

It's Time to Get Moving, Baby!



Dr. Laura Eastep, M.D.

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Exercise during pregnancy is a great way to improve your overall health and sense of well-being. In addition, it may help with some of the normal “aches and pains” of pregnancy, as well as building endurance that will be helpful during labor and the delivery process. There is also some evidence to suggest that it can decrease the risk of gestational diabetes (a type of diabetes that occurs during pregnancy).

To decide what type of exercise is right for you and your pregnancy, you should start with a discussion with your doctor. Be honest about your previous exercise history—is it something you do on a regular basis? What types of activity do you normally engage in, and for how long? Your doctor will have questions for you regarding your medical history, your current medications, and your history with regards to previous pregnancies. This includes any complications with your previous pregnancies such as preterm labor, diabetes during pregnancy, or high blood pressure. With some medical conditions—such as significant heart or lung disease, incompetent cervix, preterm labor, or placenta previa--

exercise may not be safe during pregnancy. This is by no means a comprehensive list, and therefore an upfront discussion with your doctor is essential in determining what activities are best for you and your baby.

Your doctor will also want to inform you of potential warning signs. You should discontinue exercise and contact your doctor immediately if you experience any bleeding, decrease in movement of baby, leakage of fluid, or contractions. Make sure to keep well hydrated, and avoid overheating. Briefly warm-up to prepare your body for activity, and always remember to cool down at the end of your workout with stretching to avoid injury to your muscles.

You have gotten the okay from your provider—now get moving! In general, 30 minutes of moderate activity on most days of the week is recommended. Many hospitals and gyms offer classes specifically tailored to pregnant women. There are many other exercises such as walking, swimming, elliptical training, or cycling which are also safe in pregnancy. Choose one that interests you the most and will help keep you motivated.

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Are the Foods You Eat Making You Sick?



By Sarika Arora, MD

Did you know that certain foods you eat can cause fatigue, joint pain, and stomach upset?

Almost everyone has problems digesting a few foods, which then can become a trigger for the immune system to attack the foods as toxins – hence the discomforting symptoms. This immune reaction can cause gastrointestinal imbalance or “leaky gut”

also known as intestinal permeability. Think of a healthy gut as a brick wall. Healthy intestinal lining consists of a layer of closely spaced cells of tight junctions covered by a mucosal layer. Its function is to allow good nutrients to enter the blood stream and filter toxins and allergens. The “leaky gut” scenario is more like a stone wall where excess toxins cause gaps to form in the intestinal lining, allowing toxins to enter the blood stream.

The most common culprits are dairy, gluten, yeast, and soy. Many people are triggering inflammation without realizing it by eating these foods. Dairy products are notorious phlegm producers and are associated with sinusitis and abdominal discomfort. In addition, both gluten (the binding protein in wheat, barley, and oats) and casein (found in dairy products) produce opiate-like substances called exomorphins that can lead to addiction and behavior disturbance.

If you are symptomatic, what can you do? Start by eliminating dairy and

gluten for at least three weeks. You can have almond, rice, or coconut milk as a substitute for dairy. Gluten-free grains include brown rice, millet, quinoa, and amaranth. Focus on eating nutrient-dense fruits like blueberries and strawberries. Eat unlimited quantities of greens such as spinach, kale, and broccoli, and consume organic lean

meats and legumes for protein. This will allow your gut and immune system to heal. Ideally, you should consult your practitioner for guidance as to when and how to reintroduce these foods back into your diet.

Give yourself the gift of building health!

“As I see it, every day you do one of two things: build health or produce disease in yourself.”

-Adelle Davis, renowned nutritionist, author, and visionary

