



MIDWIVES OF NEW JERSEY

Serving Women, Honoring Birth.



Life's Journey Begins. **First Trimester**

908.509.1801 | Office locations in Hackettstown & Madison

Pregnancy and Birth are Life Changing...

Make it Amazing with The Midwives of New Jersey.

If you are taking the time to read through this, it tells us that you are about to experience one of the most cherished times in a woman's life. So, first of all, congratulations!

At the Midwives of New Jersey, our practice provides individualized care from pregnancy through birth and beyond, 24 hours a day, 7 days a week. We believe our role is in supporting, educating, and facilitating you and your family in your incredible life experience of creation. While midwifery has been around for thousands of years, it has again become popular among pregnant women because midwifery views birth holistically, pays special attention to detail, and facilitates safer and more enjoyable birth experiences. Our midwives are highly experienced, have attended thousands of births between them, and are certified in the state of New Jersey.



Our staff and how to contact us:

Lisa Lederer, CNM, IBCLC Cell 908.399.5059
lisa@midwivesofnj.com

Roxann Mitchell, CNM Cell 908.510.4990
roxie@midwivesofnj.com

Cindy Redmond, CNM Cell 973.713.0724
cindy@midwivesofnj.com

Kaitlyn Schoenfelder, CNM Cell 973.222.8176
kaitlyn@midwivesofnj.com

Chrisy Whiting, CNM Cell 801.792.0680
chrisy@midwivesofnj.com

Megan Riddle, CNM Cell 802.734.3913
megan@midwivesofnj.com

Lori Knoth, CNM Cell 586.604.1257
lori@midwivesofnj.com

Our Nurse

Marian Schlauch, RN marian@midwivesofnj.com

Our Director of Operations

Christina Garlewicz, Director of Operations
christina@midwivesofnj.com Cell 973.590.0064

Our Midwife Assistants

Ashley Corson, ashley@midwivesofnj.com

Erica Henricksen, erica@midwivesofnj.com

Kathryn Lederer, kathryn@midwivesofnj.com

Erin Murphy, erin@midwivesofnj.com

Our Wellness Advisor

Sharon Kulawiak, healthcoach@womenswellnessnj.com

For urgent matters, clients should call our main number **908.509.1801** which will ring to the on-call midwife. If the matter is urgent and the office number is not answered, you may call any one of our cell phones listed above.

For all non-urgent matters, clients can feel comfortable to email midwives@midwivesofnj.com or text any of the midwives.

Pictured *Front Row*: Lisa Lederer, Kaitlyn Schoenfelder, Megan Riddle, Cindy Redmond
Back Row: Chrisy Whiting, Lori Knoth, Roxann Mitchell

Taking proper care of yourself during pregnancy is so very important. We created this handbook to help guide you through your pregnancy—get you on your way, in a healthy way, including nutritional information and some healthy recipes. You'll also learn about early symptoms of your pregnancy and things you can do to minimize them. As well, we'll inform you about some potential warning signs that may arise, and provide you with other helpful information.

We are excited to begin this journey with you. Together we will work to make your pregnancy and birth everything you have dreamed of!

Serving Women. Honoring Birth.

Begin By Learning

Knowledge is power. We invite you to learn as much as you can about what's ahead for you and your family by enrolling in these useful classes provided by us and Womens Wellness of New Jersey.

Our Classes include:

Childbirth Education Class

A five-week class that helps couples prepare mentally and physically for birth, approaching birth as a healthy and exciting challenge. The class is recommended for all expectant parents, especially first time parents and those whose previous classes did not prepare them for natural childbirth.

Breastfeeding Class

A 2.5 hour class that helps women facilitate a healthy start to nursing. This class is recommended for all expectant mothers who are interested in nursing their babies. Fathers are welcome and encouraged to come to the class.

Baby Care Class

A 2 hour class that helps prepare new and soon-to-be parents on how to care for a newborn. Topics include bathing, dressing, diapering, feeding & burping, jaundice, colic, reflux, umbilical cord care and first aid.

Homebirth Class

* (only for those planning a homebirth)

The homebirth class is a 3 hour class that prepares a family for a birth at their home. This class is a mandatory class for those planning to have a birth at home as many important topics are explained in detail.

Mother Care Class

The mother care class is a four-week class offered to all women who have had a child in the past year. The class is designed to help provide information, support and guidance through the journey of motherhood and focuses on changing relationships, SAHM/Working mom, Supermom, First Year Routines, and more.

Monthly Wellness Workshop

Our monthly Wellness Workshop meets on the 3rd Saturday of every month at 10 am in the Women's Wellness Classroom. Email hworkshop@womenswellnessnj.com for Hackettstown or mworkshop@womenswellnessnj.com for Madison for more information or to receive monthly updates.

