could it be that, rather than succumbing, they kept themselves busy and ate just enough? Regardless of what they ate, it had to be simple. Loading up with extra fats and sugars and then being persuaded to buy more didn't happen. Home was the produce store, with own-grown veggies and eggs and, possibly, dairy and meats.

What do you yearn for? To feel better/become well/ ensure easy breastfeeding/gain energy/lose weight? To grow the best baby possible, away from all the hospital panics. Maybe you are also trying to overcome depression, or chronic pain, or just escape from being 'fed up' with everything.

Whatever is driving you; this is the book that allows you to **WORK WITH YOUR BODY** instead of trying to impose what you think it needs, whether you are pregnant or not.

If you prefer an eating plan that allows you to eat more moderately, anywhere and for the rest of your life, regardless of how your supposed condition or need might be labelled, this is the book for you.

Read carefully and thoroughly, thoughtfully digesting each point as you encounter a radically different focus from anything you have previously seen. You may need to read a section at a time to let it sink in and perhaps go through it several times to be sure you have understood.

You may also need to commit a lot more intention and place less reliance on a quick 'fix'. If you do, you will gain the health and vitality that have eluded you through trying to win whilst actually working against your body.

In your old ways, you may have thought all your answers lay in being 'good' — overlooking the fact that whatever fad, gimmicky pill, idea or plan you are pursuing must be able to sustain your regeneration and healing long-term. You need to retrain yourself to see food as nourishment, rather than a reward — especially when pregnant and when breastfeeding.

Eating for vitality does encourage weight-loss, if required. It also ensures great health. You may have forgotten why we eat at all (and when pregnant is a great time to be clear on this) — to sustain and rebuild a great body. We first have to understand how a well body sustains life and what fuels this – not habits but really what are the base ingredients – and how does our food factory work – and can we help it work better – thus having a stronger and more life friendly metabolism.

YOUR BODY IS PRESET TO KEEP YOU WELL — IF YOU LET IT.

All you have to do is return to natural, sleep more as the sunlight hours dictate, use your body as your forebears had to, and make food choices — seasonal and local — that they were forced to. Now, think of the commonly held 'bright' ideas we tend to cycle through instead, in our efforts to gain control of our shape.

But I am eating well... (so you say)

MEALS/SNACKS

Food is essential. We need it for regeneration, fuel, healing, heating and to live. Besides assuaging our appetites (often with far more than is needed, for comfort, as a habit, to swallow down feelings), we need something the body recognizes as nourishing. If this doesn't happen, our digestive 'fire' becomes stressed. This initiates craving that drives our behaviour, rather than allowing us to be at peace with our body.

It may behave like an unruly, undisciplined child — demanding, and keeping the tantrum going until we satisfy it. Give it no reason to be upset with you. Ensure there is enough **Zinc** in your diet. This is a micronutrient, and not easily found in some soils, hence possibly deficient in your foods. This is best absorbed in liquid or powder form. It is a crucial catalyst for enzyme reactions in your gut. Insufficient Zinc compromises digestion and assimilation, and can lead to GD.

A simple micronutrient [Zinc](#) can radically benefit your digestion, hence living well and mothering. Similarly, balanced amounts of Selenium, Chromium and Manganese can soothe cravings, especially for sugar and carbohydrates.

Your geographic location may mean that foods just do not have sufficient amounts. For example, New Zealand and Australian soils are very deficient in these elements; even veterinary medicine in these countries has greater need for supplements.

WE ARE WHAT WE EAT . . .

Temperature of the foods consumed is very important. When drinking a shake – often made with very cold water - you are semi-paralysing your digestive 'fire' /Spleen Yang. (See Glossary at the back of this work When that happens how is normal processing going to happen?

WE NEED DIETARY FAT

One of the big health problems arising from our culture becoming dependent on science is that too many half-truths and incomplete pictures lead to digestive distress. If we do not eat fat, we die. It's that simple. Fat provides the basis for all hormones and neurological growth and repair (essential in babies and thus for lactating and pregnant mothers). It is what we use for insulation and for quick and ready fuel. Do not use low fat options when pregnant or breastfeeding.

Just cut out EVERYTHING that tastes sweet, or converts to sugar in the body.

If we don't get enough fat (especially during intensive growth, as with a fetus/baby or young child) we do not gift them **normal brain /neurological development**.

In life, fat/cholesterol is the raw ingredient for the **hormones** we need. Lack of fat means can't process Vit D3 from the sun and this starts a rapid life deterioration – leading to depression, a symptom of low thyroid activity, and the inability to feel well/grow (and also to lose weight, despite your best efforts).

Because fat provides the raw ingredients for hormones, an under-supplied thyroid cannot keep you going. The result: depression, and all manner of bodily inadequacies. There is simply not enough of you — quality raw ingredients, (regardless of how big you get!) to work well.

When we are cold, we automatically seek fat because it is **easily converted to fuel** in our bodies. That's fine, but we also need nutrients with it; [chocolates](#) and fast foods are not designed for nutrition but to keep us coming back for more. Discard them. Fat has its own rewards — it feels wonderful in the mouth. It fills you up as your body is happy - so it stops giving out hungry messages - try it - eat more fat.

Cut back on fast food. But you need 'good' fats, such as those found in butter, nuts /seeds, avocados, fish and eggs. They are perfect fuel and building blocks without which you will end up trawling the kitchen, even if you have had enough QUANTITY of food. Your body has wisdom, and you, as a conscious being, are not necessarily in charge!

Eating SOME fat will radically ease your obsession with foods that have been running your life. Your body is TRYING to tell you it needs something of what they offer. You just need to choose differently: a salmon steak, an omelette, a piece of cheese are all good options that will help you rebuild; a chocolate biscuit may taste good but it will make you want to eat more and then feel bad about yourself. This is because the chocolate biscuit has NOT contributed nutrients and didn't really fool your body, which was telling you it needed FUEL, when you made the decision to stock up on comfort.

VERY IMPORTANTLY

Chocolate and anything sweet (especially fruit) must go. Stop eating ANYTHING with a sweet taste. After a short time, you will start noticing that your taste buds settle down and you start discovering a very different world through taste — a lot of previously bland foods will now be sweet to you. This is vitally important. Instead of just worrying about/monitoring almost all conditions - inflammations, infections, degenerative diseases, gestational diabetes, and later on being concerned about fluid, depression and all lactation woes, actually *change* what is causing it. Eating healthily is the best insurance - fat, protein, and veggies in abundance and heaps of pure, not chilled, water. Eat a little, often - just not massively or mostly at night.

Our most **important meal is breakfast** because this is when our digestive system is prewired to fire up, to fuel us for the day. The body is busy throughout pregnancy making junior, and breakfast becomes even more important after baby is born, as this is what bub's night time meal is made from. Colic is not necessary — but will be a very regular occurrence if you do not get out of the breakfast cereal /toast habit. Babies are made from fat, protein and veggies.

When pregnant, snacks get us through — in early pregnancy and then as we get larger, because we may only fit a small amount in each time. The energy is often used up faster, so small and very regular snacks will help stop the tendency to treat ourselves with non-nutritious, but easily available food. Hence the ban on all grains and anything sweet. You then have to think about what to eat, and plan ahead.

MISSING MEALS

It is very easy to snack, kidding ourselves that fruit, or whatever is now in season/craved after, is natural. Whilst this is hard to do when pregnant, some believe that through semi-starvation, they can have a smaller baby. This is to forget that to get the best from your body at any time, and especially the pregnant body, there are rules. If you continually break these, you create problems you, and later on, your baby, will have to deal with.

Your body works best when it has regularity

When you skip eating well, the body can go into semi-starvation mode and you may find yourself craving foods (especially fat and sugar) that give quick fixes to the shortfall of energy you need to keep going. Eating fat (piece of cheese?) would make all the difference. Low blood sugar (a popular 80's diagnosis, still appropriate today - hypoglycemia) creates energy troughs and mood swings (often grouchiness). This fuels a desire to eat something fast. Inappropriate, especially something with a high sugar load - dried or fresh fruit particularly. This can make all the difference between a too big baby, or not.

You may have had a history of dieting/purging/panicking regarding being 'overweight'

Pregnancy may push you over an edge. This is where eating the way suggested here is crucial for your and baby's continued welfare. You cannot get fat when eating this way. Fat and protein and lots of coloured veggies is about as healthy as you can get. It is not 'low carb' as veggies are also carbohydrates. So is rice – just eat this very sparingly.

I suggest eating small but frequent amounts of food. Taking little nourishing protein snacks and veggies - maybe a few crackers with a little roasted cashew paste, or some other nut/seed (never peanut) paste, avocado with canned fish, half a stick of celery with again a little nut paste or chopped up egg, a small piece of cheese, or a modest handful of raw, mixed nuts and seeds (again, not peanuts).

You are looking to give your system to use, thereby allowing the normal bodily processes to be fuelled, regardless of whether you have more conventional meals or not. Protein doesn't need to come from something that breathed, walked or swam, if you are a vegan (true vegetarian). Protein combinations used to be considered imperative (everything goes in and out of fashion) for those choosing not to eat animal products. Without the necessary quantities to rebuild ourselves, we falter.

This is especially true if you are pregnant or breastfeeding as baby is MADE from protein. This may be just a matter of looking at the prevalence of the essential amino acids (blocks protein of) tables available elsewhere (see [Diet for a Small Planet](#)).

ALLERGIES/SENSITIVITIES/ADDICTIONS

Eliminating foods you are allergic or addicted to, is always difficult. Often we find ourselves drawn to certain foods that we just HAVE to have. This is usually a fair indication that we are allergic to them. By cutting them out, you are ensuring that baby is more likely to be able to eat anything in moderation when s/he gets older. The key here is a little of everything in moderation, IF you have a well body with plenty of Zinc and other micronutrients.

Our bodies have a certain requirement for all their basic building blocks, not just as fuel but also to keep body structure in good condition. It is your security and sometimes your best friend. So, we often choose what appeals rather than what's sensible. As you will see in my 'Eating Plan' and why it works, sticking to NO gluten and a little of everything else is the way of good health.

We do not HAVE to have dairy in order to be lactating or even pregnant. Calcium is freely available in many food sources — if you are at all worried just eat two cans of sardines a week, with the bones. Calcium is in abundance in dark green veggies and most nuts/seeds. Of more importance is [magnesium](#) and the [Vit D3](#) and micro nutrients – hence a varied whole diet is the answer to all of these issues - not taking supplements. Vegan mothers, if following protein combining and live food, can have perfectly normal healthy babies and lactate easily.

More problematic is that by taking account of the calcium all the deficiency symptoms of magnesium depletion and imbalance (due to excessive calcium) take over. These then get written in as normal side effects of pregnancy. Magnesium supplementation can easily alleviate the digestive, circulatory, structural and any pain issues you are having magnesium deficiency is easy to spot – you feel better when you take it – and if you don't discomfort, insomnia, diabetes, constipation, higher blood pressure, mood and sleep disorders all plague you. Migraines especially.

EATING RAW/SALADS

Please look at the role of the Yang Qi in the body. (Glossary at the back of this eBook). Digestive energy needs our attention and support. Eating or drinking cool/cold/raw and too much sweet all play havoc with our ability to process food at all. This is especially true if you are plagued with fluid/extra fat or gestational diabetes diagnosis. 'Spleen energy' issues -- incontinence, prolapse, varicose veins and haemorrhoidal problems sometimes associated with pregnancy. Odd though it may sound, this is very old system of life and medicine has cause and effect all considered and it works!!

USING CIGARETTES OR SUBSTANCES TO KILL APPETITE

We need food to live. We need to draw from particular food groups. This work is founded on my decades of working with women 'at war' with their shape, their gender, and/or their sexuality. Women's bodies are always rebuilding the 'nest' (uterine lining) striving for the best potential baby possible. When pregnant, the body tries to ensure we supply the growing baby with all it needs.

