

# Natural Help 4...

## Pregnancy Complications



### What are Pregnancy Complications?

There are many complications that can occur during the different stages of [pregnancy](#). Some minor or bothersome complications include:

- **Nausea and Vomiting** - Very often during the first trimester nausea and vomiting, commonly known as morning sickness, occurs. This may begin as early as the **first missed menstrual period** and last until later into the [pregnancy](#). **Morning sickness** can happen throughout the day, not only mornings.

The main reason for the **nausea and vomiting** is the rising level of certain hormones in [pregnancy](#), especially beta HCG. By the 14th week of [pregnancy](#), the symptoms usually subside and do not need medical treatment.

To **relieve the nausea and vomiting**, most women find eating dry crackers or drinking ginger tea helpful. There are also many natural remedies which are useful. In rare cases where vomiting is severe, dehydration may occur and hospital treatment may be required.

- **Heartburn** - Heartburn, also known as acid indigestion or acid reflux, is a **burning sensation** that often starts from the below the breastbone and extends up to the lower throat. It is caused by the contents that reflux from the stomach.

**Heartburn is quite common during [pregnancy](#)**, with many expectant mothers experiencing it for the first time. During [pregnancy](#), hormonal levels are constantly changing, which may affect the digestive tract muscles and the way various foods are tolerated.

- **[Pregnancy hormones](#)**, especially [progesterone](#), cause the lower esophageal sphincter to relax, which allows stomach acid to seep back up into the esophagus, causing acid reflux. The growing baby also crowds the abdomen, pushing acids upwards.

This causes discomfort, but is generally quite harmless, and usually occurs around the last few months of [pregnancy](#). You can **relieve heartburn by eating smaller meals throughout the day** and eating slowly. Once again, **homeopathic and herbal remedies** can be very beneficial in alleviating the problem safely.

- **Fatigue** - Many women experience [fatigue](#) during the first trimester because their bodies are under extra strain. Often you may find women taking more naps than usual so that their bodies can become accustomed to

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the idea of being pregnant. Generally, during the second trimester, women experience an increase in energy levels.

During the third trimester, **energy levels drop** again, as the body is carrying around more weight and preparing for labor and delivery. To combat fatigue during your pregnancy, rest as much as possible and avoid doing strenuous chores that may cause fatigue. Take time out for a relaxing massage or soak in a warm tub. Foot soaks or rubs are great for relieving aching feet!

- **Urinary symptoms** - During the first three months of pregnancy women urinate frequently as a result of **hormonal changes** and the enlarging uterus pushing down on the bladder. There is also an increased risk of developing a urinary tract infection with symptoms of pain, burning, bleeding or pus in the urine.

To prevent urinary infections, women should drink plenty of water to clear the body's system and detox. Remember to make trips to the bathroom frequently, rather than delay it. Biochemical tissue salts to treat urinary tract infection during pregnancy are also an option.

- **Constipation** - As the uterus expands, feelings of constipation may occur. When a high amount of progesterone is released into the body, the muscles of the intestine lose some of their strength, slowing down the passage of food through the intestines. To prevent constipation, eat foods rich in fiber such as fresh fruit, vegetables, bran or wholegrain bread and drink lots of water.
- **Leg Cramps** - At various stages of pregnancy, leg cramps may occur due to the changes in the blood circulation in the legs as well as the excess weight being carried. Relieve leg cramps by increasing calcium and magnesium intake, stretching, walking, taking warm baths, through massage or applying a heating pad on the affected area.
- **Breast soreness** - During pregnancy, breasts are fuller, sensitive, swollen and tender. Other changes that may occur in the first trimester include darkening of the skin around the nipple (areola) and distinctive veins across both breasts. Wearing a comfortable, supportive maternity bra should **relieve discomfort**.

During the last trimester, begin to prepare the nipples for breastfeeding. **Herbal creams** are useful, and it is of great benefit to expose the nipples to sunlight for about 10 – 15 minutes every day – but be sure not to overdo it!