Wellness Program

Pregnancy is a natural time to learn a healthy lifestyle that will continue to impact you and your family for generations. What you eat during pregnancy will give your growing baby the healthiest possible start in life. A whole foods, nutrient dense diet rich in vegetables is directly linked to a higher chance of a normal birth-weight, improving fetal brain development, and reducing the risk of many birth defects and pregnancy complications.

Be sure to schedule time with our Wellness Advisor. This service is included in your prenatal care. By working together, you will discover the food, activities and other lifestyle choices that best support you throughout your pregnancy.

Birth Preparation from Your Midwives' Perspective

Please plan to join the Midwives and our other VERY pregnant clients for a class we call "Welcoming Birth". The two 2 hour classes include slideshows with the midwives in action and some of our own births, discussions about tolerating early labor and then allowing active labor to happen. We have a couple of quick exercises to demonstrate our recommendations for the stages of labor we discuss. Plan to attend when you are between 36 and 40 weeks pregnant. This is for you only so you will need to arrange for childcare.

Epigenetics

Experts argue that the most critical period of human development is the 1000 days from pregnancy to a child's second birthday, a period known as the 1000-day window (United Nations Standing Committee on Nutrition, 2010). That 1000 day window is the rational for our recommendations for your pregnancy.

The human genome is the complete assembly of DNA (deoxyribonucleic acid) - about 3 billion base pairs - that makes each individual unique. The epigenome are the "switches" that affect the expression of the DNA. The epigenome are affected by environmental factors including diet, environmental toxins, medications and maternal hormone exposures. The longest lasting epigenetic effects, both positive and negative, occur during pregnancy and lactation.

The epigenetic effect of choline is explained in this excerpt from a Dr. Mercola article.

The new research, published in The FASEB Journal,² found the consumption of 930 mg of choline in the third trimester of pregnancy was linked to a 33 percent lower concentration of the stress hormone cortisol, compared to those who consumed 430 mg a day. It's known that babies exposed to high levels of cortisol in utero (such as might occur if a woman is under extreme stress, facing anxiety or suffering from depression) have an increased risk of stress-related

and metabolic disorders. The researchers believe that the beneficial impact of choline on lowering cortisol may protect the baby later in life from mental health conditions, high blood pressure and type 2 diabetes.

Interestingly, the higher choline intake led to changes in epigenetic markers in the fetus. Specifically, it affected markers that regulate the hypothalamic-pituitary-adrenal (HPA) axis, which controls hormone production and activity. The higher intake of choline contributed to a more stable HPA axis, which in turn meant lower cortisol levels in the fetus. The changes in fetal genetic expression will likely continue into adulthood, where they play a role in disease prevention. <http://articles.mercola.com/sites/articles/archive/2012/10/08/choline-consumption-during-pregnancy.aspx>

We recommend that you eat as well as possible, take your supplements, exercise, stay well-adjusted and avoid stress in order to give your baby the best possible start. Check out our Women's Wellness Programs for help in all of these areas.

Exercise in Pregnancy

We encourage 30 minutes of moderate exercise each day in order that you may improve your chances of having the healthiest pregnancy and the best possible birth outcome. Our Wellness Advisor Sharon Kulawiak will help you develop a fitness plan.

Maternal benefits of regular exercise include:

1. improved cardiovascular function
2. limited pregnancy weight gain
3. decreased musculoskeletal discomfort
4. reduced incidence of muscle cramps and lower limb edema
5. mood stability
6. attenuation of gestational diabetes mellitus and gestational high blood pressure.

Fetal benefits of regular exercise include:

1. decreased fat mass
2. improved stress tolerance
3. advanced neurobehavioural maturation.

Effects of physical activity on labor and delivery

1. shorter labor
2. decreased incidence of operative delivery

The adoption or continuation of a sedentary lifestyle during pregnancy may contribute to the development of certain disorders such as hypertension, maternal and childhood obesity, gestational diabetes, shortness of breath and pre-eclampsia.

<http://www.ncbi.nlm.nih.gov/pubmed/20524714>

Foods and more for thought

Your New Jersey Midwives' Guide to Nutritional Needs in Pregnancy

Contrary to common belief, it isn't HOW MUCH food you eat that is so important, it is WHAT KIND of foods you eat. Most pregnant women ingest more than enough calories a day, but lack many essential nutrients necessary in the development of a healthy baby and maternal tissues.

Remember, what you put into your body helps feed your baby during pregnancy. Make it good.

How vitamins support a healthier you

Vitamin A aids formation and maintenance of healthy teeth, skin, skeletal and smooth muscles and mucous membranes. It produces the pigments in the eye's retina and thus it is termed as retinol.

It promotes good vision, particularly in low light. Vitamin A is also necessary for reproduction and breastfeeding. It is also required for the proper functioning of our immune system. Great dietary sources of vitamin A are oranges and dark green vegetables, milk, eggs, and liver.