Now there is another (growing baby) dependent on your food choices, healthy eating needs to become second nature. Worrying about your shape or weight should be the least of your concerns. Being happy inside your skin, within yourself, is the best policy. Good health can then just flow through every pore.

Cigarettes are effective at smothering the hunger you might otherwise feel. Another smoke instead of a bite of comfort food may seem to work, but at what cost to all?

More information on smoking during pregnancy [here](#).

GLUCOSE TOLERANCE TEST

Is it safe? Especially is it necessary? In times past, when pregnant, all women had their urine tested safely and easily with a pee stick – and this each time a visit happened showed at no risk, what was happening within mum's body. Protein and pH levels amongst others (and the glucose) were monitored throughout the entire pregnancy - leading to the possibility of further testing the instant something deviated from normal.

This seems to have been replaced with only one test done in the 26-28th week. If you have been seen to have 'issues' before, now this is happening in the 13th week of pregnancy – do not let it - there is no consideration of or your health undergoing this test and more importantly - what is this doing to your developing fetus? For the rest of his/her life? A huge drug like crash - and now that sugar 'rush' predetermines baby to demand this all its life - why would you put yourself through this? Just eat better (and not as the hospital ill dictate of you are found to have a sugar issue) - and trust nature – and your good sense to follow what is written or you [here](#).

Is it even safe to have mum fasting then flood her body with hordes of what she may usually avoid – refined, or any sugar? Many women who normally have no sugar in their diets find themselves with a false positive reading, undergoing alarm throughout the rest of their pregnancy. They must now monitor 'diabetes'. When they were fine before and now may or may not now have a test created problem.

More worrying is the extra stress on mum, is the huge spike in the baby's blood sugar, and the affect this has on the developing body and genes.

Is this part of the addictive personality and reliance in sugar that the young now seem to crave? Is this part of the ADHD scenario? The precocious puberty and major addictions to all sugars in the very young that were not prevalent ten short years ago - why?

Perhaps watch what an [influx of sugar does to a 7 year old here](#). What about a still forming fetus? With sugar being so very addictive – are we not setting these children up for life?

[How to magnetise a baby](#) - opiate chemicals in utero? Violence when not getting own way?

2. EPIGENETICS

Epigenetics studies how the DNA works – is literally ‘over’ genetics. It is really the study of the punctuation for chromosomes – what happens to the genes over a generation – and how it gets inherited. DNA needs outside instructions – methyl groups that say – ‘Do not express this’. Bad information can be passed down – the dietary decisions of your grandmother - affect you today.

Histones being proteins as spools that DNA expresses itself – tightly or loosely bound – so how these act is how they all get their marching orders . . . short and hardware of the DNA is the same – but the tags tell it what and how to do it. Can change throughout your life, through time, or over genetics. (What sits ON TOP of your genes).

‘Family links’ and ‘being in the genes’ – is one aspect – and what happens during a pregnancy often influences the offspring more than their genetic inheritance. Take a set of seedling trees, and tend them differently and see what happens – they are at different stages and conditions fairly quickly. So too people. Tend one conscientiously, plant one in an area where there is patchy rain and terrible soil, another where there is fertile soil, another by the side of a road in good soil, and bonsai yet another.

Check how they all are doing a few years later. Is it possible the resources available when young and developing play a part to what the tree is like? Look at the vegetation when growing on an exposed to high prevailing winds site – no branches at all on the windward side, and often leaning greatly to the side the wind blows it to. Is this the same tree that in a protected area grows up straight? Conditions and context apply.

When a baby is being developed, the eggs or sperm to make that baby’s babies are also developing – so what a mother eats and what she does impacts on her own grandchildren, decades later. This means that feeling like eating or not whatever one wants could have tempered by the understanding that eating is not for pleasure, but growth and repair

A study done by a dentist [decades ago shows up](#) what I have written on [Jing](#). We cannot live without great Jing - (DNA is one expression of this. Please note I am not comparing people to cats – who need a raw diet – not cooked. (Or milk for that matter). Humans could eat much more vegetation as this is what naturally we would – definitely not chemically enhanced processed ‘foods’.

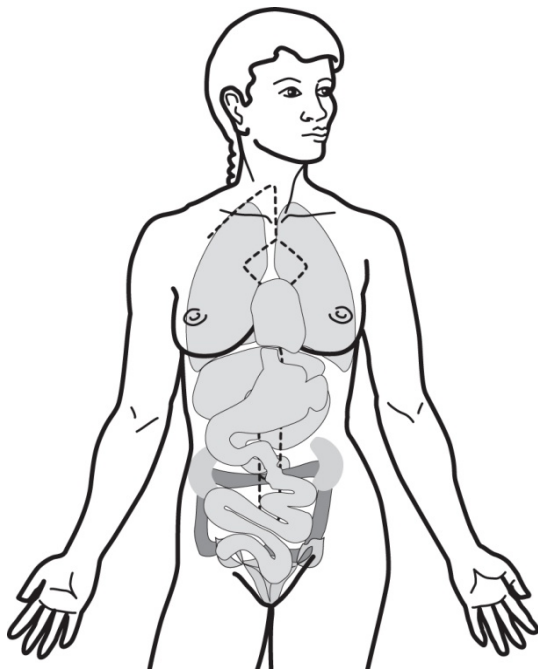
Magnesium will always play a part – and all green foods have it – as do all simple natural foodstuffs. [You are what your grandmother ate](#) and genes - the effect of overeating in one season shortening the life of grandchildren by decades, [Dutch winter hunger studies](#), show this. Some of us chose to create malnutrition – by NOT listening to what our bodies need. What your forebears chose as a lifestyle is equally at least as important.

Hence when pregnant, your choices are affecting far more than just your baby. Your whole family line, especially your potential grandchildren are being shaped.

3. GETTING STARTED

Why do you believe how you eat is 'fine'? Working WITH not AGAINST your body and understanding how it was designed both to support life and heal itself, is the focus of this series of eBooks.

Our digestive system's health and functionality is what enables us to live. If we take care of our gut/food factory we are essentially well and happy. Most modern degenerative ills arise through not understanding this. This means YOU oversee whether you are ill or a picture of health.



The gut, or alimentary canal, is essentially a tube that is 'outside' the body whilst being within it.

What does this mean? The gut is encased within your structure, but everything in your stomach, colon, and intestines is being acted upon and actively being selected for amalgamation within your blood/inner being or is being discarded.

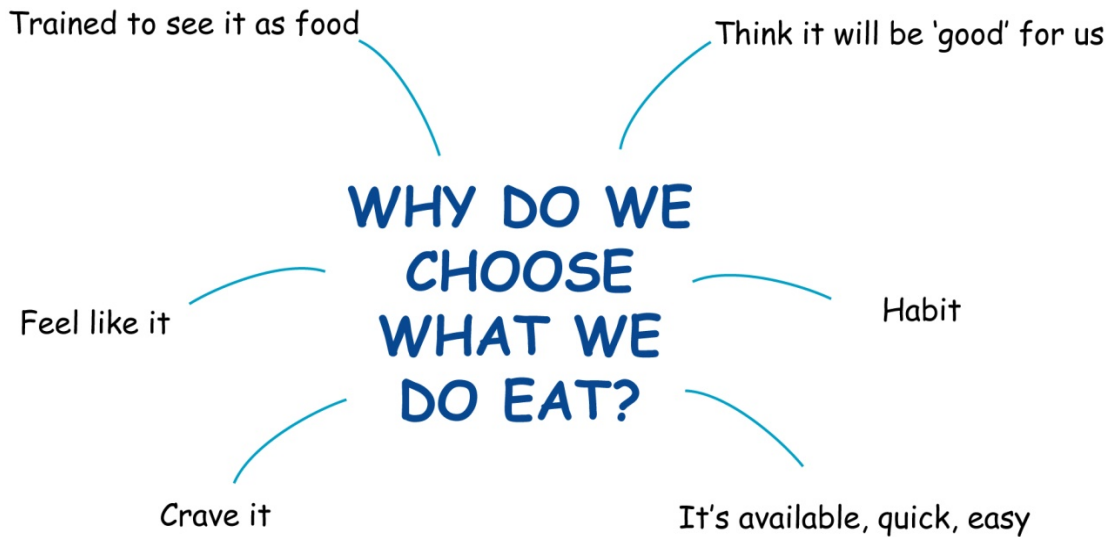
Continuing past behaviours, not being well or happy with the result, and then expecting a professional therapist to help, may not be as effective as learning how to do things better for ourselves — and then actually DOING IT.

Change, ultimately, is the only way forward — and in our own hands. If we change our behaviour and do something differently, this will itself initiate further change. If we obsess about losing weight, or getting better in some vague way, we are ignoring the fact that our whole system is actually designed to support us. When pregnant, our body is not designed to work less well, but actually far better.

DOING MORE OF WHAT YOU HAVE DONE IN THE PAST, AND EXPECTING DIFFERENT RESULTS, IS PROBABLY A WASTE OF TIME.

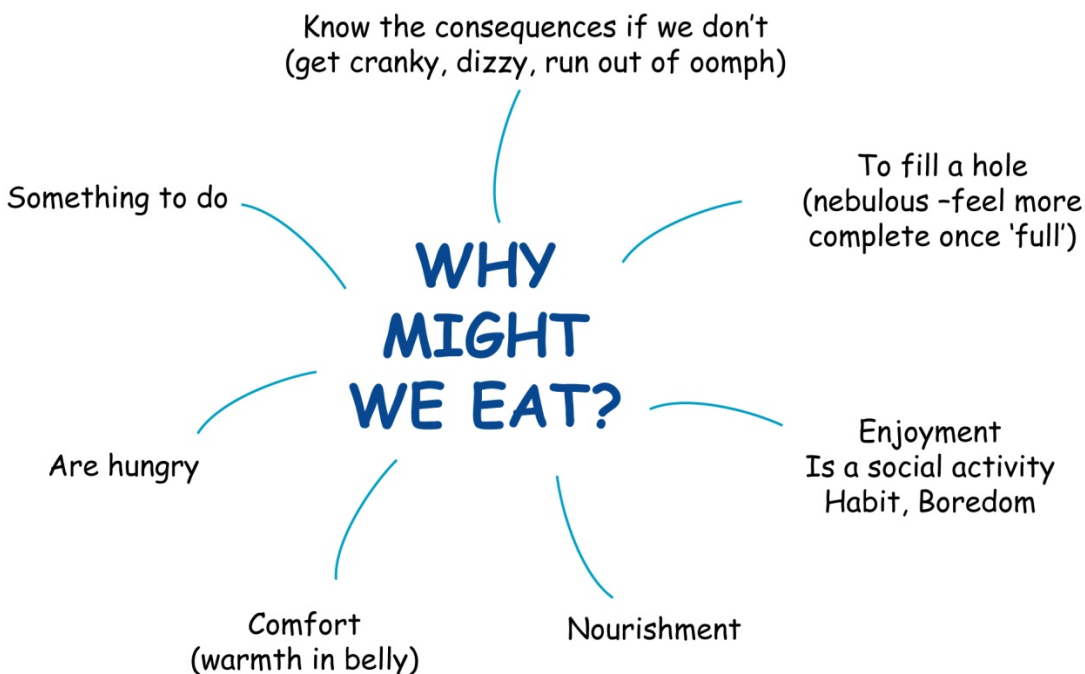
WHY DO WE CHOOSE WHAT WE DO EAT?

WHAT GOES IN is usually a mixture of **what** you feel like eating and **why** you feel like eating. It is not always what would be best to support your vitality and your healing — and possibly not in your baby’s best interest either. Below is a diagram that represents some of the influences on our eating choices (the 'what').



