

1 ☐ Preventing Preeclampsia

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2 ☐ Why is Preventing Preeclampsia So Important?

- Preeclampsia is associated with:
 - Impaired growth of the baby, or even high birth weight
 - Need to deliver early; pre-term delivery complications for mother and especially baby
 - Possibility of infant and/or maternal death
 - Increased chance of mother and child developing heart disease later on
 - Increased chance of diabetes for mother and baby
 - High medical bills, stress, and fear of losing mom or baby

3 ☐ What is pre-eclampsia?

- High blood pressure in pregnancy, along with protein in the urine
- High cholesterol
- Related to heart disease and diabetes (insulin resistance, high cholesterol)
- Inadequate blood vessel development in the placenta
- Can lead to seizures (eclampsia)
- More...

4 ☐ What is pre-eclampsia?

- Tense blood vessels throughout the mother's body
- Caused by lots of **silent, unnoticed INFLAMMATION** inside the blood vessels
- Preeclampsia "disappears" after delivery
- Increases chances for high blood pressure, diabetes, high cholesterol, and heart disease later on
- Risk factors include diet, age, twins.

5 ☐ How do you avoid pre-eclampsia?

- Preeclampsia is not always preventable, but there are concrete dietary measures you can take to help prevent it.
- Preventing preeclampsia nutritionally involves three major areas:
 1. **Decreasing inflammation**
 2. **Improving Calcium Balance**
 3. **Improving Fat Balance**

6 ☐ #1 Decrease Inflammation

- Eat primarily fresh fruits and vegetables, especially those with vitamin C
- Don't get too much protein, but get legumes and beans
- Eat very little white flour, sugar, candy; eat whole grains instead (these have chromium)
- Consider supplementing with vitamin C and E
- Supplement with a quality prenatal
- Get plenty of the right fats (discussed below)
- Exercise VERY MODERATELY

7 ☐ #2 Improve Calcium Balance

- Get 2000 IU of vitamin D daily (most important)
 - Your body doubles its need when you become pregnant
 - Low vitamin D correlates with preeclampsia risk
 - Supplementation is especially important in winter months
- Get sufficient calcium
 - Mega-doses are not necessary or beneficial, just make sure you get enough
 - Mother begins to store calcium in the skeleton early in pregnancy, and the baby uses it in the third trimester to make the skeleton
- Get magnesium
 - from dark green vegetables

8 ☐ **#3 Improve Fat Balance**

- Eat Omega-3s like fish (like salmon and sardines), walnuts, flax
- Reduce meat, cheese, and dairy
- Replace red meat and cheesy meals with beans or legumes
- Decrease butter and vegetable oil and use extra virgin olive oil, avocado (both monounsaturated) instead.
- Don't eat large amounts of any oil or fat

9 ☐ **Benefits of Eating to Avoid Preeclampsia**

- Improved health for you and baby
- Reduced risk of heart disease, diabetes, high cholesterol, and high blood pressure for you and baby
- Reduced risk of pre-term delivery
- Increased comfort in pregnancy
- Healthier child

10 ☐ **Questions**

- What recommendations stand out for you personally?
- What roadblocks do you see getting in the way of implementing them?
- Write these down in your journal. We'll address them at the end of the course.

11 ☐ **Helpful Strategies (1 of 3)**

- No more soda or juice; drink water instead (I can send you recommendations on replacing sweet drinks)
- Change snack habits; no more pre-packaged cakes, cookies, or other snacks with any sort of hydrogenated or partially hydrogenated oils (I'll send you healthy snack recipes, like fig balls, haroseth, apricot balls,)
- Replace 2 meat meals a week with a fatty fish meal (I'll send you recipes)
- Take cod liver oil and/or 2000 IU vitamin D every day

12 ☐ **Helpful Strategies (2 of 3)**

- Reduce fast food
- Eat a salad before one or two meals every day.
 - This means buying lots of salad greens every week!
- Use extra virgin olive oil and balsamic vinegar and a little salt instead of ranch
- Eat lots of dark leafy greens (like Kale with Walnuts and Raisins)

- Eat apples and walnuts as a snack

13 **Helpful Strategies (3 of 3)**

- Eat fruit at every meal
- Eat citrus, broccoli for vitamin C
- Precede every meal with a large glass of water
- Use beans and legumes to replace meat meals (I can get you recipes)
- Put freshly ground flax seeds in a coffee grinder and mix them in your morning smoothies, cereal, bread, etc. Experiment!
 - I don't recommend flax oil; without the hull it goes rancid

14 **Action Items**

- Pick one or two actions to implement this week (don't overwhelm yourself)
- Write them down
- Make a detailed, step-by-step plan for accomplishing them
- If you wish, write your first steps at the website:
www.VibrantHealthyBaby.com