B vitamins play a key role in several bodily functions, such as protein, fat, carbohydrate, and mitochondrial energy metabolism; maintenance of the liver, skin, hair, mouth, and eyes; plus so much more. Vitamin B is found in liver and grains.

Vitamin C strengthens the bag of water and improves immunity and is necessary in cell replication. Vitamin C* is found in dark green vegetables and citrus fruits. Supplements in addition to dietary sources up to 2000mg are safe during pregnancy. Emergen-C is an absorbable form of vitamin C.

Vitamin D new research suggests that women who take Vitamin D supplements* during pregnancy have a greatly reduced risk of complications, including gestational diabetes, preterm birth, and infection.

Vitamin D will also decrease the risk of cesarean section. Take 4,000 IU/day in addition to sunlight exposure and other dietary and vitamin sources.

Vitamin E necessary for structural and functional maintenance of skeletal, cardiac, and smooth muscle. It also assists in the formation of red blood cells and helps to maintain stores of vitamins A and K, iron, and selenium. It may have a positive effect on immune health and protect against oxidative damage. Get vitamin E from foods such as nuts, seeds, vegetable oils, whole grains, and leafy greens.

CHOLINE improves the baby's brain function. Cognition or the ability to "think" is directly improved by adequate levels of choline in pregnancy and lactation. Choline may also prevent blood pressure disease in pregnancy. Sources of Choline are beef liver, eggs, steak, and salmon.

IRON eat iron-rich foods to prevent iron deficiency. Iron-rich foods include leafy greens such as spinach and broccoli, strawberries, red meat, whole grains, prune juice, dried fruit, legumes, and blackstrap molasses. Calcium and caffeine both decrease the absorption of iron.

CALCIUM 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. Adequate calcium intake helps to prevent preterm labor and high blood pressure disease.

*Find this on our online store, The Essential Market. When you support our store, you are supporting all the many wonderful programs we offer to our clients.

Foods that provide the nutrients you need

Protein Foods

- Need 60 grams/day of complete proteins
- Complete proteins come from animal sources (meat and dairy products) plus non- animal sources such as quinoa, hempseeds, chia, buckwheat, soy, seitan
- Provide the building blocks for growing baby, placenta and the blood to perfuse it.
- Helps to prevent blood pressure disease in pregnancy

Protein for Vegetarians

In order to get all of the amino acids that your body needs from plant sources, you have to combine grains with legumes or eat dairy or eggs with plant foods. Here's how to do it:

Combining Plant Proteins

Combine a Group A food with a Group B/C/D food to make a complete protein

GROUP A

Whole Grain, Whole Grain Bread or Cereal

Examples include: Whole grain breads such as rye, wheat, oat, rice, spelt, quinoa, kamut, millet, long grain brown rice, whole wheat products & whole grain cereals

GROUP B

Legumes

Peas, Beans, Lentils, Soy

Examples: All dried beans & peas—black, kidney, pinto, black-eyed peas, chickpeas, sweet green peas, processed peas, baked beans, bean sprouts

GROUP C

Non-Starchy Vegetables

Examples: Leafy green and cruciferous vegetables, including frozen vegetables

GROUP D

Nuts & Seeds

Examples: Almonds, walnuts, cashews, peanuts, sunflower, sesame, and pumpkin seed

Energy-Complex Carbohydrate Foods

- Need approx. 6 servings/day
- Provide B vitamins
- Help prevent nausea
- More nutrition than simple carbohydrates
- Metabolize slowly, keeping blood sugar stable
- Decrease risk of gestational diabetes and pregnancy-induced hypertension
- Decrease food cravings
- Combo carbs or “clean or complex carbs” are the healthiest because they are naturally combined with fiber and protein (and sometimes fat)

Best combo carbs include

- Beans
- Fruit (low glycemic are ideal- berries, apples, citrus)
- Lentils
- Nuts and nut butters
- Peas
- Brown rice
- Seeds
- Soy beans
- Sweet potatoes
- Vegetables
- Whole grains (100% whole grain as first ingredient)

Fats- Omega 3 Fatty Acids

- Omega-3 Fatty acids, particularly DHA is essential for brain growth, eye and nerve development of the growing baby, and is a part of every brain cell.