WHY WE ALSO MAY BE EATING

We very rarely eat specifically for the preservation of health and vitality. We are so patterned into just filling our mouths. No diet in the world will work against what our inner voice advances as perfect justifications, so these tend to program us and run with it.

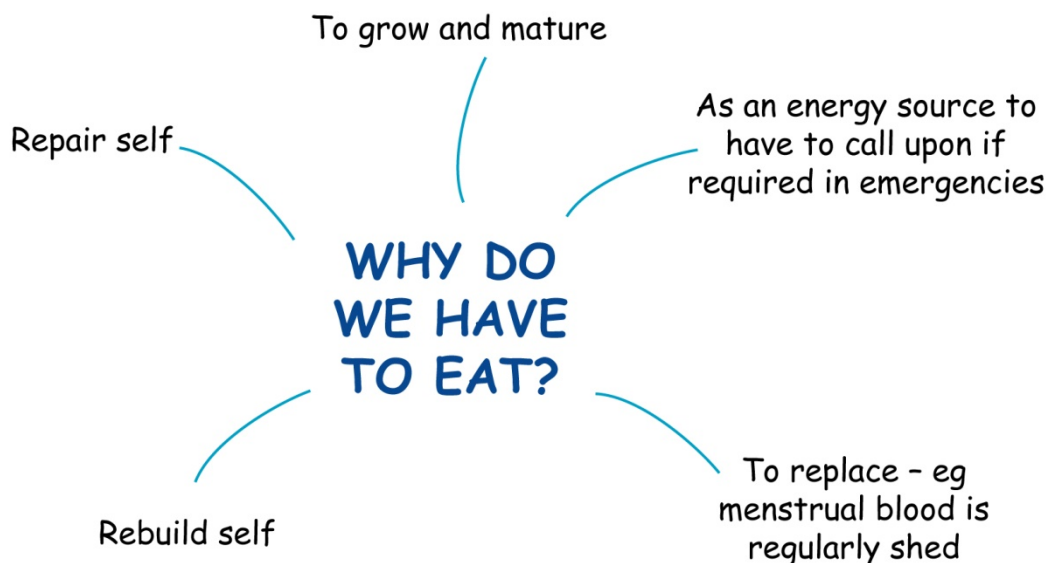


WHY WE ACTUALLY DO NEED TO EAT

Why do we need to keep eating? Or, put another way, what happens when we don't; when we starve ourselves in order to lose weight/trying to gain health through changing food intake? The body has to work in semi-starvation mode — handy for when you are fighting on the battlefield or dealing with external issues like sieges and no food at all in the Middle Ages. The thyroid and other systems then switch to a 'save-from-dying' mode and may not be triggered into getting back to normal when you decide it's 'OK' to eat again.

Dieting does not allow your body to get on with the business of living, and starving it creates other problems, PLUS the weight is still there. Your body protects you against the possibility of starvation recurring, and hence possibly dying, by storing more and by slowing the metabolism to take advantage of whatever you do eat from then on. When pregnant, the gut works far better — historically, living conditions may not have run to 'extra' just because you were pregnant or breastfeeding.

You may have noticed how it is progressively more difficult to lose weight as you go through successive cycles of dieting and feasting-up as a reward. Or that over the years, there seems to be less commitment to any decision — as though part of you knows in advance this 'new' approach is just not going to work. Now pregnant, it may be an idea to consider someone else — you are MAKING another person's body – your baby.



What is not so well known is that when pregnant, working WITH your own body, you can completely remake YOURSELF whilst you are making your baby. It is NOT a time for eating for two thoughtlessly, but of consciously recreating what may not have happened so well for you the first time around. What can you do to make yourself a healthier person?

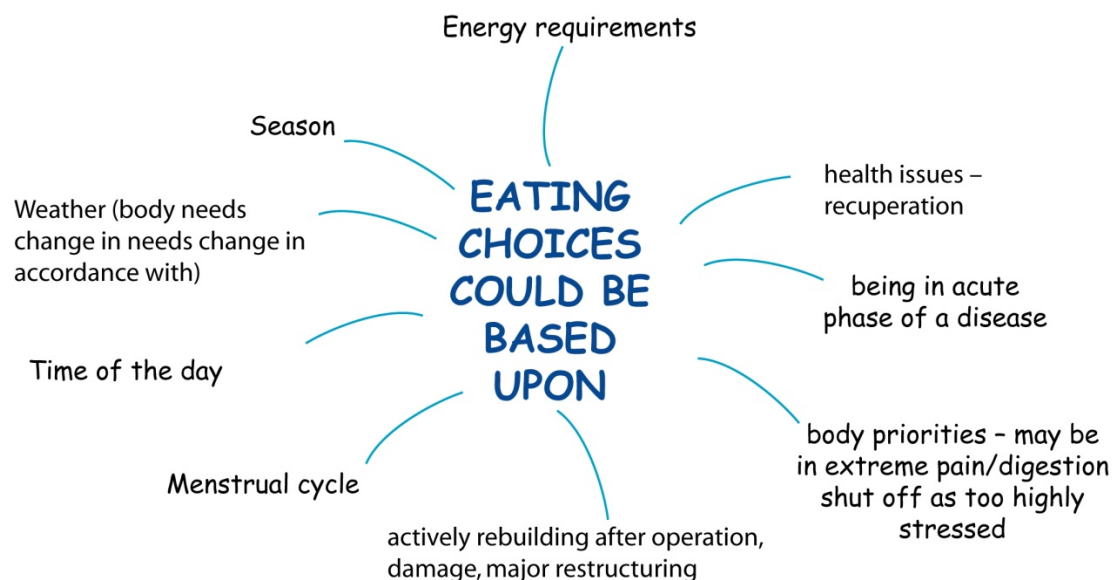
Whilst consciously growing baby, you can be directly enhancing the rest of your own life.

HOW TO BREAK OUT OF THIS DESTRUCTIVE CYCLE FOR GOOD

The key question about health gain, illness and weight loss, especially in pregnancy is actually: How can the body still support itself, grow baby and heal whatever was happening *before* this pregnancy even started? The answer is that by altering your focus from losing gestational diabetes/pregnancy fluid and fat, to being as vibrant as possible (not as 'not being unwell'), allows everything else to take care of itself. The body will be able to manage constipation, pain, IBS, depression, tendency to pimples/getting ill constantly /low metabolism, the gestational diabetes and all that extra weight.

Easy as getting your nutritional balance right.

Remembering why, what and when you eat, and the effect your choices have, allows more control over what you are doing to yourself. Your body may have a different priority than your taste buds currently have!

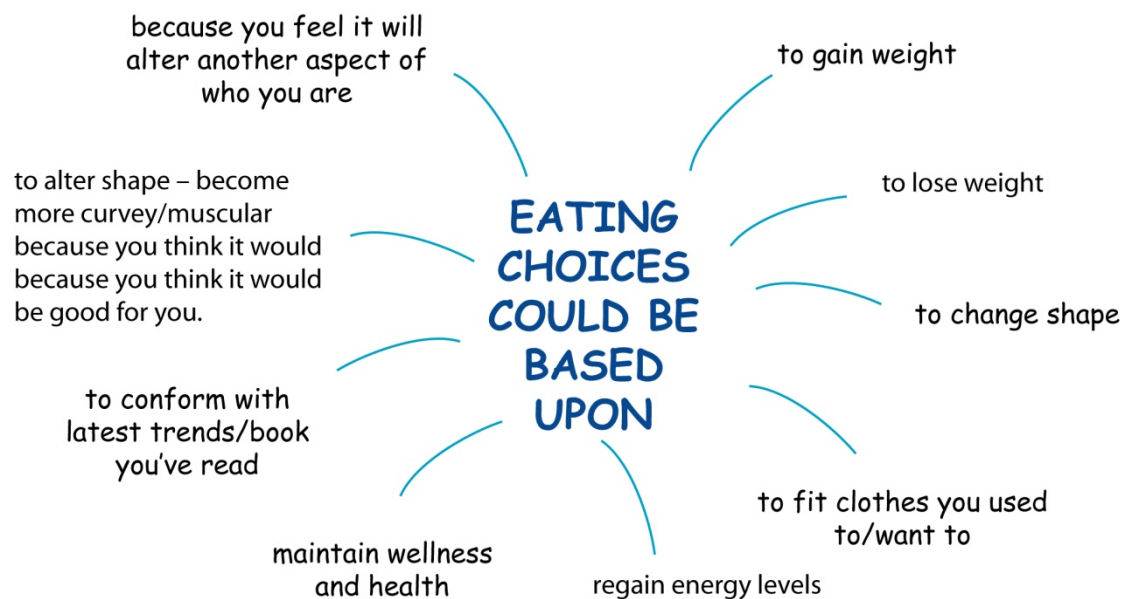


Ultimately, the reasons behind **why** you have been putting foods in your mouth are more the major issue than the choice of **what** type of foods. By the time that you are choosing to eat for life, you will also notice those chocolate, sweet things cravings and whatever else has been running/ruining you and your life up to now will tend to fade away.

As you travel on your healing and pregnant journey, you will actually discover that you have been CHOOSING to eat the way you may have thought apparently virtuous thinner people did. You may not realize that they are eating and looking the way they do because they decided they prefer to feel vibrant than weighed down. Happy and active and unburdened by what is going on in their heads — so what time are you giving yourself to clean out your inner clutter before baby comes?

WHY WE MIGHT THINK WE NEED TO EAT

We see all the bright advertising that those in control of food retailing put in front of us. They load up the goods with salt, sugar, fats and other 'flavour enhancers' to convince our taste buds that we want more — of their, not their competitor's product.



CONSCIOUSLY EATING

If we were to embark on a very different eating programme, not a variation of what we already do, but a complete break from what we previously thought of as 'normal' – maybe remove all condiments, all beverages, all ingestibles - and introduce a different set, once past the possible culture shock, we would all become less allergic and less unwell within a week.

This has already been done very successfully over twenty years ago. I suggest you find a book [*Arthritis - the Allergy Connection*](#) by Dr John Mansfield. He was so unhappy about the state of his patients that he put them on what he called a 'cave man' diet. Everyone on his programme ate according to a rotational model (not eating from the same food group, let alone food substances for a few days). The diet was full of foods such as common weeds, rabbit, venison and the like — food that would never grace a supermarket shelf. Within a few days, not only was his target disorder, rheumatoid arthritis, clearing up, but so were all the other apparently chronic 'hereditary' issues of his patients, such as skin and gut diseases, asthma and all forms of autoimmune issues.

Within a few days of returning to their previous diet, most conditions had recurred. So, the saying, "You are what you eat" takes on new significance! Do you want to keep feeling sick and tired, or do you want to change everything to become more of who you always could have been and could be in the future?

Why do we keep eating what is not fuelling us to the optimum? There is the tricky issue that what we are allergic to, we are also addicted to. Just stop a minute and think about what you could not do without in a day. In my own case, it would be dairy foods of all kinds. Whilst, as a kiwi, I grew up dependent on milk, butter and cheese, today these are not the products I would depend upon.

At least in NZ, we still have cows eating grass and, in the paddocks, although now it is super-phosphated. The goodness from natural farming methods does not earn large profits so farmers cut corners to deliver cheap products. What is this doing to our own gut? Starting with milk, calves may have been lucky to suckle even once from their mothers, as the colostrum is collected for health food supplements for humans who want more from THEIR bodies.

Cows need magnesium, to make milk. So do humans – and to stop mastitis tendencies. Where is magnesium found? Green vegetables and whole foods that have not been processed, that can extract the nutrients from the soil.

Colostrum, or first milk, full of all sorts of 'start-up' ingredients for all mammals, is designed to protect and enhance babies' digestive system. Yes, it will help yours if you take supplements stolen from calves, but what happened to your own original supply?