- **Itchy skin** - Many pregnant women may experience some kind of skin itchiness due to the changing hormones within the body. **Itchiness that occurs over the growing abdomen** is caused by the stretching of the skin. It is also quite common to experience red, itchy hands and feet, which are believed to be caused by increased estrogen levels. In some cases, there may also be itchiness around the vaginal area, caused by a fungal infection such as thrush.

Itchiness around the anus could be due to hemorrhoids. Moisturizer, aromatic oils or aqueous cream will help to **relieve itchiness on the stomach, hands and feet**. Consult a doctor if experiencing thrush or hemorrhoids.



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### **Michele Carelse, Clinical Psychologist**



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- **Piles** - Pregnant women often develop piles, also referred to as hemorrhoids. They are caused by changes in the circulation of the blood around the pregnant woman's body and may develop during pregnancy as well as during labor when pushing. Take **fiber supplements and stool softeners** to soften stools. Taking warm baths, applying ice packs or a natural hemorrhoid cream will help to relieve pain and discomfort.
- **Backache** - Backache is very common during pregnancy. It occurs as a result of the extra weight and size of the uterus and breasts. Because of this, the muscles in the back have to work extra hard to support balance, causing **lower back pain**. To ease backache, rest as much as possible, take warm baths, or massage the affected area.
- **Swollen ankles** - Swelling, also known as edema, occurs due to water retention. It mainly affects the extremities, particularly the ankles and toes during the third trimester. When the **enlarged womb puts pressure on your pelvic veins**, the pressure slows down the return of blood from the legs, causing accumulation of water around the ankles. Swollen ankles may be relieved by elevating feet when sitting, exercising, massage or wearing supportive tights.
- **Pins and needles** - Pins and needles in the hands may also be experienced during pregnancy due to the build-up of fluid around the wrists, compressing the nerves that run into the hand muscles. This condition is also known carpal tunnel syndrome. It may be accompanied by some pain and numbness. Wear a molded wrist splint to **ease the discomfort of pins and needles**.
- **Varicose veins** - Varicose veins are **enlarged veins** that are usually found in the legs. Women are often affected by varicose veins during pregnancy because the changing hormones cause the walls of the blood vessels to relax, and the growing uterus places extra pressure on the veins in pelvis and legs. To **prevent varicose veins from occurring**, elevate your feet as much as possible, wear supportive tights, and practice gentle exercises regularly. Regular use of biochemical tissue salts will also help to prevent this condition.

While the majority of women sail through pregnancy with only minor complications, certain women may experience more severe pregnancy complications that involve threatened miscarriage, miscarriage or stillbirth. There are a multitude of different factors which may cause these rare but serious occurrences. Attending regular pre-natal check ups, eating healthy, **managing stress levels** and having sufficient exercise and sleep will go a long way to **achieving a healthy pregnancy**.

## Other Complications Possible During Pregnancy

- Abnormalities in the uterus
- High blood pressure
- Anemia
- Ectopic pregnancy
- Pre-eclampsia

## Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it HERE! We will do our best to get you an answer within 24 hours.

## Great Health Sites

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Natural Help 4...Free Natural Health eBooks](#)

- Gestational [diabetes](#)
- Molar [pregnancy](#)
- Low amniotic fluid
- Placenta praevia
- Obstetric cholestasis
- Polyhydramnios

## Help for Pregnancy Complications

[Pregnancy](#) is a time when it is important to avoid the use of most pharmaceutical drugs, unless authorized by your doctor. Because of this, **natural remedies** are often seen as a safe alternative to address many of the common ailments that may occur during [pregnancy](#). Remember, however, that **not all herbal remedies are safe to use during pregnancy**, as some may promote contractions and even precipitate a premature labor.

