

*We are often asked what supplements we recommend. This sheet is an attempt to share information about several supplements we feel are beneficial to the pregnant woman.*

**NORA tea-**NORA Tea is an important part of your Prenatal Care. It is very nourishing, especially for the Pregnant or Nursing Mama. It stimulates your system for optimal health by: (a) increasing mineral absorption, (b) building your blood supply, and (c) maximizing the health of your liver. This tea may prevent or minimize many common pregnancy complaints. In our experience it also prevents possible complications during birth and postpartum by promoting proper contractibility of the uterus, which facilitates release of the baby and placenta, preventing a long labor (due to uncoordinated contractions) and hemorrhage.

NORA Tea consists of four ingredients: Nettles, Oat Straw, Raspberry Leaf, & Alfalfa. Begin to drink NORA Tea after the 16<sup>th</sup> week of pregnancy. Try to drink a quart daily. If you find it difficult to drink every day, try drinking half a quart per day or at least 2-3 times a week.

**Prenatal Vitamins-** Prenatal vitamins are like a nutrition safety net that helps you maintain the vitamins and minerals your body needs to grow a healthy baby and sustain your pregnancy. They work best when supported by good nutrition.

**Calcium/ Magnesium-** When you're pregnant, your developing baby needs calcium to build strong bones and teeth; to grow a healthy heart, nerves, and muscles; and to develop a normal heart rhythm and blood-clotting abilities. If you don't get enough calcium in your diet when you're pregnant, your baby will draw it from your bones, which may impair your own health later on.

Magnesium and calcium work in combination: Magnesium relaxes muscles, while calcium stimulates muscles to contract. Research suggests that proper levels of magnesium during pregnancy can help keep the uterus from contracting prematurely.

Magnesium also helps build strong bones and teeth, regulates insulin and blood sugar levels, and helps certain enzymes function. Research indicates it may help control cholesterol and irregular heartbeats. Magnesium may also be helpful in reducing leg cramps. Magnesium helps build and repair your body's tissues. A severe deficiency during pregnancy may lead to preeclampsia, poor fetal growth, and even infant mortality.

Prenatal vitamins have small amounts of Ca/Mg in them. However to get the proper dose this supplement should be taken separately. We suggest at night, just before bed.

**DHA 250-** Research suggests that using DHA during pregnancy can help improve fetal brain and eye development, reduce the risk of pre-term labor and decrease the risk of postpartum depression. When taking this supplement, make sure it is designed for pregnant women.

**5-W-** 5-W (which stands for 5 weeks) is an herbal blend that supplies nutrients supportive to the female glandular and reproductive systems helping women with pregnancy and childbirth. It is to be taken the last five weeks of pregnancy. This combination of herbs helps tone the smooth muscles of the uterus. It eases muscle spasms, reduces pain, and irritability during childbirth.

The formula contains iron for the blood and for vitality, manganese to support body tissues, and selenium to assist in healthy tissue growth. This combination includes: Black cohosh root, squaw vine herb, dong quai root, butcher's broom root and red raspberry leaves.

We have seen less bleeding postpartum and less postdates in moms who take this supplement. We believe it is especially vital for those with irregular or a long cycle, history of postdates and first time moms.