What about the calf who will, if female, grow into the beast who gets to manufacture milk for the dairy products we consume — and how much less able is she when HER gut was not given the start it needed? When we eat it – raw is best. It is safe and wonderfully tasty.

OH DEAR!!!! WEIGHT LOSS/TOXIN REDISTRIBUTION ...

This is before we speak of antibiotic usage and all the drenches and other chemicals directly used on animals, or whatever is in the pasture (such as pesticides). All of this is in the fat cells, in their bodies and in our bodies. And we pass these onto OUR children. Nature stores toxins in fat cells, which are what eggs/sperm and especially breast milk are full of. Just search for 'toxic breast milk' and see how much FIRE RETARDANT (did any of us ingest this?) gets into it. So, ANYTHING to do with losing weight is best done, well before you choose to conceive, or left until well after you stop breastfeeding.

The first baby, and the younger it is, gets the biggest dose of whatever we previously stored in our own bodies within our fat cells. This supports the case for some form of detoxifying well before embarking upon making a new baby. It also supports the idea of NOT trying to be 'yummy mummy' straight after birth. Baby needs to be well nourished — relax — you won't be on the covers of magazines when you put your baby's body and growth first.

Having a diet rich in fat and magnesium can only help here as both allow toxins free package out. As does lots of Vitamin C as all help to make Glutathione in our mitochondria.

How we unconsciously damage ourselves

To an orthodox, conventionally trained dietician, what is contained here may be outside their realm of understanding. As a working naturopath, I know that some of my comments may even make little sense to more recently trained naturopaths. Just using common sense - if you feel bad after eating sugar or are addicted to it - or know that it dominates your thinking - then there is need for altering your habits.

WHAT ARE YOU TEACHING YOUR OWN CHILD?

Sometimes babies are set up unwittingly by mum's prenatal behaviour.

***JUDY** ate a family sized block of chocolate every day in her last pregnancy. Besides having a huge magnesium deficiency and what that would have set up for both her and her baby, at term, she had a 12 ½ pound baby to birth. He went onto to be unable to maintain his adult weight within a normal range; ate prodigiously and had his stomach removed to try to contain his gluttony in adulthood.*

Is this what we want for ourselves and our families? Often a fetus is hiccupping often at the end of the pregnancy. This is an indication that baby is allergic to something that you are eating and will also have problems with this when finding it in your breast milk – leading onto colic, digestive and possibly skin and gut problems of its own. Sometimes taking Zinc and other digestive aids may help.

The body does have optimal conditions under it operates, and if we understand these, we experience far less problems.

Why did we never think about all this when we were young and well? Because it wasn't until things got a little broken that the body began to alert us — through pain/reflux/ heartburn /gas /bloating/discomfort and general non-functioning. Even if you think you have a 'cast iron' gut, be aware that it will not allow mishandling forever. Magnesium supplementation (especially topically) will help any gut disorders – especially if you are slightly 'nervy' with any gut issues.

If you think it can't be this simple - someone else (like the GP/dietician) would have told me – you are right – it is THIS SIMPLE. But the medical model is not geared for wellness, but illness. Looking to those who work with food naturally and who espouse great health themselves – and ho do not suggest taking supplements – but changing your ways of eating and of living may be a place to start.

I have discovered it is that I was concurrently been living my own maternal life, whilst teaching acupuncturists and working in clinic. Over nearly 20 years, I had four pregnancies. I got to personally see what happened when and then applied this to all my patients. Had I known any of this work, the outcomes in my life for my health and happiness would have been very different.

Changing your relationship with food is the catalyst for healing.

4. EATING PLAN

1. At least five cups of coloured vegetables daily

FRESH. Not microwaved. Preferably plant your own greens and herbs, and pick the leaves as needed. This is very feasible, even on a small balcony. Remember colour selection — ensure that there is lots of colour on your plate each meal. **Wok and juicer become invaluable here.**

Celery, lettuce and capsicum are useful snack agents. These can be filled with fatty dips and fish/egg mixes that might normally go on the bread you are avoiding. Half a raw red capsicum filled with vegetable/fat additions as pesto and avocado/ cottage cheese/tahini/ protein/eggs of some description/babaganosh dips are easy and nutritious. Cooked tomatoes and capsicum stuffed with left-over rice, pine-nuts, are great hot, or as lunch-box fillers. Use beetroot as a roasted veggie — step outside what your mother may have taught you that food 'looks' like.

2. No more than three hours between snacks

Divide daily intake into five portions, dramatically cutting down night-time eating. This will allow the body to regenerate at night. Eating the biggest meal when your body is about to shut down to repair ensures you may not sleep well. Also means that you do not feel like breakfast which alone may well help catapult you out of the fat/energy /health crisis you are trying to remedy.

3. Avoid all grains/cereals

This is not to say that some won't find its way into your mouth accidentally. Many things we eat (even/especially tomato sauce) have sugar and thickening agents. The more you prepare your own food, the more control you have over all aspects of your inner biochemistry. **Especially avoid** grains - WHEAT, RYE, OATS, and BARLEY. Check out small print on labels; you will find a lot hidden within.

Before worrying about what you will eat, stop and think how drastic this really will be in your life. Try it out for just a month. The previous 'hits' you needed of bread /carbs will disappear, with the every three hour protein snacks and many cups of coloured vegetables daily. Getting the veggies in daily means you have more than just carbohydrates from non-grass (gluten and rice) sources. Eating every three hours, you will not be perpetually hungry, cranky and lethargic, which is really just the body crying out for PROPER nutrition. (Not more, just better quality).

What is the repeated invasion of these highly sensitizing products (breads etc being the pivot of your diet), doing to you? When you were an infant, your Mum (during her pregnancy and breastfeeding), would also have reached for these; they were easily obtained, and filling.

Perhaps go back to buying ingredients and starting from 'scratch'.

When you were weaned as a baby, it would have been onto these items. Before your system had a chance to develop properly, you were on a constant round of rusks, then toast, bread, cereals, sandwiches and pastry casings (pies), noodles, pasta, cakes and biscuits.

Over time, as this is what everyone eats, you think of this as 'normal', as you do with the very health issues you are trying to alter. This is due not to 'aging' but to not knowing how to create wellness and not paying attention to variation and seasonal availability for your diet.

It may be that this simple change will correct the majority of the issues you thought you just had to live with. I am not suggesting you have celiac disease, just an inability to process gluten foods and thus have an acquired sensitivity to them. By giving yourself a break from them, you may discover the skin/gut and energy, migraines and chronic ill-health issues will recede.

By altering your normal diet, you may find if you subsequently eat some of these 'forbidden' foods accidentally, you may feel ill — bloated, foggy in the head and as though you have had a truck run over you. Hay fever or other allergic symptoms may return. By giving yourself a break from what was creating your problems and then going back to it, your body now identifies these substances as the culprits — and gives you the message to avoid them.

Stop doing what has not worked so far

Like hitting the fence post every time you drive through your gate, then blaming the car repairer for not doing a proper panel-beating job. The dings are still going to be there in the body work as long as THE DRIVER is not careful with the vehicle. Stop hitting the fence post - stop eating what sets your ill health and allergic reactions off, and there will be no further trouble.

Midriff fat is letting us all know our system is stressed. Especially with all that hidden sugar tat is added in for 'taste enhancing' purposes. The bloating and gas, the gastric discomfort and the wider eliminative (skin and bowel) issues will possibly be magically resolved once the gluten 'easy' foods are removed.

What to eat instead? Brown RICE is a very versatile food and highly tolerated by all. It can be cooked and left in the fridge as a start to the next sweet or savoury meal. It can be heaped on a plate, incorporated in dishes, used as a substitute for flours in thickening things, mixed with other flavourings and stuffed into vegetables, fish, poultry and meat, combined with milk and eggs as a pudding, or used in all sorts of Asian dishes, to really interest the taste buds. Eaten a mouthful at a time, chewed at least 50 times to alleviate hunger. Always have some in the fridge: cooked, and stored as a leftover. Always as brown rice as it is intact - the mineral and nutrients are there still. Brown rice is very useful at getting breast milk started/enriched.

4. Choose as natural as possible

Ideally, eat food grown in your local area, and in season. Now very few people grow their own food. This means we are eating anything, grown in any part of the globe. It also means we are not in control of the chemical additives — fertilizers, toxic residues in the soil taken up along

with whatever nutrients are remaining, fungicides, pesticides, and irradiation and whatever else that has been added along the way to your mouth.

Biodynamic choices, where food is grown in optimal conditions may not be possible. One answer is supplementing your shopping with actual home produce. Searching for organic produce is another. At least choosing to prepare and cook everything consumed yourself minimizes the additives (extra salt, flavour enhancers, colourings and preservatives) ingested.

Naturally grown food is far tastier, although maybe sometimes more expensive. If you have children who are constantly ill, (especially if the medical profession cannot assist), the partial cause may be the toxic harvest of your food and lifestyle choices earlier in your own life, in their pregnancy, and in early breastfeeding times, maybe years ago. *Toxins can act cumulatively* - reducing the load at any stage of life will be welcomed by your body.

Investigating any website dealing with *hormonal disruption* or *natural living, our stolen future* and the consequences of our polluted environment will show you more.

What to do? Find natural sources of produce. Farmers markets. Buy in season when there's a glut, preserving and freezing so you have 'fresher' food in home storage than is available in shops. Simple and natural. Start with what looks like food. No numbers or packaging.

5. Water

As a minimum, drinking at least two litres a day of non-chilled pure water will help all aspects of your return to health. In cooler climates, it may be necessary to take the chill off; keeping your inner furnace stoked well will ensure that you do not create further problems.

Wanting to drink **cold water** is a sign of inner imbalance. Trying to self-medicate (cooling down) your body is alerting you to a problem, without relieving the reasons for the heat. If you give in to it, there are consequences, although not often immediately obvious, medically. If you keep forgetting to drink, put a glass by the hand basin. Then whenever you wash your hands, you will remember.

While working at the computer, leave a glass within reach. Putting water in a large glass and leaving it as a visual trigger is a better idea than carrying a bottle around with you. The glass is a simple matter of raising it and drinking. Notice how much more you drink this way. Using the bottle is better than nothing but won't get as much water into you.

In our culture, we seem to take umbrage if a visitor wants 'just water' rather than taking tea or coffee. Yet, water is how we cleanse ourselves — the liver, detoxifying every aspect of our modern life, requires an endless supply throughout the day. In addition to any other beverage, always offer your guests pure room temperature water. Adding ice only depletes the inner fire.

Drinking when thirsty may be too late; the dehydration may have already begun. If we are trained early to drink water frequently, we have far less serious health problems. This will be so even just with easier bowel action but there are also **complexion clearing, body odour relieving and headache preventative benefits**.

6. Fish

Eat this at least twice as week, preferably oily fish, as it contains a lot of helpful raw ingredients to support your hormonal system. If you have heard danger stories about **mercury** in ocean-going fish, remember that the larger the fish, the more it is absorbing from the food chain. The little creatures (sardines and smaller fish) have less opportunity to absorb the toxic wastes we pour into waterways to be washed into the sea.

Amalgam fillings in your teeth will be doing further damage, as minute amounts leach out when we grind our teeth (to chew) and are washed with saliva into the stomach. From here, they are stored in fatty tissues (brain, nervous system, eggs and sperm and fat in general), an unintended time bomb for our unborn babies to inherit. The mercury found in vaccines is another order of magnitude – why worry about the fish – your mouth maybe is poisoning you.

Two cans of small fish weekly — preferably sardines as they are small. Eating the bones to allow easy bony matrix regeneration — is all you need to do to provide all the minerals and the fat to help you use them for supplementation. Calcium also needs Magnesium and Zinc to be useful. Eating green leafy veggies and other varied foods will provide heaps of these nutrients.

