

## Pregnancy: Loving it and Growing it!

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While you are pregnant, this is the best possible time to start a garden. Not just any garden, but an herb garden. As a tiny seed of love grows within, your days will be filled with tender caretaking of your herbal seedlings. Tending a garden will help you develop qualities every mother needs: patience, tenderness, unconditional love, plus discipline. This is similar to any spiritual practice that requires perseverance—good preparation for tending to the daily needs of a baby.

Gardening lets you get in touch with our own Mother Earth. She is not much different from your own womb. Fertile, life giving, sustaining, comforting and wholesome. In Ayurveda, the Earth element is the predominate element of the body during pregnancy, with the Water element being the close second. Two of our World's most precious resources.

The same is true of you and your baby. Love yourself as the life-sustaining goddess that you are—a true precious resource to your baby. Pregnancy is the time to get in a vibration of Love with your baby. Get to know one another, and to focus on just what it is that you two are sharing. For starters, now you have two hearts!

Harvest time is a celebration of the labor of love of gardening. It is a time of great fan fare to bring in the fruits of the growing season. Those herbs that you grew are here now to heal you, strengthen you, give you peace, and whatever their purpose is.

Childbirth is the Harvest of life. It is a time of great reflection and anticipation of the fruits of your womb. With great love and fan fare, your child will be born. It is in these few moments that your body will be in harmony and balance with the Elements. And all of the Oneness or Universal Forces will shine down their Light, giving tribute to the Energy that came forth.

As you hold your baby and drink your herbal tea, remember your connection that was with her in the womb. For a mother's love never ends and it is this love that keeps us all eternal and ever growing—like the Garden of Life.

**Children's Natural Health and Herbs** is located in North Phoenix. Here we use Chinese and Ayurvedic herbal medicine to help the body heal from many chronic and acute conditions in which Western or Allopathic medicine just treat the symptoms. It specializes in helping children, from infants to teens and in between, along with pregnant and nursing women.

I believe that well being is the predominant state of the body; that “symptoms” don't have to turn into a “condition”; and that pain is just an indicator of resistance or an imbalance, which can simply be allowed to correct itself with gentle guidance.

Instead of focusing on “what is wrong,” I first look at what is going right, and enhance *that* in order to spark the flame of wellness within.



### Children's Natural Health and Herbs

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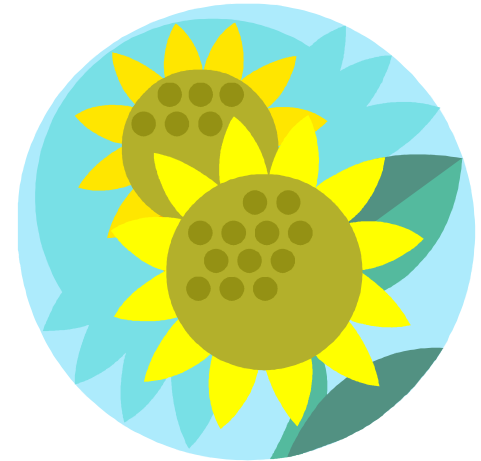
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**Children's Natural Health and Herbs  
Presents:**

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## Oh Baby! Herbs for the Expectant Mother.



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**Dr. Candice Davis ScD  
Medical Herbalist**

# What a Relief!

As your body changes during pregnancy, some discomfort or health issues may arise. Sometimes these issues may require medical attention. But often enough, simple herbal home remedies and good nutrition can prevent and heal many of the ailments of pregnancy. Here are a few natural remedies and foods that can help you maintain optimal health and well-being during your pregnancy.

## Constipation

Sometimes during pregnancy, bodily functions can slow down and stagnate. To find relief and ease on the potty there are several things you can try that are safe and natural:

- ❖ Drink a cup of *Fennel Root* tea 3x a day.
- ❖ Drink a cup of hot milk with 1 teaspoon of *ghee*. Ghee and milk mixed together is a wonderful combination for gentle, mild laxative effect.
- ❖ Eat *Hemp seeds, prunes, or raisins* that have been soaked in water overnight.

## Edema

During Pregnancy, the enlarged uterus exerts pressure on the pelvic blood vessels and constricts them, which can lead to swelling of the feet. Or it may be due to HBP, or lack of iron and protein. Here are some things to help.

- ❖ Drink a tea 2-3x a day of 1/4 to 1/2 tsp of *Cumin, Coriander, and Fennel*.
- ❖ Add Lemon and/or Lime juice to your water that you drink daily.
- ❖ If due to HBP use, *Hawthorn berry, Passion flower, and Arjuna* in equal proportion and use 1 teaspoon to make a tea. Take 2x a day after meals.

## Frequent Urination

The sudden and often dire need to use the potty is an entirely natural phenomenon during pregnancy. The uterus becomes enlarged due to the growth of the placenta and it creates pressure on the bladder. If this is very bothersome and disturbs your sleep here are some suggestions.

- ❖ Eat a handful of white sesame seeds with 1/2teaspoon of jaggery or natural brown sugar. This mixture prevents the excess stimulation that contracts the bladder.
- ❖ Don't drink anything with caffeine, such as coffee, tea, or soda. Caffeine is a diuretic—it promotes urination.

## Anemia

Western and Eastern medicine look at anemia in different ways. Whether you use medicine or herbs and food, anemia should be addressed by a health professional when you are pregnant. But here are some simple things that you can do to help your body along.

- ❖ Eat iron rich foods such as *seaweed, yellow doc, beets, carrots, grapes, raisins, and currants. Figs, dates, and date sugar* are also good sources of iron. As is cooking in *cast-iron cookware*.
- ❖ Drink *Pomegranate juice and cranberry juice*, as these are blood builders, as are a combination of beet and carrot juice (add a pinch of *cumin* to for maximum effect). *Chlorophyll* in spinach, chard, and other fresh green vegetables is a good source of iron.
- ❖ Eat a cup of *plain yogurt* with up to 1 teaspoon of *turmeric* on an empty stomach, morning and afternoon. Do not eat this after sunset as it can cause digestive upset in some individuals.
- ❖ If you are deficient in Vitamins C, A, and E, your body may have a difficult time using the iron you intake. Vitamin A can raise hemoglobin levels. Orange foods such as *carrots, yams, yellow lentils, chamomile and turmeric* contain Vit A.
- ❖ You may find copper water effective. Fill a *genuine copper glass* or cup with water and let it stand overnight, and then drink it in the morning. *Copper* is a good tonic for the Liver, Spleen, and lymphatic system.

## Morning Sickness

Morning Sickness can occur in any pregnancy and it doesn't have to happen only in the morning. Here are some home remedies that can provide relief.

- ❖ First thing in the morning eat some salty crackers. *Salt* stimulates salivary secretions and helps to reduce nausea. Fresh *lime juice* is also helpful, with a little salt and sugar.
- ❖ Take sips from a cup of *Coconut water* with 1 teaspoon of *lemon juice* every 15 minutes to settle your stomach.
- ❖ Drink a tea of equal parts of: *Ginger* (for nausea), *Honey Fried Licorice, Peppermint, Papaya leaf* (indigestion), *Alfalfa* (heart burn), *Lemon Peel* (indigestion), *Bergamot, Beetle Nut, Nutmeg, and coco leaves* (the last 4 make up "cola syrup"). This tea helps tonify the digestive system to prevent vomiting and nausea.



*In my clinical practice, I have had 100% positive results in giving relief from morning sickness by using the Chinese herbal formula Pill Curing. This formula is readily available, but must be used under supervision since it does contain the Chinese Angelica.*



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