

THINGS TO KNOW TO HELP WITH HAVING A HEALTHY BABY.

In the beginning:

Eating raw cashews, which can be kept by the bedside, can help morning sickness. If vomiting is prolonged the mother to be needs to drink pure water. Half her body weight in ounces per day is the recommended amount. Example if she weighs 180lbs she should drink 90 ounces/day. (Avoid drinking diet drinks that contain aspartame it is said to cause fetal brain damage)

Good things to do:

Walking and swimming until the second trimester. Stay off of high heel shoes.

Delivery time:

“ Use squatting position to widen the pelvic diameter, maximize gravity, and speed delivery. (Pelvis actually opens up 27% more in the squat position)”
Yet don't squat in the early labor for this opens the outlet and closes the inlet of the pelvis.

Avoid having the mother lie on her back because it is uncomfortable and restricts blood flow to the uterus.

Allow mother to rest/sleep if necessary.

Rub the mother's back.

Avoid florescent lights, rather darken and quite the room to make it comfortable and soothing to the mother.

Avoid pain medication because it slows down labor, also avoid taking pitocin for it leads to painful, hard, unnatural contractions and it has been said that when using pitocin the mother can have a prolapsed uterus.

The mother needs to be in an energy conservation mood as she approaches the body's time it is ready to give birth. Her body knows when it is ready and not some eager doctor who wants to get this over with. The birthing process is a natural function that does the best with the least intervention.

This is what I compiled from my notes on a seminar I took at Life University, in Marietta GA, my alma mater. The article, “Chiropractic Care in Pregnancy for Safer, Easier Births”, by Jeanne Ohm, D.C. was one of the three doctors at the seminar.

I hope this information proves helpful in your delivery of your first child. Please call on me if you would like my assistance.

Yours in Health,

Dr. Patrick Gallagher

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