

Naturopathic Treatment Plan

Practitioner: Camilla dos Santos

Consultations:2024,2024 TBC

Main Concerns

- Constipation during pregnancy
- Stress, fatigue and muscle tension during pregnancy

Health Goals:

- Support healthy pregnancy: better energy and less stress during the day, with improved sleep and gut health.

Naturopathic approach: optimise supplementation, nutrition routine and lifestyle:

- Nutrient deficiency correction through supplementation and nutrition.
- Prebiotic and probiotic supplementation, alongside gut hydration for intestinal health.
- Stress management: nootropic and adaptogenic supplementation, breathwork and guided meditation.
- Sleep quality: healthy nighttime routine, light exposure and types of activities

Supplementation adjustments:

- Magnesium cream + Epsom salts → Chelated magnesium with B6 for muscle tension and sleep.
- Pregnacare max. with Omega 3 → Pregnancy Multi, Mums and Bumps Omega 3, Optibac Pregnancy.

Treatment Table

AM	Breakfast	Snacks	Lunch and Dinner	Bedtime PM
Psyllium husk: 1 capsule in a large glass of water	Pregnancy Multi: 1 capsule Optibac Pregnancy: 1 capsule		SOS Digestive enzymes: 2 capsules	Magnesium and vitamin B6: 1 capsule Omega 3 Mums and Bumps (Bare Biology): 1 capsule
Filtered water with electrolytes (1 pipette/sachet) Adaptogenic coffee (mould-free, organic) with Collagen peptides (2 tsps)	Coconut kefir , cooked/soaked oats with almond milk and water, flaxseeds and berries. Use maple syrup to sweeten. OR Lentil cakes with eggs (organic), avocado and/or nut butter	Chia seed pudding OR Date and tahini balls OR Fruit with almond butter OR Seaweed snack (Itsu) with 2 brazil nuts	Wholegrain/wholefood carbohydrates (colourful and fibre-rich); Protein: Fish x2/week, poultry x3/week, red meat x1/week; Vegetables: 2-3 types of colourful variation	Optional: Cooked fruit , with cinnamon, fennel and ginger . You may add some coconut/Greek yogurt (organic)

Beverages:

- **Organic cacao "hot chocolate"** 1 tablespoon can be consumed everyday – rich in Mg, Zn, l-tryptophan and K+. <https://www.waitrose.com/ecom/products/naturya-organic-cacao-powder/818527-585685-585686>

Remembering that herbal infusions provide important fibre and antioxidant diversity

- **Peppermint and Spearmint – morning fresh energy**
https://naturaldispensary.co.uk/products/Organic_Peppermint_Spearmint_Tea_20_s-9999395-0.html (<https://www.hampsteadtea.com/>)
- **Chamomile – evening calm**
https://naturaldispensary.co.uk/products/Organic_Camomile_Tea_20_s-9999388-0.htmlKeto
- **Ginger and Lemon - digestive**
https://naturaldispensary.co.uk/products/Organic_Lemon_Ginger_Tea_20_s-9999393-0.html

Alternatively, you may choose this **tea set**:

