**Healthy Pregnancy**

Healthy pregnancy begins in preconception. Creating a healthy baby is about ensuring the optimal wellbeing of both potential parents through the establishment of healthy body ‘terrains’. The body’s terrain is like the bath that your cells swim in. Clean and vibrant bath water lends itself to healthy and balanced cells, including eggs and sperm cells.

The process of cleaning and nourishing the terrain ideally begins 3-6 months before partners begin trying to conceive, and continues until the end of breastfeeding. At Naturopathic Foundations pregnancy support is about successful conception, pregnancy maintenance, and a safe and empowering birth that results in a healthy and balance baby.

***Preconception and Pregnancy Concerns:***

Several issues can arise in and around pregnancy:

* heavy metal and environmental toxicity • nausea & vomiting and morning sickness
* iron deficiency anemia • back pain and sciatica
* mineral deficiencies • bloating & swelling
* food intolerances • pre & gestational diabetes
* emotional stress • hypertension and preeclampsia
* insomnia • varicose veins
* fatigue • recurrent miscarriage

***Our services include:***

At Naturopathic Foundations we offer a variety of perinatal services to help create a healthy and supportive environment for your pregnancy:

* preconception detoxification • acupuncture
* fertility nutrition • homeopathy
* female and male salivary hormone testing • botanical medicine
* IgG and IgA food sensitivity testing • labour induction
* Urinary Toxic Elements Profile • breastfeeding counseling and treatment
* cycle awareness • post partum at home visits
* ovulation testing and education • breastfeeding counseling and treatment
* group B streptococcus prevention

*All naturopathic doctors address pregnancy concerns, but if you have any specific questions please speak to Urszula May, ND and Naturopathic Doula who has a special interest in* ***Healthy Pregnancy.*** *For more information on the treatments and support that we offer please visit our website at* ***www.naturopathicfoundations.ca***