

Preconception Health

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Pregnancy is a major life event and places many demands on woman's body. The time before pregnancy, known as preconception, is therefore an ideal period to prepare for pregnancy and parenthood.

Taking care of one's health at this time can help reduce problems during pregnancy and assist in the recovery from birth.

For both men and women the preconception period, generally considered to be three months prior to pregnancy, is an important time. Aspects of diet lifestyle, environmental factors, alcohol, medication and nutrition can have an impact on optimising fertility as well as health and well being during pregnancy.

Urine, Saliva & Blood Testing for optimal vitality & nutrition and the elimination of environmental wastes & toxins is an integral part of the naturopathic service provided at this centre.

Dietary changes

Establishing a well balanced diet is an important step in preconception health. Minimising processed and refined foods and increasing whole foods will assist in optimising conception & foetal health. This centre can advise on nutrition, food intake and dietary supplements.

Exercise

Being fit and active before pregnancy will help to manage the physical changes that pregnancy, birth and parenting can bring. Even a moderate exercise regime can reduce symptoms of backache, fatigue and sleeping difficulties. Activities that are particularly beneficial include walking, swimming, yoga and pilates. Women planning a pregnancy should also commence pelvic floor exercises. Having a strong pelvic floor can assist in the recovery process and protect against incontinence after child birth.

Medication, and lifestyle issues

The intake of caffeine and alcohol as well as smoking and use of recreational drugs can have an impact on fertility, conception and health of the foetus.

A high consumption of caffeine can have an effect on fertility and increase the risk of miscarriage. Limiting the daily amount of tea, coffee and cola drinks should be part of a healthy dietary plan

as well as reducing or eliminating alcohol during pregnancy.

The impact of smoking is linked to low premature birth, low birth weight and miscarriage. Ideally women should stop smoking several months before pregnancy and our practitioners can assist recommending a suitable quit program.

Men's preconception health is often overlooked and sperm quality and quantity will also be very much influenced by diet, medications, smoking & recreational drugs.



Emotional well being

Partners contemplating parenthood should be aware of the need to have emotional and mental well being. Planning a pregnancy, parenthood and child rearing can place additional stress on relationships and the ability to cope with change. Emotional health issues, anxiety, depression and stress should be considered as important as physical well being at this time.

This centre has many years of experience in assisting parents in their desire to raise healthy & happy children whether in the preconception, pregnancy phase or in childrens health. For more information please refer to our website or contact the centre directly.