- DHA* is the main fat found in the brain and upholds the integrity of all mucosal membranes (our cell membranes and intestinal lining).
- Daily Intake Recommendation: Omega 3 Fatty Acids, EPA (Eicosapentaenoic Acid), 400mg and DHA (Docosahexaenoic Acid), 200mg

Top Omega-3 Rich Foods

- Wild Salmon (6 oz, 2x/week)
- Wild Scallops
- Wild Shrimp
- Wild Tuna
- Wild Cod
- Wild Mackerel
- Flaxseeds
- Chia Seeds
- Cruciferous Vegetables: Broccoli, Cauliflower, Brussels sprouts, Cabbage
- Walnuts, Almonds
- Romaine Lettuce
- Winter Squash
- Seaweed
- Kale
- Tofu

Other Healthy Fats

- Nuts, nut butters, nut oils (almond, walnut)
- Avocado and avocado oil
- Grass-fed organic butter or Ghee
- Olives or olive oil
- Coconut oil
- Seeds and seed oil (sesame, sunflower)

Phytonutrients

Eat the rainbow

- Color signifies nutrients in fruits and vegetables. A phytochemical is simply a unique chemical that only certain colors of plants produce.
- A single type of fruit or vegetable cannot replace the phytochemicals found in another fruit, which is why it is so important to eat from every color group daily.

Micronutrients Vitamins and Minerals

Probiotics*

(and prebiotics, food sources for probiotics)

- Counteract the effects of any allergens in your diet or environment
- Promotes healthy gut bacteria which supports digestive health
- Supports immune system
- Fills colostrum with healthy bacteria for baby's stomach

Top Probiotic and Prebiotic Foods

Probiotics: kefir, sauerkraut, yogurt, miso, natto, kimchi, tempeh

Prebiotics: honey, fruit, raw apple cider vinegar, tomatoes, sprouted wheat, garlic, bananas, Jerusalem artichokes

L-Carnitine

- Fights problems with blood sugar and fatigue
- Transports fats to cells for energy

Top L Carnitine Foods

Beef steak, ground beef, pork, whole milk, cod, chicken breast, avocado, asparagus, whole wheat bread (organic is best)

Folate

- Reduces the incidence of neural tube defects
- May reduce risk of cleft lip or cleft palate
- Helps make new and healthy red blood cells
- May reduce baby's risk of autism, immune dysfunction, cardiovascular disease, diabetes, and cancer

Top Folate Foods

Brewer's yeast, romaine lettuce, spinach, asparagus, collard greens, broccoli, cauliflower, beets, lentils, celery, Brussels sprouts

*Find this on our online store, The Essential Market. When you support our store, you are supporting all the many wonderful programs we offer to our clients.

Vitamin B6

- Helps keep energy up
- Helps make new cells, especially for brain and nervous system
- Forms red and white cells
- Helps with morning sickness (25-75mg/day)

Top Vitamin B6 Foods

Spinach, bell peppers, garlic, cauliflower, bananas, celery, asparagus, cabbage, crimini mushrooms, kale

Vitamin B12

- Helps make red blood cells, nerve cells, and DNA
- Helps body use fat and carbohydrates for energy
- May reduce risk of neural tube defects

Top Vitamin B12 Foods

Sardines, venison, shrimp, scallops, salmon, lamb, cod, yogurt, low-fat milk, eggs, grass-fed beef

Vitamin C*

- Promotes immunity, wound healing, tissue repair
- Relieves constipation, muscle cramps, and restless legs
- Protects baby's multiplying cells
- Improves iron absorption
- Helps make collagen, a connective tissue that holds skin, gums, and tendons together, and gives structure to baby's developing cartilage, muscles, and bones.

Top Vitamin C Foods

Lemon juice, bell peppers, parsley, broccoli, strawberries, cauliflower, romaine lettuce, Brussels sprouts, papaya, kiwi

Vitamin D*

- Promotes a stronger immune system
- Helps develop new bones and harden teeth
- Help regulate insulin and blood sugar
- Higher levels decrease risk of high blood pressure and preeclampsia
- Can reduce risk of asthma in child

Top Vitamin D Foods + Sun

Shrimp, sardines, eggs, fortified milk, cod

Sunshine 30 minutes a day to exposed skin

Minerals

Iodine

- Regulates metabolism
- Helps brain and nervous system development

Top Iodine Foods

Iodized salt, cod, sea bass, haddock, perch, kelp and other sea vegetables, yogurt, eggs, strawberries

Selenium

- Potent antioxidant, protects cells from free radicals
- Works with vitamins B3 (niacin), E, and C, and glutathione to prevent oxidative stress
- May increase thyroid hormone metabolism, improve fertility, fight cancer, and reduce risk of cardiovascular disease and arthritis

Top Selenium Foods

Brazil nuts, crimini mushrooms, shiitake mushrooms, cod, shrimp, tuna, calf's liver, sardines, salmon, mustard seeds, eggs, turkey

Iron*

- Helps form new red blood cells (which can increase by 50% during pregnancy)
- Boosts immune system and energy levels
- Speeds nerve cell transmissions
- Carries oxygen throughout your body

Top Iron Foods*

Liver, beef, oysters, sardines, tuna, clams, shrimp, apricots, figs, peaches, raisins, whole grain bread, whole grain pasta, nuts, lentils, artichoke, peas, potato with skin and Brewer's yeast, turmeric, basil, cinnamon.

