



NATURAL REMEDIES FOR PREGNANCY AND BREASTFEEDING

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SUPPLEMENTS TO CONSIDER

Study is needed before any treatment can be considered absolutely safe in pregnancy. It is important to talk with your doctor before deciding to use any treatment, whether it is natural or conventional.

- **ANEMIA** [Anemia](#) : Iron (If Deficient)
- **HEMORRHOIDS** [Citrus Bioflavonoids](#); [Oxerutins](#)
- **PREVENTION OF NEURAL TUBE DEFECTS AND OTHER BIRTH DEFECTS** [Folate](#); [Multivitamin/Multimineral](#)
- **VARICOSE VEINS** [Citrus Bioflavonoids](#); [Gotu Kola](#); [Horse Chestnut](#); [Oxerutins](#)
- **ASSISTING OR INITIATING CHILDBIRTH** [Acupuncture](#); [Aromatherapy](#); Castor Oil; [Hypnotherapy](#); [Massage](#); [Proteolytic Enzymes](#); [Red Raspberry](#)
- **ANXIETY** [Relaxation Techniques](#)
- **BLADDER INFECTIONS** [Vitamin C](#)
- **CONSTIPATION** [Dandelion](#); Fiber Supplements; [Flaxseed](#); [Glucomannan](#); Lactulose
- **DIABETES IN PREGNANCY** [Chromium](#); [Vitamin B₆](#)
- **GINGIVITIS** [Folate](#)
- **JAUNDICE OF PREGNANCY** [S-Adenosylmethionine \(SAME\)](#)
- **LEG CRAMPS** [Calcium](#); [Magnesium](#); [Vitamin B₁](#) Plus [Vitamin B₆](#)
- **PREVENTION OF LOW BIRTH WEIGHT** B Vitamins; [Calcium](#); [Fish Oil](#); [Folate](#); [Iron](#); [Magnesium](#); [Vitamin D](#); [Zinc](#)
- **PREVENTION OF MISCARRIAGE** [Vitamin B₁₂](#); Vitamin Supplements
- **PREVENTION OF PREMATURITY** [Calcium](#); [Fish Oil](#); [Iron](#); [Magnesium](#); [Zinc](#)
- **SUPPORT OF HEALTHY MENTAL FUNCTION IN CHILD** [Fish Oil](#); [Folate](#)
- **ENHANCING MILK PRODUCTION:** [Acupuncture](#); [Fenugreek](#); [Milk Thistle](#)
- **WEANING/BREAST ENGORGEMENT** [Proteolytic Enzymes](#); [Sage](#)
- **NIPPLE PAIN** [Peppermint](#)
- **PREVENTING ALLERGIES IN CHILDREN:** [Probiotics](#); Reducing Saturated Fats
- **GENERAL NUTRITIONAL SUPPORT:** [Calcium](#); [Multivitamin/Multimineral Supplement](#); [Omega-3 Fatty Acids](#)

SUPPLEMENTS TO AVOID

Virtually no medicinal herbs have been established as safe in pregnancy or breast-feeding, and even herbs that might seem safe because of their wide use in cooking could cause problems when they are taken in the form of highly concentrated extracts. For example, based on food use, it is unlikely that cooked garlic presents much risk; however, garlic supplements contain certain rather potent and potentially toxic ingredients present only in raw garlic.

Some herbs are known to be toxic in pregnancy, such as [blue cohosh](#) and [pennyroyal](#).

Other herbs that are traditionally regarded with caution during pregnancy include [andrographis](#), [boldo](#), [catnip](#), [essential oils](#), [feverfew](#), [juniper](#), [licorice](#), [nettle](#), [red clover](#), [rosemary](#), shepherd's purse, [yarrow](#), [chasteberry](#), [soy](#), [isoflavones](#), [red clover](#), [flaxseed](#), [lignans](#), and [hops](#), [green tea](#) and [conjugated linoleic acid](#) (CLA).

Source: <http://therapy.epnet.com/>

****DISCLAIMER: This is NOT a medical advice nor does it substitute for one. Try them at your own risk.**

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