Eating a little as a snack every three hours ensures there is always fuel in your body. You will be far more alert, happy and energized. Without gluten and sugar and with plenty of protein, you will shed excess fat, and find your hormones — especially via your thyroid, which controls your metabolism — magically normalizing. This will correct bowel activity, aiding clarity in thinking, ability to cope, memory, temperature regulation, libido, self-image and mood, and especially relief from depression. Hypoglycemia is not what you need.

7. Nuts, seeds, NOT processed vegetable oils

Eating a selection of seeds and nuts will provide very necessary good oils in your diet. The highest food Calcium source weight for weight is sesame seeds. Including these at every opportunity is a great idea, especially for children — tahini and honey as a treat, rather than lollies and chocolate. If small children are introduced to the less obvious when they are first being weaned, these will be their first fuel choices. You as parents are in charge (especially if you choose to ban all diverting media, leaving the TV at other people's houses).

We need fat to have hormones that work

Fats are the base for all hormones, especially those involved with the metabolism that drives your body. Trying to lose weight and eat healthy by following the tips from the heart foundation alone is not sensible and is a way to damage yourself. The purest selection is the best and the addition of raw (especially A2) milk may surprise you as it is not only delicious, but way less allergenic – perhaps read the story of raw milk and see for yourself – this makes life a lot easier as dairy choices ease up food preparation times a great deal.

Fat is not your enemy — your life habits are

I am not condoning fatty meat eating. Meat consumption has not been even mentioned so far. I am speaking of the vegetable, seed, nut, and fish sourced fats; these are highly necessary in our diets. I imagine this is why we want to eat it - it is tasty and has mouth texture. We need it to stay warm and well. It is when fat consumption is not balanced with exercise, and all other aspects of a good eating plan, that problems arise.

Butter is food. Margarine is a plasticized look-alike

Look at cultures that have been around for centuries and whose populations are well to old age. All traditional societies had animal sources of fat. As the altitude and latitudes changed, food choices varied but all had fat as a vital ingredient. **Olive and other seed /nut oils** are for eating raw – unless coconut. Fat and lard - what sustained all our ancestors – and butter, are the keys to perfect blood cholesterol. For any healing to occur, you **MUST** include fats and avocado and fish in your diet. Our brain, and hormones and nervous tissue (and babies) are all made from it.

8. Cooking methods

Cooking allows the process of digestion to begin before we eat our food. When young, old, ill or weakened, cooked food will help us get the most from our diet. In the past, other cultures have fermented as an aid to easy digestion. Often fermented foods hold more enzymes and vitamins. For everyone, cooking and eating warm foods helps our inner furnace make the most of eating. A healthy digestion is our ticket to wellness.

If you feel the cold a lot, if you have problems with energy and thus digestion, you can change this by not just the food you cook, but by how it is prepared and what it will do within you. Cooking with direct heat or fat/oil, heats the energy of the food more than when using water methods, which have a more cooling effect on the food.

If you want to warm yourself, it is not just a food's serving temperature that counts but also what the heat source used has done to the food. Those people with major heartburn/ reflux (inner fire) will already have discovered what makes this worse and would automatically be avoiding anything **heated in vibration** — like roasted, fried and baked, (using dry or oil heat). Choose water heating methods. Go easy on, (or eliminate), all chilli, curries and strong spices, sugars, salt, (except in cooking), alcohol and caffeine.

Microwaving destroys all life energy from the food you were going to use to rebuild and nourish yourself. If you are doing this sometimes to reheat, microwaving occasionally is fine. Using it as a normal means of saving on washing up, and for speed is a very short-sighted saving.

We tend to choose food for how it looks — hence the pesticides, picking well before ripeness (before taste and vitamins have a chance to mature), and for size as opposed to nutrition within.

9. Avoid artificial, chemicals, numbers

What we choose to incorporate in our bodies has been skewed by advertising and often false information. Take soy milk as an example. Years ago, the only way to eat soya was to buy the beans from the health food shop, soak them and change the water many times over the next three days, wash them well, cook in a pressure cooker, and chew excessively. Soy powdered 'milk' was available for diehards; it tasted unpalatable unless mixed with lots of other substances to disguise it. Those of us who were strong believers in 'natural' foods persevered.

These days, to make soy palatable, at least malt (ex-barley thus gluten) has been added, along with much sweetening. Soymilk is hardly 'natural', although the producers would argue people won't buy it unless they make it taste better. Being full of estrogenic substances, best to avoid it.

Fermented soy is far better for all. Small children do not need the phyto (plant based) soymilk contains is genetically modified, and full of estrogens. Our whole environment is a chemical soup. There are enough other sources of estrogen mimicry creating hormonal disruption without willingly choosing foods that do the same thing. If you wish to eat soy, **tempeh** and **miso** are fermented and have many other health benefits.

10. Substances — self medication

Many people think of **COFFEE** as a great beverage. But coffee beans (whether the caffeine has been extracted or not) have been dry roasted, and as a result, their vibration is very toxic and causes heating in the body. Any hormonal/energy/digestive /nervous or other body issue will be alleviated by abstaining from drinking coffee. Children, whose bodies are still developing, should not have access to it. If you do drink coffee, you need at **least 4 extra glasses of water PER CUP of coffee** to help undo the very dehydrating and very heating effects coffee creates in the liver.

WHAT ABOUT DECAFE?

It is even worse — not only do they not get all the caffeine out, but the chemicals used are highly toxic and have no place anywhere near a developing person.

CHOCOLATE and caffeine drinks have the same effect in the body — the sluggish energy gets a boost. When pregnant or breastfeeding, baby is getting drugged. If taken in very early pregnancy, you may actually be harming baby. Temporarily you feel energized, more alive. Unfortunately there is a downside — your adrenal glands get thumped; your liver is under more pressure, *and you need to drink a lot more pure water to undo what the coffee has done.*

When thirsty, people seek another wet treat — often yet more caffeine. Water would tend to taste very bland after all the hot exciting thrills your taste buds encounter — sugar and other enhancers are in all purchased goods to ensure customer loyalty.

What about **TEA**? Drinking one cup socially is possibly all right. Many however drink tea all day, often several cups consecutively. Tea is a mild diuretic, meaning it encourages fluid loss in the body. Drinking two glasses of water for every cup of tea would help correct this.

ALCOHOL is something to steer well clear of before and during pregnancy and really after when breastfeeding also. It is however another substance that moves the stuck/sluggish energy along. It does have an anesthetizing effect. It may be pleasant, and great as a temporary alteration to life perceptions, BUT there are life consequences. If there are any health/life problems that you are reading this book to resolve, alcohol plays NO part in their solution.

CARBONATED DRINKS - please avoid; the phosphoric acids and other non-nutrient substances, in addition to the sweeteners or real sugars, are in no way designed to do anything nutritious for you and make money for the manufacturers.

OVEREATING Please look to why we eat . . . often what happens when just shovelling food in is that we can miss that the body is crying out for help and the current 'food' choices are not helping – perhaps it is time to revisit the earlier chapters after reading this.

Perhaps read [magnesium, leptin and obesity](#)

A note on toxins - Why?

Babies, breast milk, (and before this the very eggs and sperm that made bub) and hormones are only as good as the ingredients you give your body. Please spend the time to investigate as this is a game changer. What can you do? Remove the offending metals, halides and poisons – before they are excreted through your own body through the placenta, then breasts into baby.

A note on mercury and toxins in general – they do block nutrient absorption and are mostly the cause of problems with your hormones, especially metabolism. The body burden of all is rising - you may wish to look it at this. Children are [being exposed to a lot](#) that is not going to help them.

If you want to become as clean and less toxic as possible – the [liquid activated zeolites](#) work simply, effectively and are totally indicated at any stage of pregnancy and breastfeeding as they clear out what is not supposed to be in your body through the urine and the faecal routes

I mention the vaccines that are full of what is not healthful – and these have been stored in your fat tissues – the residue from your mother and grandmother and all that has been added into your body – why not make a healthy legacy for baby – and get rid of it all that is not needed?

(Then do not add more in). Vaccinations and dental amalgams in pregnancy send the heavy metals and toxins straight into the fetus as the fetal tissues are not equipped to filter them out – they actually filter them in – baby is so much more a dumping ground for what is dangerous – so please research yourself. If not, this may be [your child's future](#). Do your research - don't accept. Ask the question - **is pregnancy vaccination even safe?** Please at least look to the package inserts and what happened in times past – no one would have been that stupid as to even vaccinate a newborn whose immune system is not yet mature enough to challenge!!

5. HOW TO RESCUE YOURSELF

1. Eat food at body temperature, or warmer

Correct food temperature permits optimum digestion. Easier life is often as simple as looking after yourself better. As there is no body manual, I am proposing in all my work, (based upon millennia of thoughtful observations – Chinese, East Asian and all traditional - non modern /scientific cultural wisdoms) – that you avoid cold).

The temperature of food you put into your body is crucial when seeking to have a strong digestive system, and thus body. This is especially important if you are very hungry, or if it has been a while since you fed yourself/stoked your inner fire. Putting cool drinks or food into a hungry body is like pouring water on a cooking fire, then expecting it to burn brightly.

2. Eat regularly

This is a key factor in allowing the body to plan and work efficiently. Do not have large gaps between snacks or meals. When you are pregnant or trying to be so, you need your metabolism to be as effective as possible - **every three hours** add another small, nutritious snack. This will mean all works well - and the tendency to low blood sugar and thus snacking inappropriately will be lessened. Your baby will be much better for it

3. Eat small amounts

Don't overwhelm yourself. 'A little, often', could be your new mantra. The inner fire works best if gets a nutritious, small amount regularly. Quality not quantity – always with fat as then your body's need for this to grow baby's neurological system, and your hormones will be satisfied.

4. Don't drink while eating

When you drink and eat at the same time you dilute your digestive fire. Best to have a glass of pure, non-chilled water half an hour prior to eating and again, two hours afterwards. With meals, drink sparingly - NOT COLD. Perhaps investigate how much to water drink and when [here](#).

5. Choose a balanced taste palate

There are five different tastes. They are sweet, salty, pungent (e.g., spicy curries and chillies — remembering that a mild one is all that a pregnant/lactating woman should be having as it is too likely to cause reactions for the pregnancy and the baby's delicate gut), sour (e.g. vinegar) and bitter (e.g. lemon).

These five all work as energies that nurture different aspects of the organs. We need them all in balance and in moderation. Enjoy eating – broaden what you call food.

6. Eat bland, nourishing foods

Quite often we get fixated on one taste (usually sweet and/or salty) to the exclusion of the others (pungent, sour and bitter). We also need to eat a blander (i.e. more balanced) mixture of foods, particularly on an empty stomach. But this does not mean flavourless!

7. Limit the sweet taste

Sweet taste actively disrupts the whole workability of the digestive system. In moderation, sweet is very important, but because it's readily available and used as a treat, we often don't recognise it as even being sweet anymore. Rice and milk are sweet to taste, yet our very heavily altered taste buds may not register this. I am not just talking about cane and corn 'sugar', but all artificial sweet tastes, all honey and all dried fruits.

In an energy model, if it TASTES sweet, it can overpower the organ it relates to, and this organ is the key one that keeps the digestive fires burning well.

The sweet taste and sugar should really be banned, until you can take it or leave it. If this feels like a punishment, start some self-reflection: What does food mean to you really? Most of us were raised with sugar as a reward and tend to keep this habit going when we feel in need. I suggest you review why we eat . . . baby needs to be grown well, and you can only do this now.

8. Choose a harmonious, unhurried lifestyle

Try not to sandwich eating between disputes, hurry and disjointed activities. The environment you eat in is important. It is often impossible to eat, or to process the food in a very tense or fraught setting — remember that the digestive activities keep going for hours after eating.

9. Supplement with magnesium

Orally – experiment with whichever pure magnesium – not with calcium – supplement suits you best. Just because it gives you loose stools is no indication that you have had enough – it comes down to what way your body absorbs it best.