- **Hotteamama** - <https://www.hotteamama.com/collections/pregnancy-teas>

<p>Dietary adjustments</p> <p>Calorie Increase In general, the first trimester does not require any extra calories. Typically, women need an extra 400 calories per day during the 3rd trimester. 100 kcal in banana, 1 tbsp almond butter, and coconut yogurt; 250 calories in 1 medium avocado.</p> <p>Filter water https://naturaldispensary.co.uk/products/BottlePro_Black_Water_Filter_Included-10007780-0.html</p> <p>Increase fibre diversity:</p> <ul style="list-style-type: none"> - Protein cakes (kalo) - Almond butter and tahini drizzle - Decorate meals with pumpkin seeds and hemp seed hearts - Vary between coconut, organic cow's and goats yogurt and kefir - Avoid rice and integrate quinoa, buckwheat, millet; Favour sweet potato, pumpkin, celeriac, beetroot etc. <p>Ensure sufficient protein intake: Protein/day = 65-70g Foundation: 20g protein/meal x3/day = 60g + 5-10g = 65-70g</p> <ul style="list-style-type: none"> - 2 eggs = 20g / 1 egg = 10g - 2 scoops of Collagen / 1 scoop of collagen = 10g - Quality Animal Protein (200g): red meat (26); poultry (22g); fish (22g); - Tofu 100g = 16g protein - Pulses 100g: beans (21g); chickpeas (19g); lentils (9g) - Nuts 100g: Almonds (21g), cashews (24g) 	<p>Favour:</p> <p>Folate-rich foods: Dark green leafy vegetables (turnip greens, spinach, romaine lettuce, asparagus, brussel sprouts), beans (black eyed peas, mung, adzuki, chickpeas, pinto and kidney beans), wheatgerm and yeast, fresh fruits (banana, orange, avocado, tomato, papaya and cantaloupe), beef liver, chicken breast, eggs, seafood (crab) and fish (halibut).</p> <p>Iodine and oestrogen metabolism: seaweed (nori, kelp and wakame – 1 pinch per day), seafood (especially shellfish), cruciferous vegetables (broccoli, cauliflower, kale, cabbages, brussel sprouts and watercress) and cacao (Naturya/Montezuma/raw ceremonial).</p> <p>Magnesium: leafy greens (spinach, swiss chard, rocket, beet and collard greens), almonds and cacao – Naturya, Montezuma, Lindt) and cysteine (garlic, onion, chives – allium family).</p> <p>Healthy phytoestrogens: Flaxseeds (linseeds) 1 tablespoon/day, asparagus, fennel, anise, dill, sage, fenugreek, organic edamame, Miso, tofu and tempeh (x3-4/week).</p> <p>Omega 3: fatty fish (wild caught salmon, cod, mackerel, herring, anchovies and sardines), hemp seed hearts, chia seed pudding (perfect snack), walnuts, avocado, olives, tapenade, olive oil, seaweed (Nori, dulce, kombu and wakame) brazil nuts and pumpkin seeds.</p>	<p>Avoid:</p> <p>Non-organic foods:</p> <p>Non-organic, non-grassfed dairy: Of you consume dairy, always choose full fat organic grassfed. Plant-based carb-free options for your perusal: Plenish https://www.tesco.com/groceries/en-GB/products/311437434? Rude health https://www.tesco.com/groceries/en-GB/products/288500630 Coconut yogurt https://www.ocado.com/products/cocos-organic-natural-coconut-yoghurt-79529011? Coconut kefir https://www.waitrose.com/ecom/products/cocos-organic-natural-coconut-milk-kefir/849117-724686-724687? Organic yogurt https://www.sainsburys.co.uk/gol-ui/product/yeo-valley-organic-natural-yogurt-500g? Try goats milk and derivatives https://www.abelandcole.co.uk/goats-milk-greek-kefir-odysea?</p> <p>Saturated and Trans fats: canola oil, corn oil, sunflower seed oil, soya oil, commercial prepared fried foods, peanuts, and deli meats.</p> <p>Rice: rich in arsenic Tuna: rich in mercury Canned foods: high in histamine Refined wheat: swap for whole grain options like quinoa, buckwheat, millet and starchy vegetables (pumpkin, sweet potato, celeriac, Jerusalem artichoke and beetroot), rich in phytonutrients.</p> <p>Hormone disturbing foods: Non-organic foods, especially, soy and derivatives, soy sauce, soy yogurt, soy milk, and vegan meat substitutes. Plastic containers (BPA -phthalates) to store hot food and beverages. The phthalates – swap with glass.</p>
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DIRTY DOZEN™

EWG's 2012 Shopper's Guide to Pesticides in Produce™



CLEAN FIFTEEN™

EWG's 2012 Shopper's Guide to Pesticides in Produce™



Lifestyle:

Breathwork first thing in the morning, before meals and bedtime – ENGAGE THE PARASYMPATHETIC and lower stress.

- Diaphragmatic breathing, 4-6 breaths to help activate parasympathetic, slow down and move into flow state.
<https://www.youtube.com/watch?v=JfYqWSAMCg&t=181s>

Sleep-Wake Cycle

- **Switch off WIFI at night**
- **Use blue light-filter glasses.**
- Use black out blinds (or an eye mask whilst) sleeping. The darkness promotes melatonin production.
- **At night, adjust screen light emission from blue to yellow, and lower screen luminosity.**
- **Avoid screen time 2 hours before bed.**
- Practice relaxing activities before bed including journaling, reading, meditation or listening to calming music.
- Try the insighttimer.com / buddify.com / calm.com a couple hours before bed.

Exercise

- Aside from Yin/Vinyasa/nidra yoga most, try incorporate 30minutes of light-moderate exercise on at least x2/week, including: walking, swimming/aquarobics, cycling (outdoors or on a stationary bicycle), light jogging, muscle strengthening exercises (including pelvic floor exercises), or guided aerobic pregnancy exercise classes.

Emotional health

- Daily **breathwork** <https://www.youtube.com/watch?v=JfYqWSAMCg&t=181s>
OR **meditation** (insighttimer.com ; buddify.com ; calm.com)
- **Epsom salt bath** 2-3/week, with 3-4 drops of lavender essential oil.
You may add 3-4 drops of **lavender essential oil** to your shower as well OR spray the oil on your pillow to active the parasympathetic and ensure a restful night's sleep.

Additional treatments:

- **Reflexology** x2/month