

To Maintain a Healthy Pregnancy

Strictly Avoid:

Excessive worry and anxiety regarding the pregnancy and the birth

All heavy lifting and physical stress or strain

Emotional or mental over-work or stress (especially acute)

Harsh and aromatic chemicals (such as gasoline, nail polish remover, cleaning materials, isopropyl alcohol, perfumes, etc.)

Microwaves

Processed, or in any other way chemically contaminated, food and drink

Getting too hot or too cold (especially quickly)

Getting the heart rate too high (especially too quickly)

Harsh exercise, especially with downward jarring motions (like running, aerobics, and horseback riding, etc.)

Alcohol

Pharmaceutical drugs

Long days of work without adequate rest and breaks

Excessive standing or walking

Avoid intercourse (everyone - for the first month, or six weeks; high risk - never)

Absolutely Do:

Thank God daily for the blessing of the new life inside of you

Remember daily that the child / person does not 'belong' to you, but to God alone

Eat red meat at least twice a week (follow Daniel's dietary guidance!)

Eat organic dairy and eggs daily (if you have phlegm or damp, no dairy)

Sleep excessively, and at set hours ([no joke!] at least ten hours a day)

Rest and relax often

Maintain a joyful and thankful attitude at all times

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All of this 'positive psychology' causes the uterine artery to remain open – thus nourishing and healing your little one!

It also keeps your adrenaline and cortisol levels low, which allows for good immunity and for your digestive system to keep functioning – all of this helps to produce the blood and nutrients the baby needs to grow and thrive!

Additionally, the baby experiences stress hormones as they flow through you. That experience, if it goes on too often or intensely, will create a baby born with anxiety, fear, suspicion and weakness.

Stay positive! Meditate, rest and relax!