

EDITORIAL EXCELLENCE

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Fit Pregnancy provides readers with editorial expertise in every issue by tapping into an extensive and well-rounded advisory board. Our board members include Dr. William Sears, M.D., author of *The Pregnancy Book*, Dr. James McKenna, Director of the mother/baby sleep laboratory at Notre Dame University and Wendy Haldenman, M.N., R.N., C.L.C. and Corky Harvey, M.S., R.N., C.L.C., co-founders and owners of The Pump Station.

Office visit | By Mehmet Oz, M.D., & Michael Roizen, M.D.



HEMET OZ, M.D., AND MICHAEL ROIZEN, M.D. are authors of YOU: Having a Baby (Free Press)

Go cold If you're experiencing morning sickness, eat more cold foods. Hot foods have a stronger smell, which can trigger queasiness. Soothing, nutritious foods include whole-grain crackers and chilled brown rice or chicken broth.

Friend a mom Stress can be a problem during pregnancy because it helps deplete the immune system, but it's natural to feel a lot of anxiety. Find a buddy who's been through it all before. Her experiences and assurances will help take the edge off some of your more worrisome moments.

Just say yes Meditation is a great way to manage stress (the No. 1 risk factor for your infant, in our opinion). Simply sit somewhere quiet, close your eyes and focus on your breathing. Count from 1 to 4 on the inhaled and 5 to 8 on the exhaled. Do this for five minutes every day.

Do light weight training We're not asking you to bulk up, but maintaining muscle is good for a number of reasons. For one, it helps speed your metabolism, which reduces your chances of developing extra fat and gestational diabetes. Two, it will help you prepare for the physical demands of motherhood—lifting car seats and holding your baby in sometimes awkward positions, for example.

Walk Thirty minutes a day, every day. That's enough to help you maintain a base level of fitness.

Read out loud Even in utero, your baby will respond to stimulation. If you read to her (or play music) before she's born, she's likely to recognize your voice and favorite song and find comfort from them as a newborn.

Get enough rest If you have difficulty sleeping, you can try drinking warm milk or ratcheting up the air conditioning to create a cooler environment. If pain is keeping you awake, it's OK to take Tylenol.

Add DHA We recommend taking 600 milligrams a day of this essential omega-3 fatty acid to help ward off prenatal and postpartum depression and help foster your child's brain development.

Have sex If you're in the mood, it's perfectly fine to have sex—and it can be healthy because the bonding experience helps increase good-for-you chemicals in your body. A position that may be comfortable: lying side by side with him behind you (think of two spoons).

Practice Kegels Take time every day to repeatedly squeeze the muscles surrounding your vaginal area that control urination. These exercises combat pregnancy-related urine leakage while strengthening the entire pelvic floor.

Have a plan It's good to have a birthing plan for how you'd like things to go (in terms of meds and other decisions), but be flexible because pregnancy and delivery can be unpredictable. Most importantly, you need to find a health care provider whose principles are most aligned with yours so you can make decisions together. *

Read about your baby will come. It's never your choice.

Have a better pregnancy

Our newest columnists, Mehmet Oz, M.D., and Michael Roizen, M.D., take a holistic approach to keeping you and your baby healthy.

In a lot of ways, pregnancy is like standing at the edge of the Grand Canyon. On one hand, it's the most breathtaking and majestic thing you've ever experienced. On the other, it's a long way to the bottom—and you can't help but feel a little anxious about taking a wrong step. Chances are everything will be just fine, and you should take comfort in the fact that statistics are in your favor. So we do want you to embrace the beautiful experience of pregnancy, but we also want you—as your child's biological suit of armor—to do a few things that can help improve those odds. Keeping yourself healthy will protect both of you at the same time. Here are 11 tips that will help you do just that.

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the whole 9 months

ASK DR. WEIL
Andrew Weil, M.D., is the founder of the Arizona Center for Integrative Medicine and author of 11 books, including *Why Our Health Matters: A Vision of Medicine That Can Transform Our Future* (Penguin) and *Natural Health, Natural Medicine: The Complete Guide to Wellness and Self-Care for Optimum Health* (Houghton Mifflin Harcourt). In this column, he answers questions about you and your baby's health and well-being during pregnancy.



I'm nursing my baby but am struggling with a low milk supply. Are there any natural ways to boost my production?

A Making every effort to breastfeed your baby is well worthwhile, because breast milk is the best food you can give him during at least the first year of life. It meets all his nutritional needs, provides antibodies that help defend against infection and protects against breast or ovarian cancer later in life. Breastfeeding can also help a mother shed pregnancy weight more rapidly and protects against breast or ovarian cancer later in life.

But like you, some women do have problems with their milk supply. The most common causes are inadequate food and fluid intake, fatigue, high stress levels and feeling the baby too infrequently or for only short periods of time. Here are some ways to counter these obstacles:

- Eat a healthy anti-inflammatory diet (go to dwell.com and search for "anti-inflammatory diet"). Aim for about 2,500 calories per day.
- Drink plenty of water. Your body can't make milk if you're dehydrated.
- Get as much restorative nightly sleep as you can and nap during the day when the baby is sleeping.
- Regularly practice healthy stress-reduction techniques such as breath work.
- Ask family and friends for help with household duties.
- Breastfeed often, because the more often and the longer your baby latches on to suck, the more milk you'll produce. A lactation consultant can teach you the best techniques and positions.

Some natural health practitioners recommend herbal remedies such as fenugreek and wild yam to augment milk production. While there is a rich history of use for these agents, there have been only a few human studies on their safety and effectiveness. Want a traditional remedy that's good for you? Try a bowl of oatmeal each day.

Have a question for Dr. Weil? Email him at adweil@fitpregnancy.com. Answers are not intended to replace advice from your doctor; always consult your caregiver before making any changes in your prenatal routine.

Before you pop a pill Ninety-one percent of all medications approved for use by adults have insufficient data to determine whether they're safe during pregnancy, a 2002 study found. Fortunately, researchers are working to fill this knowledge gap, steadily reporting about the effects of antidepressants, asthma medications, herbal supplements and many more meds, including some over-the-counter products, on fetal health. Find the latest study results and links to more info at the new Medications and Pregnancy page on the Centers for Disease Control and Prevention website (cdc.gov/ncbddd/meds). — KIM SCHWAB ACOSTA

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With columnists like Dr. Andrew Weil, Dr. Mehmet Oz and Dr. Michael Roizen, *Fit Pregnancy* offers readers sound advice from reliable and recognized sources across all significant fields in the industry.

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FitPregnancy

IN EVERY ISSUE!