It may be for you that transdermal (across the skin) is best. Magnesium oil can be sourced – a book as it is easier than potentially upsetting your gut trying to get in as much as you may need. Epsom salts bath – or at least a foot soak is invaluable. (Do not take calcium as it blocks your magnesium absorption).

Using magnesium in pregnancy is one of the most important things that you can do. Where to get it naturally in the diet? Whole foods grown well, and any dark green leafy veggies and brown (unprocessed) foods are a great start. But - plants can only take out of the soil what is in it to start with (not modern farming practices) or what is bioavailable (not bound up in chemicals). It may be that the topical application is the best and easiest way to sort out all pregnancy woes.

Magnesium is an essential to normal children's growth and development. Perhaps review [why we need magnesium?](#) Then look into [Magnesium and its role in children's intelligence](#), also [magnesium and iodine supplementation and autism](#) and [magnesium supplementation to avoid childhood strokes and neurological damage](#).

BIOAVAILABILITY

What may be stopping the magnesium you are using from getting to where it needs to be?

A very good question. I recently discovered whole lot more than I really wanted to about mercury, its accumulating in our bodies and what it does when there. [Effects of low grade 'minor' chronic mercury toxicity](#). That is just about everything all complain about that they now have.

I highly recommend that you do everything that you can to not add in anymore.

Unfortunately, this may be tricky – as you may not know that when a vaccine says 'mercury free' it may not be – be just less than the cut off allowable. Why is this so important? None is safe. Aluminium having been used in vaccines instead (what all?) To make the immune system pay attention – go feral basically – and often to set up auto immune responses, ending up in chronic inflammatory (e.g. type 1 Diabetes and skin, respiratory and bowel issues forever) did you know that when a vaccine says

"Mercury free" – that means that there is not enough to have to be declared – not none. No amount is safe – especially as we do not know how much we have stashed away within us. What might I mean? We hoard it as a fetus: mining it and other heavy metals out of mum – and storing it within our own tissues – especially the neurological tissues and the heart - affecting the entire life we are to live. Often what is called 'genetic' is something else - that which is stopping the genes from expressing, and what has poisoned our children.

WHY IS THIS WITHIN THE FOOD SECTION?

Because the hidden chemicals, we do not just eat, but are often imbedded in our teeth. Every time we chew, we are ingesting what was being [outgassed from the 'fillings'](#) and dental devices. This is shocking – as it also if not in your mouth, was likely in all your female ancestors, as 180 years ago when someone thought this was a good idea – there were (and still are) no safety testing. There is a case for taking products that get rid of this, and all the other extras that you have been exposed. Breathed in, and are leaking into your body – exposing baby to a life of immunity regardless of how organic you are being.

ORGANIC

Why does it matter?

Look at the [chronic mercury poisoning symptoms again](#) – it is sort of everything that is selenium and magnesium depleted - then we can't clear out the mercury within us.

How to be safe? Take it all out – effectively pre breastfeeding.

Take out what is not going to help your baby or your life - an investment in everyone's future.

Going organic can clean children's urine output of fungicides, pesticides, and other agricultural chemical almost immediately. (A Swedish study no longer available in English).

Losing weight

This is often very easy – especially in pregnant/lactating women as the body may work better or you may be making better life choices. Unfortunately, can be coupled with the heavy metal toxicity. Unbeknownst to you, while pregnant and breastfeeding, so much of what is stored in your fat cells can migrate out. What gets stored? Chemicals that your body has no idea what to do with as they were not supposed to ever be in a body.

The good news is that it is possible to clean up your act and send it all on to baby forever to have as their own inheritance – from you. Want to be a 'yummy mummy'? Maybe not - as she has, if still breast feeding, been unintentionally dumping a large section of what was stored in [her fat cells straight into her milk](#), and now baby has it. How to stop this? Take a specific interest in very cosmetic, cleaning and household and work-related product as well as your food and ensure that the entire house exposure is as clean as possible. Especially the water source and often the pipes themselves are leaching out mineral – not always the ones you want.

Is this too hard?

It is your baby you are making and thus the rest of your life. Chemicals not expected in a baby [now number over 300](#) – and this is just from their cord blood on exit from the average mother!

What can you do about this?

Stop and reconsider everything. Become conscious. Take out your load – which will instantly improve not just your health be it also that of the future – as your child (as you will be able to) can then access the nutrients that you are ingesting - and eating will become more useful to you. All ingredients need to be present - to be as functional as possible you need to have free access to what should be in the soil, taken up by the plants, transported and stored well, and then not added to (even the cooking utensils) so you have a clean meal. Many steps.

To ensure this has happened – consider taking [liquid activated zeolites](#). It was about the last thing I tried - and was astonished! Often all the interventions you have tried will not work, as the initial step – taking out the [residual mercury](#) and other toxins handed down through your family line – has not happened. Often people are told after their child is negatively affected through the overloading of the toxins through this apparently healthful practice – that they have some form of ‘mitochondrial defects’. What is meant is that the Glutathione is not able to remove what is added in – and the mercury and aluminium overload has now broken your child – for good. You did not make an inferior child. The ‘defect’ may have been added in and the ingredients for life can’t get in to fix it yet.

Be particularly careful if, as 60% of us are, you are MTHFR carrier – the [detox pathways are disordered](#) and also more likely than not you have [pyrroles being excreted](#) (Vit B6 and zinc not being absorbed, but overly excreted). This seems to not be seen as a problem.

As the mother of vaccine damaged children myself, I have gone out to answer different question that most – how does the vaccination process damage the children that it does - not does it and try to say of “course not”, but if it does, how does it do this? Proving the opposite - not for safe – but is it dangerous? Easy enough – just for the MMR.

We all start from ‘*of course I am to vaccinate*’ – till it all falls. As happened to me – we find ourselves too busy trying to recover the one we had prior to the jab. Others lose the life of that child. Too often we regret forever after. This may also explain your own issues – your own digestive and health problems – why pass them and the reasons for them onto your kids?

My lifetime of researching has led me to consider critically almost everything – please do your own research. (I was unsure of what I was to be doing with vaccinating my new-born son. I loved him and was responsible for him. You may find very different answers, and thus you by investigating also may save yourself and your family and immense amount of grief.

Making a cleaner body to grow baby, insuring all the best go into making baby and then not messing this up at the end is the trick. Please get more conscious. It is not just about the food and water – or even the air that you are exposed to (outgassing of the bromides from all the fabrics messing with the metabolism – iodine in your body.

All overwhelming?

Please be aware no one but you may be interested in growing the best baby you can, and you get too rue not being more conscious of in times to come you also (as so many now have) a chronically ill/not resilient/not vibrant family.

When vaccinated (all those heavy metals ingredients put in specially to upset the immune system (often not even set up yet as that is why mums are to breastfeed exclusively for months) means that the body responds differently. Perhaps start with listening to a doctor who has stopped her past life to study this in depth. Dr Susan Humphries now always shows the PubMed numbers on the information she has based what she is saying on – please be aware that anyone who is researching is vilified as this is somehow seen as being dangerous – it is – be aware yourself please!

The magnesium and selenium and other elements needed to make the body's detox chemicals (Glutathione) are unable to be taken within to be used as the mercury blocks their uptake – so the very detox pathways to clear it out are shut down. When liquid activated zeolites are added in as drops to anyone vaccine damaged or having tried all things (see the mercury toxicity lists again) and then goes on these - often within days there is a profound improvement.

When now working with the couples whom IVF and other recourse to natural medical therapists has not worked - I start where no one else does yet – pull out what is stopping life from flourishing - and then just let good life and food choices take over.

Same for you and safe breast milk, safe baby making and should you decide to (delay schedule at least) to vaccinate – after intense researching for yourself – then have a cleaner baby body to hopefully not react in an auto immune and ADHD way as so many now do - overload of very toxic chemicals whilst the brains rapidly growing – filling it with neurotoxins (mercury and aluminum are highly dangerous) and all the other inflammatory ingredients that may cause forever effects on your precious child,

Why is this in this eBook – as to eat well means you intend to be making the best baby possible – and I suggest you look into not breaking this intention by following what is not researched or even effective – the adding in of what is not food to mum, and breast milk for baby.

That simple. Go natural. Your child, their future.

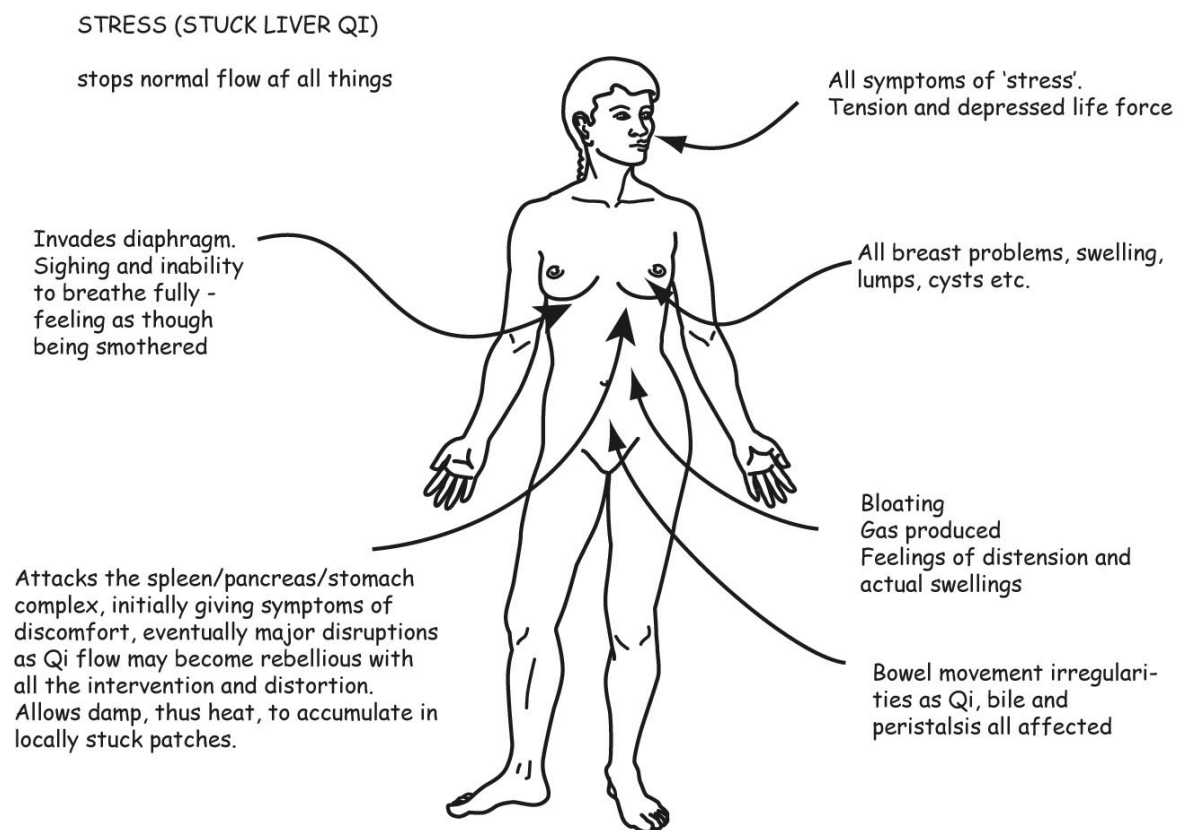
6. WHAT CAN 'GO WRONG'?

Living in a **panic** setting can disrupt digestion. If we get into a situation (or think we do) where we need to survive, the 'fight or flight' mode kicks in. This is a very primitive, inbuilt, survival approach. In this mode we are ready to stand and fight or run away, and all our usual body functions are geared to support this and NOT digestion. This encompasses all sub-surface anxieties, unresolved issues and disputes, which are characteristic of how a lot of people live their lives. For example: 'Is he angry with me?'; 'Is she going to leave me?'; 'Am I good enough?'; 'Does my mother really want me?'. And so on.