Even some aromatherapy oils are contra-indicated during [pregnancy](#). When making use of **herbal and aromatherapy products during pregnancy**, make sure that these are sourced from a reputable company and that they are specifically indicated as safe for use during [pregnancy](#). When in doubt, always consult your doctor, naturopath or homeopath. Biochemical tissue salts and **homeopathically formulated remedies** are generally a safe option for use in [pregnancy](#).

## The Natural Approach

While Western medicine has become the norm in many cultures, it is **not the only treatment option**. Conventional Western medicine (often called allopathic or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, homeopathic, herbal and other natural medicines were commonly available and freely used-- even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that **both have a role to play in the treatment program**.

Natural medicine has often been frowned upon by conventional doctors, especially by those who do not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby **providing doctors with a wider range of treatment options** from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself**. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a **unique and**



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**independent form of medicine** in their own right, well able to **treat a variety of conditions**. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine. This encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a **holistic way to support health, relieve symptoms and prevent future disease**. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to **support health** (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much**, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, **natural medicines can work quickly and safely to promote healing**.

In many cases, they can **succeed where pharmaceutical drugs have failed**. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a **long history of usage** and there is a **wealth of empirical evidence** to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to **support the extensive traditional and empirical evidence behind natural medicines**.

It is also important to know that, like any medicine, herbal and homeopathic medicines **must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, **not all of them are equipped to manufacture to the correct standards**, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While '**standardized' extracts** may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have **grave disadvantages**, including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients**

## **herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

**within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, **always choose wisely**. Research what is best for you. If you have a chronic or life-threatening condition, don't make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who want to take responsibility for their own health.

## **Related Natural Remedies:**

**Fertile XX**: Supports hormone balance, a healthy uterus, ovaries, fallopian tubes and reproductive functioning.

Herbal fertility tonics have been part of traditional medicine all over the world for many thousands of years. Fertile XX is a 100% safe, non-addictive, natural herbal tonic containing a selection of herbs to **promote and support fertile conditions**.

Fertile XX has been used for many years to safely maintain harmony, health, and systemic balance in the **female reproductive system**. Fertile XX also supports a healthy uterus, ovaries, fallopian tubes, and **reproductive functioning**.

Regular use of Fertile XX **supports normal hormone balance** in the female body and encourages **healthy egg production** and regular ovulation, while also supporting overall systemic health.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Fertile XX](#)

**Bringforth Life Flower Essence**: Allow creative forces to blossom in women struggling to conceive or who have had frequent miscarriages.

Bringforth Life Flower Essence is a 100% natural, safe and effective formula of pure and undiluted flower essences to improve fertility and encourage healthy conception. Created especially for **women who are struggling to get pregnant** or who have had frequent miscarriages.

This essence helps to locate the sources of fear in the subconscious, allowing the creative force to blossom. By lifting deep feelings of abandonment, rejection and fear and releasing negativity, this essence helps to **overcome subconscious fears of pregnancy and parenthood** and allows the creative force to flow freely.

Bringforth Life Flower Essence is formulated to the highest therapeutic standards and manufactured under strict pharmaceutical conditions, in consultation by our clinical psychologist, using ingredients specially chosen for their safety and effectiveness.



**Read more about the Native Remedies Full Spectrum Approach™**

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**Conception Flower Essence:** Balance emotional well-being, remove negative energy and open creative life forces.

Conception Flower Essence contains a combination of gem and crystal essences with the healing flower essences. In this respect, we are one of very few companies who use the **healing vibrational energies of selected crystals and gemstones** together with the flower essences in our remedies.

Conception Essence is a unique combination of flower and gem essences in pure, undiluted stock strength. Created to **facilitate conception** and release the creative life force, Conception Flower Essence contains carefully chosen essences in our 100% natural formula.

Conception Flower Essence is formulated to the **highest therapeutic standards** and manufactured under strict pharmaceutical conditions, in consultation by our clinical psychologist, using ingredients specially chosen for their safety and effectiveness.

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