

HOLISTIC GUIDE TO PREGNANCY

TORONTO
YOGAMAMAS

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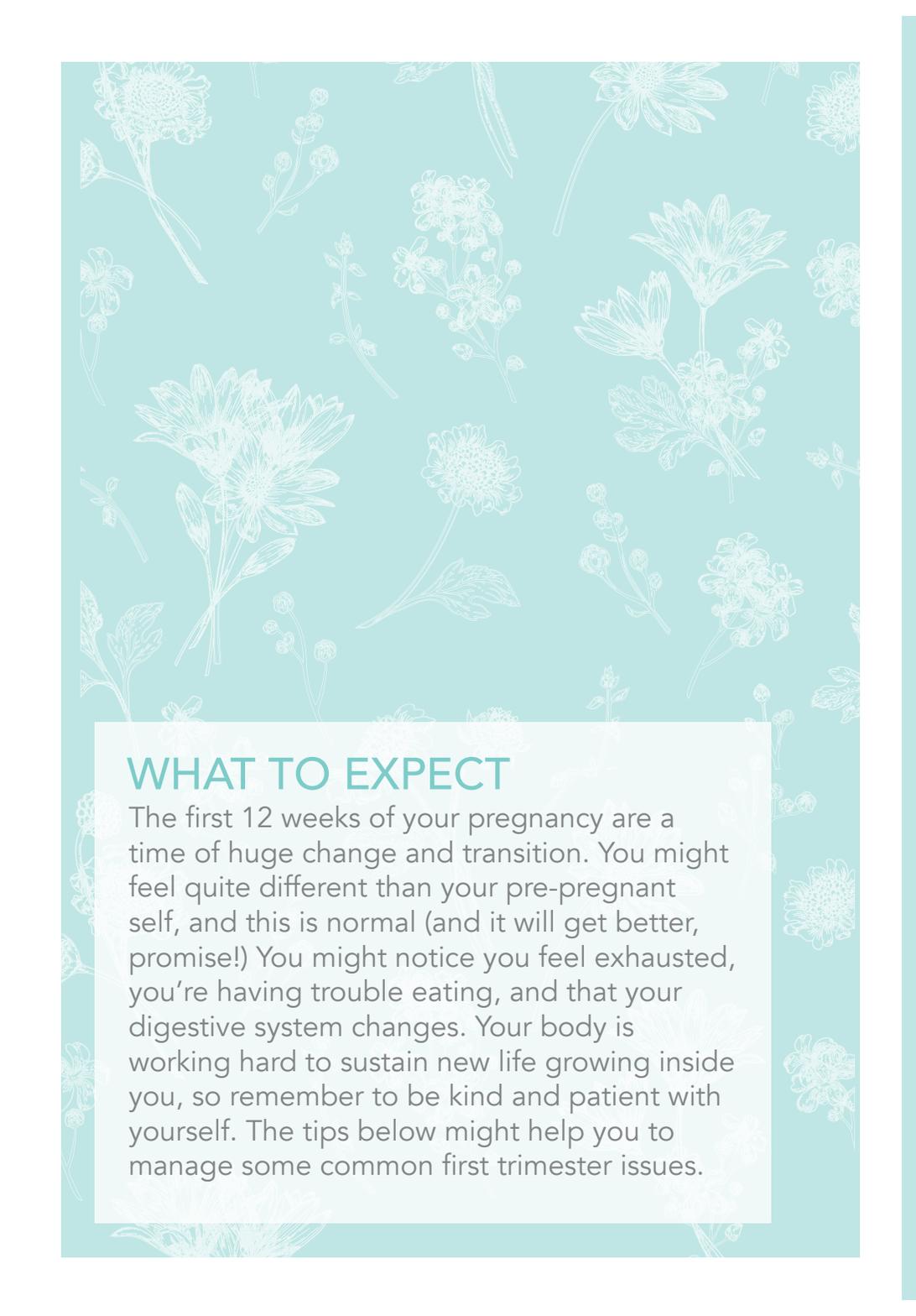
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FIRST TRIMESTER
WEEK 1-WEEK 12



WHAT TO EXPECT

The first 12 weeks of your pregnancy are a time of huge change and transition. You might feel quite different than your pre-pregnant self, and this is normal (and it will get better, promise!) You might notice you feel exhausted, you're having trouble eating, and that your digestive system changes. Your body is working hard to sustain new life growing inside you, so remember to be kind and patient with yourself. The tips below might help you to manage some common first trimester issues.