Any chronic stress leaches out many nutrients - magnesium being one that is so easily replaced - on your skin. Perhaps start with correcting this imbalance. Can't hurt.

In an emergency, biologically there is no point in processing food; all our blood and energy need to be energizing the muscles to either flee, or stand and sort out the problem. So, if we LIVE our lives in a moderated crisis, or are somehow stuck in a situation as though it were dangerous, we cannot expect the best out of our eating, and our gut to support us well. It's only when we're back in a peaceful place that we can truly nourish ourselves.

THIS LEADS US ONTO **STRESS**



Living or working in an environment that does not support and comfort you, is a pretty certain way to shatter your health. It may be that this is the normal state of your body, and you know of no other way. This greatly impacts on your ability to nourish yourself and now your baby. After birth, it may also interfere with easy lactation. Again – the answer to all of these is magnesium.

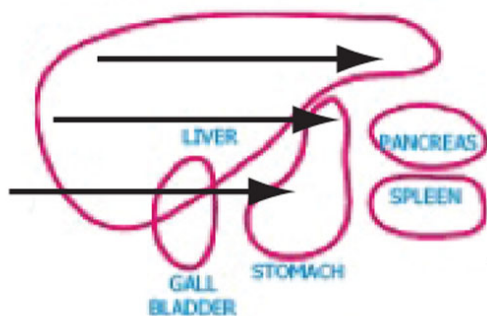
Emotional turmoil tends to create a body that tries to function in a half-in/half-out survival state. Tension and stress become our living companions.

Uncertainties predominate, like not knowing when next your partner, workmate, or family member will explode into anger, fury or dangerous behaviour. All the time, you're worrying: 'Is he going to leave??'; 'Am I going to get fired? Will I finish this report in time?'; 'Is there enough money in the account to last till payday?' 'What if baby comes too soon?' "What if I hate being a mother?' and all the other things that rattle around the head in the early hours of the morning when sleep eludes you. Reach for the magnesium and slather it all over yourself – on your skin.

This living in a constant state of battle preparation can wear you out. It's difficult to maintain and we cannot stay there and optimally support ongoing life. Over time, all aspects of life will suffer.

STOMACH FIRE/SICK HEAT AS A RESULT OF THE ABOVE

Those who do enjoy and even seek out the cold, do so because there is TOO MUCH fire inside. This is either a case directly of the 'Heat in the Liver' or the angst from the 'Stuck Liver Qi' — usually a mixture of both, one coming from the other, moving to assault the stomach/digestive complex. This usually comes about from emotional incendiaries that we intend to deal with later on (as in 'hopefully never').



So here we easily see where the need for 'reflux' /heartburn and 'acid' reducing medications arises, and continues, if we choose to not correct why it is happening.

This is very common in late pregnancy and is included here if you have a tendency to gestational diabetes along with all the other Gestational Diabetes (GD) symptoms. The stomach fire is very different from the

appropriate inner digestive fire (Spleen Yang) that we all need to stay alive. The unhappy Stomach Heat can also come from not looking after ourselves the way our forebears did.

The extra heat produced inside the body should flow out through the urine. Often, this is the sole reason for **cystitis**. The pregnant body does have more heat — it is supposed to be processing hotter. We create heat easily by being very distressed and keeping quiet about it ('Stress').

If excessive stress has been present for some time and if supported by all the unresolved problems, it may also cause **reflux/heartburn/gut ulceration, irritable bowel** and **Crohn's**

disease, colitis and gall bladder attacks. Continued stress also can create an internal drying-out, leading to pellet-like stools, **constipation and general bad body smells.**

Odorous mouth discharges, including gum disease, accelerated tooth decay and dry lips, are all part of the inner Stomach Heat that often is caused by a mixture of stuck emotions — [Stuck Liver Qi](#) and the history of past or still current self-medications, sugar, chocolate, alcohol, caffeine, etc, instead of actual nourishment. This is often accompanied, or shows itself instead as hot feet at night, or warm/itchy legs or restlessness in the lower body generally.

Moving on into a tendency to **diabetes/autoimmune diseases and other degeneration or accelerated aging** resulting from this inner fire that destroys our Jing (life foundation). When pregnant it also drives the push towards pre-eclampsia and gestational diabetes. Choosing anything with a sweet taste is going to further create Stomach Fire — the very thing we are trying to put out. [Inner Fire](#) may be what are dealing with – please take the time to read.

The very erratic and unhealthy food and beverage choices we make, the irregularity of eating (especially avoiding some meals, for whatever reason), extract a toll that eventually is felt by anyone who has been neglecting themselves. Adding in chemical pharmaceuticals and medications to neutralise stomach acids rather than correcting life choices that have caused the distress, leads to other issues.

[WEAKENED SPLEEN YANG \(INNER DIGESTIVE/GOOD FIRE\)](#)

This leads to all manner of apparently disconnected (from a standard medical model), body issues. These include all the **hypo** (low) functions, especially the [low thyroid activity](#) that is never quite enough to get over the test results line that admits you have a problem; **hypoglycaemia** (low blood sugar), **low blood pressure/ poor peristalsis** — especially with **constipation** through inadequate bowel action, heartburn **and other digestive complaints, due to low stomach acid, Candida, leaky gut syndrome, and failure to thrive** as a baby /toddler. And these are just SOME of the digestive issues.

As the [Spleen Yang](#) keeps all tissues and blood in place, there is quite a selection of apparently unrelated issues that often occur. Loosening of the flesh is part of the Spleen Yang not holding things up, and includes all **circulation deficiencies, and varicose veins, haemorrhoids and prolapses** (anything falling out of normal position). These conditions are all pertinent at this stage of your pregnancy. Avoid all [exposure to cold as this weakens your Spleen Qi.](#)

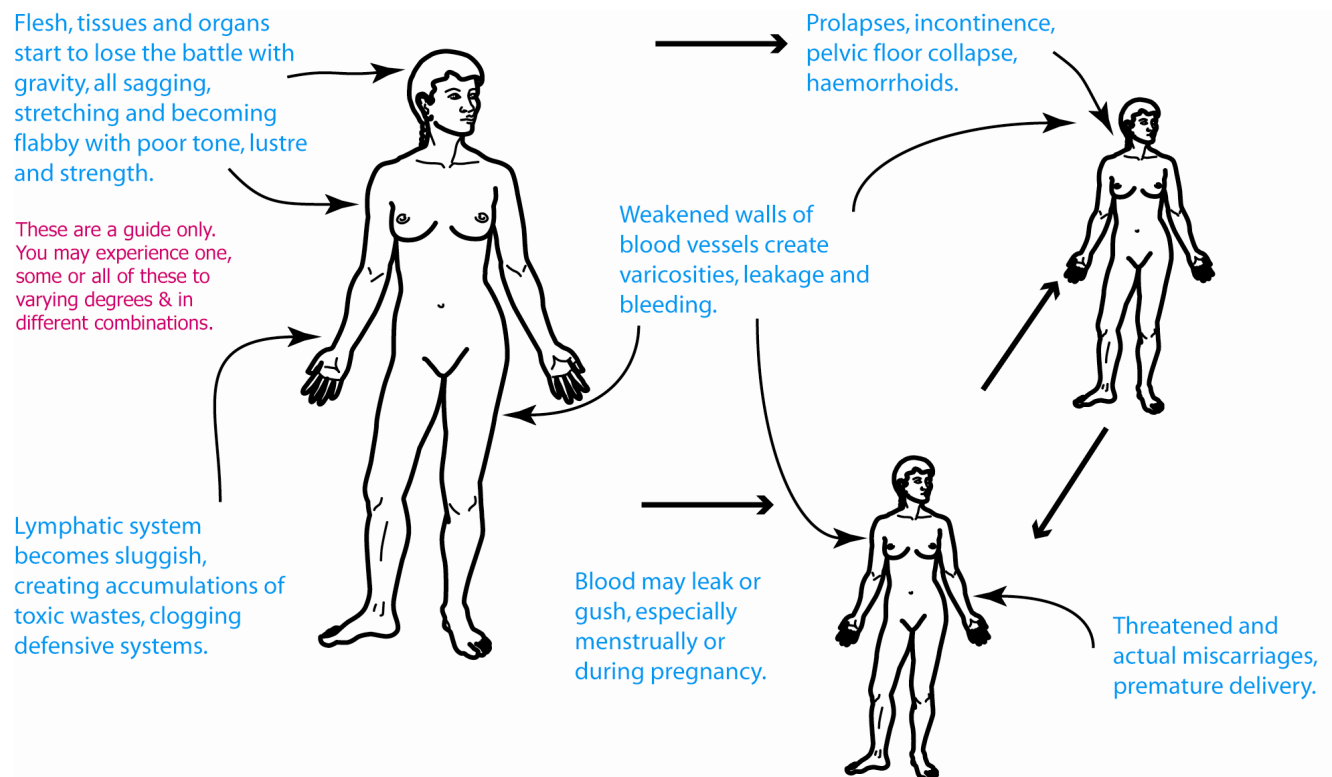
Losing too much blood — especially when having a period or carrying a baby, or when birthing. Heat is generated when upset and holding it in — we are great at ‘being nice’, and putting on a ‘happy face’ even though we are eaten up on the inside with anger. The Liver energy then attacks the Spleen, and things fall down, start haemorrhaging, bleeding when they shouldn’t. Over time, the whole body is challenged. Since the food factory is generating what keeps us here, stable and functional, losing far too much blood monthly, or in one hit when pregnant or birthing, is a body blow from which recovery can be difficult, especially at the rate we expect to be able to live our lives these days.

INVASION OF COLD

As a result of the Inner Heat, generated within from over-doing living. Good examples from everyone's lives are burning the candle at both ends/not having enough rest/water/ 'down' time, being very agitated and swallowing all the things you cannot say internally, then having it all attack the workings of your food factory.

This section is crucial to consider, it FEELS better to be swallowing cold, but it weakens what your body can do, and holding up all bodily tissues (so we don't get droopy) /organs (so we don't have prolapses)/holding babies and blood within are all possible casualties. The conditions on the page following are all a direct result of what can happen if we don't follow this advice.

What may happen with invasion of cold. .



In the biomedical model, everyone seems to NOT see the connection between the apparently therapeutic invasion of cold (packs for perineums /engorged breasts), sucking ice, offering cold water in labour and afterwards when mum is very vulnerable - and the conditions below all are a direct result of what we do to 'break' ourselves unknowingly.

Obviously, some of us are constitutionally stronger, but some are weaker, and thus these will be of varying degrees a problem to take into the rest of your life.

This is very important to remember in pregnancy

Understanding the energy model that the physical is running then enables and empowers you to see what has happened and how you can 'fix' things that seem to be happening even though you are following instructions and appearing to do 'everything right'.

Accordingly, stress to the body can show itself in a few different ways in the acupuncture model, so please do not spend time trying to think which it is in your case as it may be a bit of everything.

At the time when the biggest load is on a woman's body, she often thinks to play the game of superwoman — attempting to continue to do all she always did as though making another human being is nothing special. If a pregnant woman is exposed to too much cold especially, it can have far-reaching effects on her life.

Any acupuncture pregnancy text will list the reasons for post-natal problems as being mum getting too cold or losing too much blood. Often the one leads to the other.

CONCLUSION

It is very easy to turn around any dire prediction in pregnancy (being called 'high risk') and in life, by fuelling yourself differently, and by taking healthful alternatives. You really are what you are able to digest.

Find yourself a natural therapist to help and first off

7. REVISION

1. *Chew your food very thoroughly*

The digestive process starts in the mouth. This means that a meal that is unhurried, well chewed, and eaten in pleasant surroundings and company is much more likely to result in the quality nourishment that the raw ingredients were chosen to provide.