*Foods high in vitamin C (citrus fruit, strawberries, green pepper, kiwi), when eaten along with iron, improves your body's ability to absorb iron.

*Find this on our online store, The Essential Market. When you support our store, you are supporting all the many wonderful programs we offer to our clients.

Healthy Breakfast Suggestions

Fruit & Cheese

One apple plus 1 to 2 ounces of cheddar cheese, and ¼ cup of walnuts or almonds (easy to-go option)

Quinoa porridge or Steel Cut oats

Add berries, raw nuts or cinnamon for additional flavor

Organic Greek Yogurt

Add berries or muesli for additional flavor and texture

Protein Shake

Protein powder, almond milk and ¼ cup frozen berries and leafy greens for added nutrition

Slice of sprouted grain bread (Ezekiel bread) with almond butter or avocado

Eggs any way with vegetables

Healthy home made muffins or energy bars

Healthy waffle with peanut butter and ½ sliced banana

Ask for our Plan To Eat link for lots of healthy recipe options!

Fluid Ingestion

Think of water intake as giving your insides a bath! Drink as much as 1 gallon of water a day. Herbal teas are another good way to get enough water. Avoid fruit juices, soda, sweetened iced tea.

What to Avoid

As more and more research is done, we are increasingly aware of the dangers of certain types of foods and additives, especially during pregnancy. Here are some things you should definitely try to avoid while you are pregnant, as well as things you and your family may want to avoid going forward.

WARNING

1. Do not eat Shark, Swordfish, King Mackerel, or Tilefish because they contain high levels of mercury.
2. Eat up to 12 ounces (2 average meals) per week of a variety of fish and shellfish that are lower in mercury.
 - a. Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish.
 - b. Another commonly eaten fish, albacore ("white") tuna has more mercury than canned light tuna. So, when choosing your two meals of fish and shellfish, you may eat up to 6 ounces (one average meal) of albacore tuna per week. Be sure to choose wild caught whenever possible.
3. Check local advisories about the safety of fish caught by family and friends in your local lakes, rivers, and coastal areas. If no advice is available, eat up to 6 ounces (one average meal) per week of fish you catch from local waters, but don't consume any other fish during that week.
4. "Raw milk" cheeses – Many delicious soft cheeses, like blue cheeses, brie, feta, Camembert, soft Mexican cheeses and some mozzarellas are not pasteurized and should be avoided during pregnancy
5. Avoid raw eggs, unpasteurized juice and raw plant sprouts
6. Avoid foods from deli counters, or thoroughly reheat cold cuts before eating.
7. Pass on caffeine most of the time
8. Avoid alcohol to prevent fetal alcohol syndrome.

FOODS TO AVOID

- "Boxed" meals like macaroni and cheese
- Soda, sugared drinks, juice
- Artificial sweeteners (Splenda, Equal brands, aspartame, saccharin, sucralose)
- White breads, crackers, cakes, cookies, chips that contain trans fats or partially hydrogenated oils
- Candy
- Fast foods especially deep fried foods like french fries
- Foods containing many preservatives and artificial colors (Look for and avoid potassium sorbate), sodium benzoate, propionates, sodium nitrates, BHA, BHT, Disodium, EDTA, TBHQ
- Trans Fats - Look for and avoid ingredients containing "partially hydrogenated"
- Processed meats like deli meats, bacon, pork roll, and hot dogs that contain nitrates

Tips to conquer cravings

Crunchy Craving?

Try- air popped popcorn, nuts, seeds, raw vegetables, dried fruit, trail mix, rice cakes

Creamy Craving?

Try- blend a frozen banana and some strawberries, yogurt with cinnamon or honey, or 1 serving of fruit and ½ an avocado

Soda Craving?

Try- Mineral water with a splash of fresh fruit juice or freshly squeezed citrus

Sweet Craving?

Try- whole fruit jam on whole grain toast with organic cream cheese, rice cake with almond butter and honey, frozen grapes, make your own 100% juice pops

FOOD ADDITIVES TO AVOID

Propyl Gallate, BHA and BHT

These preservatives, used to prevent fats and oils from spoiling, might cause cancer typically found in vegetable oil, meat products and potato sticks.

Potassium Bromate

This additive is used in breads and rolls to increase the volume and produce a fine crumb structure. Although most bromate breaks down into bromide, which is harmless, the bromate that does remain causes cancer in animals. Bromate has been banned throughout the world, except for in the United States and Japan.

Monosodium glutamate (MSG)

MSG is used as a flavor enhancer in many packaged foods, including soups, salad dressings, sausages, hot dogs, canned tuna, potato chips and many more. According to Dr. Russell Blaylock, an author and neurosurgeon, there is a link between sudden cardiac death, particularly in athletes, and excitotoxic damage caused by food additives like MSG and artificial sweeteners.