MANAGING NAUSEA



Ginger (in cooking or as tea), peppermint tea, protein



Eat small, protein rich meals frequently throughout the day, avoid foods you are averse to



Vitamin B6, ginger

IMPROVING ENERGY



Protein, leafy green vegetables



Eating regularly, sleep hygiene, physical activity, rest & naps



Pre-Natal vitamin, B Complex, iron

REDUCING CONSTIPATION



Fibre with proper hydration, avoiding food sensitivities



Physical activity, squatty potty



Magnesium, probiotics



SECOND TRIMESTER
WEEK 13-WEEK 28



WHAT TO EXPECT

If you haven't started yet, you will definitely start to feel pregnant now. Women typically can start to detect the baby moving around 16 weeks. You will start to gain some weight and your belly will become more prominent. As the baby continues to grow, it's nutritional requirements increase, which can result in you becoming deficient. If you were feeling nauseous, it's time to get back on track with your diet to prevent gestational diabetes and too much weight gain.

REDUCING LEG CRAMPS



Calcium and magnesium rich foods, stay hydrated.



Physical activity, stretching.



Cal-Mag, or magnesium on its own.

PREVENTING GESTATIONAL DIABETES



Balanced meals, lots of vegetables, avoiding simple carbs and getting adequate protein, cinnamon.



Staying active, getting adequate rest.



Vitamin D and probiotics.

PREVENTING URINARY TRACT INFECTIONS



Staying hydrated, cranberry juice.



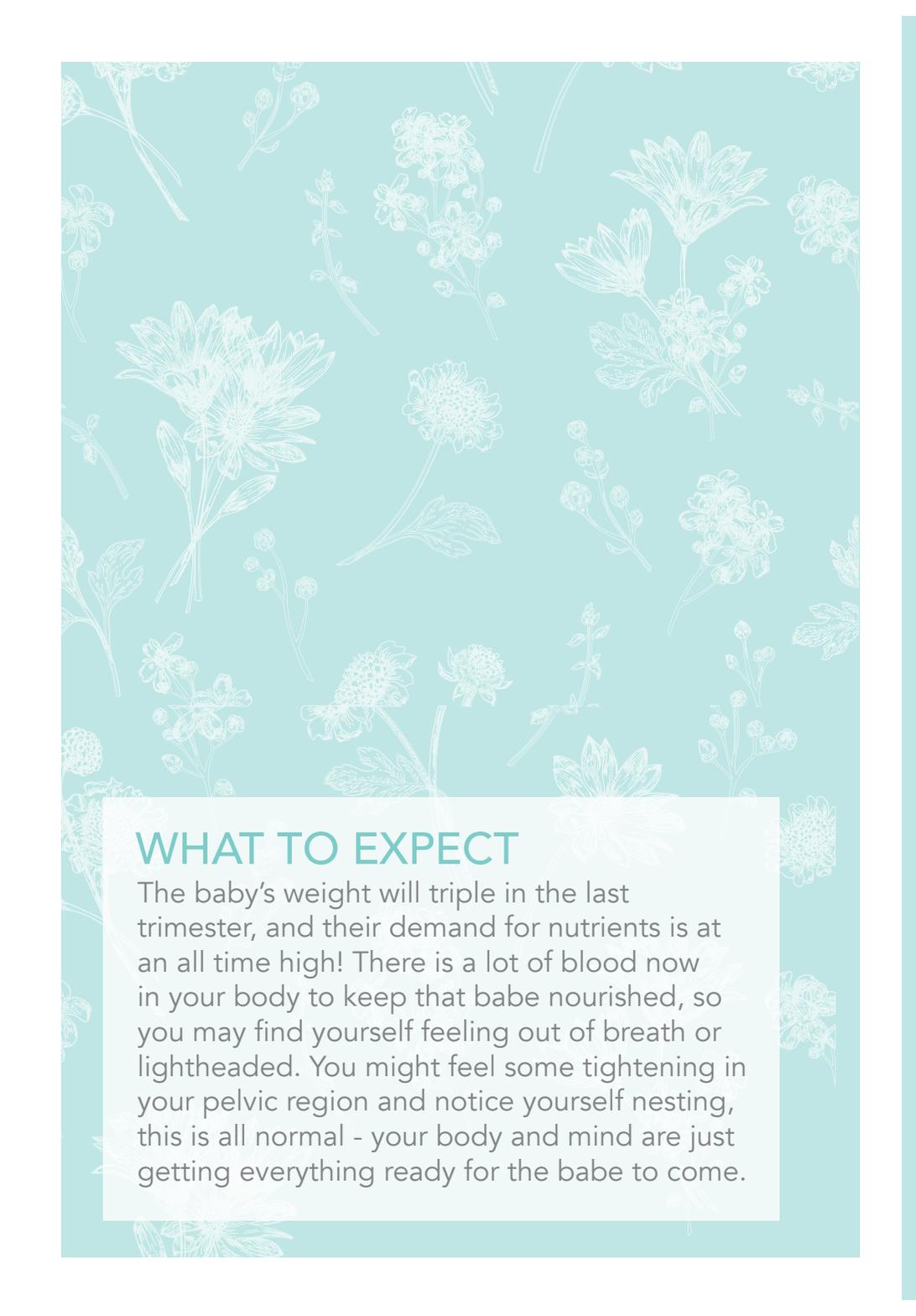
Urination after sex, not holding your urine.



