

DDx PREGNANCY

BILBERRY

Hemorrhoids associated with pregnancy, visual changes due to altered microcirculation of the retina and venous disorders including varicose veins and portal congestion due a growing uterus.



ECHINACEA

Prophylaxis and treatment of infectious conditions including colds and UTIs, skin disorders such as eczema, psoriasis and acne and as an acute and preventative measure against influenza.

GARLIC

Aids in increasing peripheral circulation, combating infection, especially URTI and reducing mild hypertension. Also useful for modifying dysbiosis in the bowel to optimize bowel movements and nutrient absorption.



PRESCRIBING IN PREGNANCY

Our pregnant patients are often a tricky population. With an increased need for naturopathic support, along with a greater sensitivity to chemicals and herbs, due diligence is necessary when considering prescribing herbs. Learning more about interventions that can be applied safely in pregnancy not only supports these women, but also helps them to grow healthy, strong babies without some of the more unpleasant symptoms of pregnancy. From hemorrhoids and mood imbalances to immune support and infection control, herbs have a powerful role to play in addressing the complaints that may arise across the course of the 9 months of pregnancy and beyond.



MILK THISTLE

Helps to protect and support the liver and gallbladder against chemical and environmental stresses. Addresses dyspeptic complaints, reduces formation of gallstones and gallbladder problems.

WITHANIA

An excellent intervention for stress and anxiety. Supports healthy thyroid function, promotes restorative sleep and acts as an adaptogen both in pregnancy and in lactation.

ST. JOHN'S WORT

Effective against viral infections including cold sores, chicken pox, shingles, herpes, CMV. Also supports healthy mood, countering mild to moderate depression and anxiety.

RHODIOLA AND GINSENG

Useful in treating fatigue and exhaustion often associated with pregnancy. Also effective in addressing concentration, physical endurance and mild to moderate depression.

TOPICAL MAGNESIUM: PREGNANCY'S BEST FRIEND

With shifting hormones and a changing centre of gravity, women are more likely to complain of low back and muscle pain in pregnancy. While magnesium is indicated in these cases to relax muscles and improve circulation, it is often difficult to get an adequate dose to the muscles that need it without the osmotic laxative effect which may trigger early onset labour. Enter topical magnesium. Easily applied to exactly where it is needed, absorption is excellent and can give relief to achy body parts. Applied before sleep, this can help women get the restorative rest they need without compromising digestion. Topical magnesium is available in lotion, oil and gel and can be easily applied any time of the night or day to address tension headaches and muscle pain safely during and after pregnancy.