Aspartame

This artificial sweetener is found in Equal and NutraSweet, along with products that contain them (diet sodas and other low calorie beverages and diet foods). This sweetener has been found to cause brain tumors in rats as far back as the 1970s, however a more recent study in 2005 found that even small doses increase the incidence of lymphomas and leukemia in rats, along with brain tumors. People who are sensitive to aspartame may also suffer from headaches, dizziness and hallucinations after consuming it.

Sodium Nitrite (Sodium Nitrate)

Sodium nitrite (or sodium nitrate) is used as a preservative, coloring and flavoring in bacon, ham, hot dogs, luncheon meats, corned beef, smoked fish and other processed meats. These additives can lead to the formation of cancer-causing chemicals called nitrosamines.

Artificial Food Coloring

Studies have shown that rats who eat artificially colored foods display hyperactivity and an inability to focus on tasks. Scientists believe that artificial food coloring may be behind cases of ADHD, ADD and autism. Artificial food coloring has also been linked to various types of cancer. Here are some of the most popular artificial colorings and the dangerous side effects associated with them:

Red # 40

Most widely used dye. May accelerate the appearance of immune system tumors in mice, while triggering hyperactivity in children.

Blue # 1 and # 2

Used in candies, beverages and more. Linked to brain tumors.

Yellow # 5 and # 6 and caramel coloring

Used in baked goods, candies, cereals and more. Is contaminated with several cancer causing chemicals and linked to hyperactivity and other behavioral problems in children.

High Fructose Corn Syrup

A great resource to look up food ingredients is a smart phone app called Chemical Cuisine from the Center for Science in the Public Interest

Not feeling quite yourself?

Your body is definitely in for some changes – that's to be expected. You may experience some, none or even all (hopefully not) of the following conditions while pregnant. Here are some that you may experience, with some ways to overcome and even avoid them.

Heartburn

Things to try:

- Decrease size of meals
- Have your drinks separate from meals
- Sit up after eating
- Papaya Enzyme Chewable Tablets- after the first trimester, chew 2 tabs before breakfast, 2 after each meal and 2 before bed
- Calcium-based antacids (do not exceed maximum dose on bottle)
- Slippery Elm- 2 Tablespoons of powdered bark mixed with 2 cups of boiling water and let steep for 3-5 minutes. Drink 3 times a day. Or let slippery elm lozenges dissolve in your mouth several times a day.
- Apple Cider Vinegar- add one or two tablespoons of organic apple cider vinegar to 8 ounces of water and drink before meals
- Aloe Vera Juice- ¼ cup before meals
- Ginger-add one Tablespoon grated ginger to veggies or grains or drink ginger tea. You can even chew a small piece of ginger and follow with some warm water
- Fennel tea- Mix 2 tablespoons chopped cilantro and 2 teaspoons fennel seed with 2 cups of water and bring to a boil. Strain and drink several times as necessary

*Find this on our online store, The Essential Market. When you support our store, you are supporting all the many wonderful programs we offer to our clients.

© 2017 The Midwives of New Jersey and Women's Wellness of New Jersey. All Rights Reserved

Nausea or Morning Sickness

Caused by high levels of pregnancy hormones. Can range from occasional nausea to vomiting many times daily. During this time it is most important to stay hydrated and consume enough sugar. Avoid foods and vitamins that make you sick. Call if you are keeping nothing down for more than 24 hours.

There are safe medications to try if the natural remedies don't help enough.

Things to try:

- Ginger Ale, Ginger Capsules, Ginger Root, Ginger Chews
- Vitamin B6 50mg a day
- Dry crackers or toast before getting out of bed
- Protein snack at bedtime
- Coke syrup
- Diffuse essential oils* ginger, chamomile or lemongrass
- Sea-Bands Mama Acupressure Wrist Bands
- A visit to the chiropractor or acupuncturist could help with nausea
- Tried and true yankee recipe (see below)

Tried and True Yankee Recipe Makes Morning Sickness Extinct!

1 lg. banana, peeled, cut into chunks, wrapped tightly in plastic wrap and frozen for 24 hours

1 cup cantaloupe chunks, covered tightly and frozen 24 hours

1 1/4 cups skim milk

1/2 cup nonfat dry milk

1 tsp vanilla

Place all the ingredients in a blender and blend until smooth. Serve



Constipation

Things to try:

- Increase fiber-fruit, vegetables and whole grains
- Increase water consumption
- Prune juice, prunes, raisins (warm prune juice really works!)
- Increase exercise
- Cup of hot coffee, even hot water in the morning should help
- If necessary-Citrucel, Metamucil, FiberCon, Milk of Magnesia, Natural CALM
- Midwives' bran muffin recipe (see below)

Midwives' Bran Muffins

1 1/2 cups 100% All Bran 1 cup whole wheat flour 1 egg
 3/4 cup milk
 1 tsp. baking soda
 1 tsp. cinnamon
 2 tbsp melted butter
 1 grated apple
 1 mashed banana
 1/2 cup raisins-place in water and microwave one minute then drain
 1/2 cup honey

Gently beat egg. Add milk and bran. Let soak until liquid is absorbed. Add remaining ingredients and mix. Bake at 400 degrees for 20 minutes.