Probiotics



THIRD TRIMESTER
WEEK 29-DELIVERY

The background of the page is a teal color with a repeating pattern of white line-art illustrations of various flowers and plants. The illustrations include daisies, tulips, and other floral species, some with buds and some fully bloomed. The pattern is scattered across the entire page.

WHAT TO EXPECT

The baby's weight will triple in the last trimester, and their demand for nutrients is at an all time high! There is a lot of blood now in your body to keep that babe nourished, so you may find yourself feeling out of breath or lightheaded. You might feel some tightening in your pelvic region and notice yourself nesting, this is all normal - your body and mind are just getting everything ready for the babe to come.

MINIMIZING SLEEP DISTURBANCE



Protein rich meal in the evening, avoiding caffeine, sleepy tea



Sleep hygiene, pillowing, visiting a chiropractor



Magnesium until week 37 if having vaginal birth

GROUP B STREP PREVENTION



Low sugar diet, rich in vitamin C



Sleep, stress reduction, moderate physical activity - all to support your immune system



Probiotics (orally and maybe vaginally), echinacea

GETTING READY FOR LABOUR



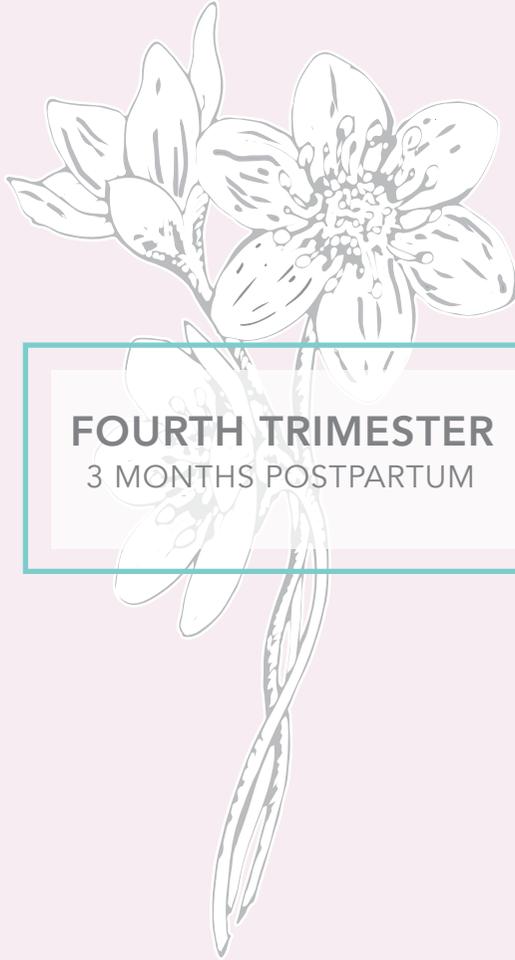
Staying nourished & hydrated-energy for labour



Maintain physical activity, acupuncture/ acupressure, mindfulness and relaxation.



Red raspberry leaf tea, others for induction support as needed



FOURTH TRIMESTER
3 MONTHS POSTPARTUM



WHAT TO EXPECT

You did it! The baby has arrived, and once again, everything has changed in a huge way. Feeling some overwhelm is normal, but if you find yourself feeling overly anxious or sad, then it's important to ask for help. The first three months of the baby's life will largely be focused on them, but take some time to focus on your health too - some simple steps can support your energy and mood in a big way.

REDUCING STRESS, ANXIETY & DEPRESSION



Regular protein rich meals to stabilize blood sugar levels



Mindfulness, sleep, support, spend time outdoors, asking for help



Higher EPA fish oil, vitamin D

INCREASING MILK SUPPLY



Ginger, fennel, lactation cookies with Brewer's yeast



Staying hydrated, lactation consultant, acupuncture



Teas (combo of nettle, fennel, anise, coriander, blessed thistle, fenugreek)

IMPROVING ENERGY



Protein, regular eating (especially if breastfeeding), nettle/red raspberry leaf tea



Try to get outdoors, walking when ready, asking for help, bloodwork/checkup for you



Continue pre-natal, vitamin D, iron

WELLNESS SERVICES OFFERED AT YOGA MAMAS



HOLISTIC NUTRITION



NATUROPATHIC MEDICINE



CHIROPRACTIC CARE



ACUPUNCTURE



REGISTERED
MASSAGE THERAPY



PELVIC FLOOR
PHYSIOTHERAPY



PHYSIOTHERAPY



COUNSELLING

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