Perhaps drink your meals and chew your fluids - digestion starts in the mouth with saliva . .

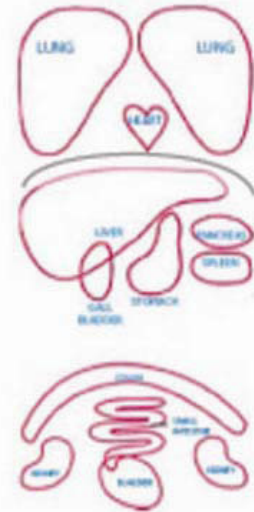
2. *Have better posture*

Allow enough space for the organs and general circulation to work unimpeded. If you sit in awkward and generally immobile positions (think using desks and computers) for extended periods after eating, or your stance is constantly slightly off-centre, so that you are not breathing fully, this will have a detrimental effect. The liver, our chemical laboratory, sits right under the diaphragm. Being scrunched over makes us chemically cramped as well.

Occasionally a chronic problem, such as **constipation**, may have a simple solution, like breathing a lot deeper (exercise helps this also), allowing the action of the diaphragm to massage the liver and colon, thus ensuring that they work well.

HOW TO CHANGE POSTURE EASILY

- ✚ Take shoes off. Stand up, with feet hip width apart.
- ✚ Without adjusting any other aspect of your position, tilt your sacrum /sitting bone under. This action thrusts your pelvis forward a little.
- ✚ Touch your upper abdomen (under your diaphragm and above your belly button), and from here, straighten up — lengthening that muscle brings everything more upright instantly, giving vastly more room for your liver and other digestive organs to get on with their job. This should also give you a sensation of more room inside.
- ✚ After these few changes, the last is more subtle. Imagine you have wings and **WITHOUT MOVING YOUR SHOULDERS**, move the little muscles between your spine and your shoulder blades to adjust these. This slight movement will be all that is needed to correct your stance.
- ✚ Does it feel more comfortable?
These few changes will assist your body to support you well.



3. Exercise

Allowing the circulation of all things to freely flow is crucial for the Liver energy. If we are not active, all the aspects of self-stagnate, creating eddies and turbid areas, which further hinder the potential for a well-functioning unit.

When pregnant, it is too easy to slouch and to become 'too tired'. Too sluggish will not give a great start to labour or to birthing or to post-natal life. The body was designed to move.

Ten thousand steps is the starting point. Do this every day, especially if 'too tired' is the complaint. The extra movement and enforced deeper breathing will change everything for you. Defaulting to lazy mode ensures nothing works optimally/well. Get a pedometer and see just how little you do, even when you think you had a busy day.

Turn off the TV and other screens by 8 pm at the latest. Walk at least after every evening meal, and devote yourself to outdoor time. The garden is a perfect retreat. Pregnancy is a good time to becoming a vastly calmer/ healthier person. If you feel that you have no time — where are you factoring in baby time?

Walking up hills, anything to produce extra load on the heart, is a great way to improve overall fitness — especially if you can find your own space in a forest or nature reserve where you can immerse yourself. If this sounds too idyllic, ask: why not? Getting in touch with nature whilst you are growing your baby is a perfect time.

WHAT TO EAT?

Possibly you are panicking — what CAN I eat — as often, a person's whole life revolves around gluten and fruit/sugar in some form. Some suggestions: mixing protein and veggies together.

Breakfast/when time permits

Left-over cooked rice and veggies (especially wok ones) are invaluable as you do not have to start from 'scratch'.

- ✚ Make **fritters/rissoles** from left-overs, adding chopped up left-over meat or canned corn (or anything really) with some sauce/flavourings/sesame seeds around the outside when being fried. (Yes, you need fat to provide the raw ingredients for hormones to be made).
- ✚ Heated up **left-over veggies with an egg or two** smashed up and cooked with it (pretend it is a Spanish omelette).
- ✚ **Reheated left-overs**; starting the habit of cooking an extra meal for when you are breastfeeding and to reheat in the morning is a great way to begin being a busy mum who eats well.
- ✚ **Anything from the snack/lunch list**; but not cool/cold, especially if the weather is not tropical. This can be alleviated somewhat by having a hot/warm cup of herbal tea with the meal.

Snacks or lunch when you have 'no time'

- ✚ **AVOCADO** with canned fish in the hole, with a relish, or marinated capsicum on top.
- ✚ **Slice of ham/chicken**, with half an avocado and favourite relish on top (rolled up).
- ✚ **Celery sticks** with cashew or other nut paste (not peanut) in the centre.
- ✚ **Half a red capsicum** with pesto or relish around the inside, then cottage /ricotta cheese filling with avocado or a slice of fish or ham on top.
- ✚ **Soft boiled egg** taken whole to work, to eat as quick protein snack.
- ✚ **Little rice crackers** (seaweed or sesame seed variety) with nut paste (always avoid peanut) or cottage/soft cheese on top.
- ✚ **Lettuce leaf wrap** for a salad and cheese/egg sandwich (everything placed inside as though wrapping in rice paper).
- ✚ **Soup with butter added to it** – and a few seedy crackers, perhaps with some pate spread.
- ✚ **A cup of home-made chicken bone broth with extra salt.** Great for when there is no time –and still something has to be eaten – or when in a break and need something substantial.

Really, any combination of vegies and fat/protein – no rules - just no cereals/grains or sugar/fruit – the more fat you eat the better.

8. ORIGIN OF INFORMATION

What I have written represents a lifetime of healing experience — both on myself and family, and a considerable patient base accumulated during many decades of intensive professional practice. My work as a dual-trained practitioner — in naturopathy and acupuncture — produces an interesting blend of theory and advice that is not normally available. On one side, we have thinking only in the physical reality, and the body is all there is. On the other is the energy model — what programmes life is more than the physical explanations. The naturopathic model follows the biomedical; the acupuncture one can follow a very different path.

You will have seen this and hopefully gained insight into why doing the apparently ‘right’ things have not given you the results you would have expected – we need all pieces of the puzzle to complete the picture.

Most practitioners stay on one or other side of this continuum. As I feel a more complete picture is gained by attending to **all** aspects of our being-ness, I have incorporated some acupuncture theory here. I sincerely hope it has been helpful to you. If you wish to learn more about your body and what you can do to help yourself.

FURTHER REFERENCES

A great place to start reading would be two substantial works: [*Nourishing Traditions – the Cookbook that Challenges Politically Correct Nutrition, and the Diet Dictocrats*](#) by Sally Fallon and Mary Eni. [*Healing Through Whole Foods - Asian Traditions and Modern Nutrition*](#) by Paul Pitchford, is another valuable read. Sally Fallon and Thomas C Cowan have written a [very good resource](#) – including making your own baby food.

If you wish to become more responsible for your own personal global footprint, there are many books. A stunning one is [*Animal, Vegetable, Miracle: A Year of Food Life*](#) by Barbara Kingsolver, Stephen Hall and Camille Kingsolver. It tells of one family’s decision to cut food miles, to grow their own and to eat locally.

The degree of motivation you have for reading and learning will probably be proportionate to the result that you desire and how this impacts on the life you would rather live. Given this is about another’s life as well (your baby’s), I hope you find the courage to go with what is written here as it holds the answers to many health issues that you either have currently, or are trying to avoid.

A great scholarly read in the role of magnesium for all pregnancy is [Mildred Seelig’s amazing book on pregnancy and magnesium - 1980](#). Starting watching anything that talks about [traditional foods](#) as a great beginning. Now there is a trilogy – [Nourishing Broths](#).

Anything else about [the GAPS diet](#) – as it is good idea to ensure you do not have a baby who is different and who may need help. Don’t break your baby!!!! Please research everything anyone wants you to do - and if there is coercion involved – look past the fear to why is it not what your older relations had to do = is it baby friendly even? Happy mothering!!!

GLOSSARY

Qi - pronounced “chee”, loosely translates as ‘energy’ but is far more than what we in the English language or conceptual fields consider to be ‘energy’. In Chinese medicine, the body is seen to have many different types and uses of and for Qi. Our personal Qi circulates within and around us. It can be sort of seen as being our power source.

Blood – More than the red liquid that runs if we cut ourselves, Blood is the concept of what nourishes and renews life. Its energy allows sanity, sleeping, memory, thinking and all expressions of self to be coherent and make up who we are seen to be. Without good quality Blood the Shen has no home.

Shen - Our Shen, whilst said to reside in the heart, is protected through the pericardium energy. This is how we are and who we are seen by others to be – all our behaviours and projections come from here. is a Chinese concept that covers the essence of self in a spiritual sense. Shen governs who we are and how we express ourselves. A well nourished Shen allows us to present a consistent personality to the outside world. Our Shen allows our clarity of speech, our brightness of eye, our coherence of thought, and our ability to live in mental and emotional tranquillity.

Jing - Jing is the essential energy building block. It forms the foundation of the Kidney energy, which is itself the root of Yin and Yang Qi (energy) above. Like any another form of inheritance, Jing can easily be spent unwisely, when not adhering to sensible guidelines. Also see Jing

Yin - all aspects of life can be polarised into Yin and Yang. The yin portion of anything is more solid/substantial and dense. In the body this translates usually as ‘Yin Qi’ meaning that which is cooling, moistening, allows rest and regeneration and that which is more nutritive - blood and body fluids being examples.

Yang – as above. The more yang component of anything is that which has less form, less structure and is more ethereal/resonant. Yang Qi is like the metabolism master switch – also determines the strength of the immune response, heating, digestion and circulation.

Liver Qi – **Liver** energy must flow freely; otherwise, all aspects of self are affected. Similarly, all expressions of self and blockages therein affect how the Liver Qi can continue with keeping all flowing as designed.

Spleen Yang Qi - Our Spleen Yang is that which controls our food assimilation and hence the quality of all our Blood and other raw ingredients. The Spleen Qi also holds all our tissues, organs and Blood in place. When upset – especially by the invasion of cold, or by excessive ‘stress’ - when our Liver Qi gets too upset goes horizontal and attacks the Spleen directly – this

function, as with all the digestive ones, and our abdominal contentment can just give way. This may lead to hernias, varicosities, prolapses, bleeding problems, and gut disorders – heartburn, reflux and IBS being the common ones.

Our lymphatic and immune systems are totally dependent on our Spleen Yang. All cancer and other illness issues are directly tied to the health or otherwise of our gut. When the Spleen energy is weak, we start getting diarrhoea, maybe always loose stools, and if more severe – with indigested bits in them.

Kidney Qi - The Kidney Qi is that which all other aspects of the body depend on to function. The root of our being is the Kidneys and only part of their job is urine output – more the task of the Lung and Spleen energy – hence when an acupuncturist speaks of your Kidney energy, think of your hormonal and neurological wellbeing.

Wei Qi - a particular type of Yang Qi protects us. This is called Wei Qi (energy) and works on many different levels. Wei Qi circulates through the muscle and superficial layers of the body and energy fields, in a constant tidal flow. It has to retire internally at rest, to be replenished as part of the overall sleep /recharging cycle.

Meridian – energy travels through, along and within the body in lines or meridians. These form a grid often seen in acupuncture clinics as maps of the body.

Pericardium - Our **pericardium energy function** begins at the first breath we take independently at birth. At this moment our previous lifeline from our mother shuts off, and we begin supporting ourselves. This instant, and the ease or shock that it brings, sets in motion who we become. The imprint of the effort or grace at that moment reflects upon us from then on and affects all the perceptions we ever feel through our senses throughout life.

Damp – the energy of obstruction that seeps into all aspects of self – be it cloudy head, muddled thinking, fat and cellulite that settle in and sit there regardless of your best efforts to move it, phlegmy throat, discharges. Candida, inability to get out of the space you are in..