Hemorrhoids

What they are varicose veins in the rectal opening

What they do cause burning, itching, irritation, bright red bleeding

What you can do Rutin 500mg/day. Apply tucks pads, witch hazel, ice packs. Apple cider vinegar soaked cotton ball to hemorrhoids several times a day. Keep Bowel movements regular and soft. Avoid straining with bowel movements, consider putting your feet up on a 6 inch stool when moving your bowels. Avoid standing long periods of time. Grate a peeled white potato, roll about 2 Tablespoons in a piece of gauze and place on hemorrhoids for about 15 minutes twice a day

Headaches

Things to try:

- Stay well-hydrated
- Extra-strength Tylenol (acetaminophen)
- 2 tablets every 4 hours as necessary
- 1 serving of caffeine like coffee, tea or coke
- Avoid aspirin and ibuprofen
- Chelated Magnesium 400mg every day
- Take a nap or a bath
- Have a protein snack like nuts or cheese
- Acupuncture and chiropractic are very effective treatments for headaches.
- Essential oil of Peppermint* applied to each temple is often helpful.

Insomnia

You may have heard that a pregnant woman should not sleep on her back or that she should only sleep on her left side. This is just not accurate. Pregnant women can trust their bodies to keep the baby safe while she is sleeping. Sleep how you are comfortable, on your back, on your belly or even hanging from your toes. Over the course of your pregnancy, you will likely find yourself changing your sleeping positions and patterns to accommodate your changing body and baby.

Things to try:

- Limit physical exercise at bedtime
- Warm bath
- Warm milk
- Chamomile tea/Sleepytime tea before bed
- Unisom or Tylenol PM 2 tablets when absolutely necessary
- Natural CALM Magnesium drink.* Take before bed.
- Bach Rescue Sleep-you may use after the first trimester of pregnancy
- Yoga poses known for relaxation like Goddess Pose

*Find this on our online store, The Essential Market. When you support our store, you are supporting all the many wonderful programs we offer to our clients.

Colds and Congestion

Things to try:

- Increase fluids and rest, chicken soup with lots of garlic
- Vitamin C supplement* 1000-2000mg/day in divided doses
- Echinacea 2-3 capsules 2-3x's per day
- Black Elderberry* 2-3 tsp 2-3x's per day
- Mix a few tablespoons of apple cider vinegar with hot water, honey (especially local honey) and lemon. Drink several times a day.
- Cold-EEZE Zinc Lozenges-several a day at the start of a cold
- One or 2 Tablespoons of extra virgin coconut oil daily when starting a cold.
- Use Tylenol Cold, Sudafed and Robitussin DM only when absolutely necessary
- Call if symptoms persist or a fever over 100.4 develops. You may need to see your primary physician

Stress

Avoid situations that cause anxiety and stress during your pregnancy especially excessive information seeking on the internet. Information on the internet is often biased toward scary, uncommon situations. Studies have shown that maternal stress has a negative impact on the baby's development. Women are unaware of the effects of panic and chronic worry on the health of their pregnancy. The baby will begin to develop chemical defense mechanisms in utero to survive in the world of his mother.

There is increasing data to support the effects of maternal stress on the neurodevelopment of the baby. Some of these effects may be subtle and not evident at birth. But there is increasing evidence from both animal and human studies that maternal stress "may play a significant role" in the etiology of intellectual deficits and psychiatric and behavioral disorders. The mechanisms underlying these effects are partially mediated by maternal stress hormones and consequent changes in "the set points of developing neurotransmitter systems in the fetus" (psychnews.org/pnews/98-05-01/stress.html). We are creating generations of people who cannot find peace and trust in their world because their environment is so stressful starting from their intrauterine life.

Take this time to set yourself apart from worldly concerns and focus on the positive as much as possible.

Anti-Flu Recipe

For adults (including pregnant women)

Elderberry Syrup: 2 teaspoons a day

Vitamin D3: 4000 IU per day

Vitamin C: 1000 MG per day

For Children

Elderberry Syrup: 2 teaspoons a day

Vitamin D3: 2000 IU per day

Vitamin C: 500 MG per day (divided doses)

You can purchase an Anti-Flu Kit* on the Essential Market.

Please Be Aware of the Warning Signs In Pregnancy

If you notice any of these warning signs, please call or text the midwives right away. Our main number is 908-509-1801.

