



WHAT TO AVOID DURING PREGNANCY & BREASTFEEDING

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HYGIENE:

- Wash your hands with soap and water after touching soil, sand, raw meat, or unwashed vegetables.
- Cats can spread parasite causing Toxoplasmosis. Have someone else change the litter box if possible. If you have to change it, wear disposable gloves and wash your hands thoroughly with soap and water afterwards.
- Wear gloves when gardening or handling sand from a sandbox. Cats may use gardens or sandboxes as litter boxes. Wash hands afterward.
- Avoid drinking untreated water, particularly when traveling in less developed countries.

FOOD

- Listeriosis and Toxoplasmosis are foodborne illnesses that are more likely to affect pregnant women. So be careful to wash fruits and veggies and avoid meat cross contamination.
- Limit Processed Foods & Deli meat
- Avoid Fish and seafood with high mercury levels

ALCOHOL

- Pregnant women and women planning to become pregnant should not drink Alcohol. Alcohol can cross the placenta into the baby's bloodstream. It causes damage to an unborn baby at all stages of pregnancy.

SMOKING AND DRUGS

- These are potentially just as dangerous as Alcohol, if not more. So, avoid, even secondhand smoke.
- Antidepressants have lasting impacts on the developing fetus, according to recent review of studies.

CAFFEINE

- You should limit caffeine during pregnancy – avoid having more than 200mg of caffeine a day. High levels of caffeine can cause babies to have a low birth weight. Too much caffeine can also cause a miscarriage. Caffeine is found naturally in some foods and is added to some soft drinks. So avoid Sodas.

LIFESTYLE:

- Even modest increases in the mother's weight was linked to an increased risk of infant death. So control weight.
- Being stressed-out during pregnancy has been associated with a number of problems, like lower birth weight and premature birth. Stress could give children diabetes in early adulthood.



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- Pregnant women exposed to heavy diesel pollution are twice as likely to have an autistic child as those living in areas with low pollution. So avoid diesel pollution.

HERBS AND SUPPLEMENTS

- No medicinal herb has 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.
- Some herbs are definitely 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, and yarrow.
- Some supplements like conjugated linoleic acid (CLA) appear to reduce the fat content of breast milk with potentially harmful effects on the nursing infant.
- Herbs with estrogen-like properties make scientists worry about possible effects on the fetus; these include soy, isoflavones, red clover, flaxseed, lignans, and hops.
- Some un-regulated Chinese herbal medicines and Aryurvedic herbal remedies have been found on occasion to contain toxic heavy metals, poisonous herbs, or unlabelled prescription drugs.

ENVIRONMENTAL TOXINS:

- Exposure to toxic environmental agents is linked to miscarriage and stillbirth, low birth weight, abnormal fetal growth, preterm birth, childhood cancers, birth defects, autism, ADHD, thyroid problems, behavioral problems, and lower IQ scores.
 - Consider organic pest management
 - Use fewer personal care products / cosmetics and less frequently
 - Avoid chemical laden air fresheners, soaps and shampoos and clothing treatments
 - Keep out of Plastics, BPAs and canned food.

OTHER RESOURCES:

- [PREGNANCY & BABY](#)
- [Pregnancy-and-healthy-baby-brochure](#)
- [Supplements and Natural Remedies for Pregnancy and Breastfeeding](#)

Sources: JAMA, EBSCO, NHS, ChooseMyPlate.org