- Bleeding from the vagina (flow like a period or filling a pad in an hour).
- Nausea or vomiting that does not stop for more than 24 hours
- Marked decrease in the amount of urine passed
- Pain or burning while passing urine or blood in urine
- Fever/temperature over 100.4 degrees
- Unusual or strong pain in any part of the body
- Discharge from your vagina that causes itching, soreness, burning or a foul odor
- A gush of fluid from your vagina
- Sudden swelling of face, hands, or ankles along with sudden weight gain
- Persistent blurring of vision or spots before your eyes
- Recurrent, severe headaches
- A change in the usual activity of your baby

*Find this on our online store, The Essential Market. When you support our store, you are supporting all the many wonderful programs we offer to our clients.

Fetal Development During the First Trimester

The most dramatic changes and development

occur during the first trimester. During the first eight weeks, a fetus is called an embryo. The embryo develops rapidly and by the end of the first trimester it becomes a fetus that is fully formed, weighing approximately 1/2 to one ounce and measuring, on average, three to four inches in length.

Week 1-2

- Conception typically occurs about two weeks after your last period begins
- To calculate your due date, your health care provider will count ahead 40 weeks from the start of your last period

Week 3

- Sperm and egg unite in one of your fallopian tubes to begin fertilization
- Embryo begins to form, while outer group of cells will become membranes that nourish and protect it

Week 4

- Placenta, which will nourish baby during pregnancy begins to form

Week 5

- Baby's brain, spinal cord, heart and other organs begin to form
- Layer of cells that will also serve as foundation for baby's bones, muscles kidneys and much of reproductive system form
- By the end of this week, your baby is likely about the size of the tip of a pen

Week 6

- Growth is rapid in this week
- Baby's heart pumping blood

- Basic facial features begin to appear
- Small buds will soon become arms and legs

Week 7

- Brain and face are rapidly developing
- Tiny nostrils become visible
- Eye lenses begin to form

Week 8

- Baby's eyes are visible
- Fingers have begun to form
- Ears begin to develop
- Upper lip and nose have formed
- By the end of this week, baby might be about 1/2 inch (13 millimeters) long.

Week 9-10

- Arms grow, develop bones and bend at elbows
- Toes form and ears continue developing
- Head becomes more round, neck begins to develop
- Eyelids close to protect developing eyes

Week 11

- Genitals develop
- Baby now described as a fetus
- Red blood cells beginning to form in baby's liver

Week 12

- Developing fingernails
- Baby's face now has a human profile

Week 13

- Fingerprints have formed on your baby's tiny fingertips
- Baby's body is starting to catch up with her head — which makes up just a third of her body size now
- If you're having a girl, she now has more than 2 million eggs in her ovaries.
- Your baby is almost 3 inches long (the size of a medium shrimp) and weighs nearly an ounce.

Charting Your Progress

Date of Visit	Midwife	Weight	Heartbeat	Questions/ Recommendations





Be Sure to Visit our Essential Market!

Our online store is a place where clients can go to find the products recommended by the Midwives of New Jersey and Women's Wellness of New Jersey for the healthiest pregnancy, birth and beyond. Products will include prenatal supplement kits, essential oil kits, postpartum kits and more. When you support our store, you are supporting all the many wonderful programs we offer to our clients. We're just getting started!! So take a minute to check it out! **www.theessentialmarket.com**

Women's Wellness of New Jersey

Women's Wellness of New Jersey is a community designed to bring like-minded women together, and help them be prepared as possible for labor, birth and motherhood. Visit **womenswellnessnj.com** for more information and class times!

Stay in the Know by Liking our Facebook Pages:

Midwives of NJ:

facebook.com/MidwivesofNJ/

Lisa Lederer Midwife: **facebook.com/profile.php?id=100012920676975**

Women's Wellness of NJ:

facebook.com/womenswellnessofnj/

The Essential Market: **facebook.com/theessentialmarket/**

Your Birth Your Choice:

facebook.com/YourBirthYourCHOICENJ/

New Jersey Homebirth Moms Group: **facebook.com/New-Jersey-Homebirth-Moms-Group-251678024871775/?fref=ts**

ACNM NJ: **facebook.com/acnmnj/**



(C) 2017 Midwives of New Jersey. All Rights Reserved.

Be sure to check out our reality series "Our Lives, Our Births" featured on our website and our You Tube channel.

Do you need prayer?

The Midwives of New Jersey's Prayer Group would love to pray for you and your family. Send your prayer requests to prayer@midwivesofnj.com

The Midwives of NJ Hackettstown

57 Route 46 East, Suite 300

Hackettstown, NJ 07840

Phone: 908.509.1801 • Fax: 732.301.9252

Website: midwivesofnj.com

Email: midwives@midwivesofnj.com

The Midwives of NJ Madison

250 Main Street (Rt. 124)

Madison, NJ 07940

Phone: 973.264.4307 • Fax: 732.301.9252

Website: midwivesofnj.com

Email: midwives@midwivesofnj.com