Back Pain

* Professionally fitted and supportive bra (breast size and sensitivity may change during pregnancy!)
* Low-heeled shoes
* Correct posture
* Pelvic tilt exercises
* Ice packs, heating pads
* Massage
* Belly belt
* Arnica oil
* Lavender
* Swimming
* Stretching
* Yoga
* Physical therapy (physical therapy for pregnancy may be covered by your insurance)

Sore Feet

* Good arch support
* Resting with elevated legs
* Heat or cold

Dizziness and Fainting

* Avoiding overly strenuous activity
* Avoiding suddenly standing up
* Avoiding very warm temperatures (including saunas, hot baths, and hot showers)
* Eating healthy snacks to keep blood sugar up
* If you experience dizziness even when sitting, see your care provider.

Nosebleeds and Bleeding Gums

* Increased humidity; especially at night
* Use a soft toothbrush and avoid rough brushing

Difficulty Breathing

* Good posture
* Pillows to elevate the head while sleeping
* Exercise

Heartburn

* Small frequent meals (don’t over-fill the stomach)
* Avoid greasy, fatty foods
* Limit acidic foods, like tomato sauce and garlic
* Papaya tablets, fruit, or juice (individuals with latex allergies may also be allergic to papaya)
* Coconut water
* Chia seeds
* 2 bromelain tablets 20 minutes before a meal
* TUMS used sparingly (too much calcium may cause kidney stones)
* Don’t lie down after eating
* Limit caffeine
* Limit chocolate

Heaviness in Pelvis

* Laying on your side with legs supported
* Pelvic tilt exercises
* Rest with elevated legs
* Belly belt
* Being in water may relieve pressure

Hemorrhoids

* Sitz baths
* Witch hazel
* Tux pads
* Avoid constipation (increase fiber, fruits and vegetables, and a gentle laxative)
* Avoid aggressive wiping
* Hypoallergenic, non-soap moist wipes

Varicose Veins

* Support hose or tights
* Rest with elevated legs
* Rutin (300-600mg daily)
* Horse chestnut supplements
* Wrist and ankle circles to improve circulation

Stress Incontinence

* Kegel exercises
* Pelvic tilt to alleviate pressure of baby’s head

Leg Fatigue

* Support hose
* Rest with elevated legs
* Adequate calcium and magnesium intake
* Walk at least 10 minutes every hour
* Massage

Edema (swelling)

* Wrist and ankle circles
* Elevating the swelled area
* Gentle massage
* Stretching and gentle exercise
* Increased fluid in diet
* Fresh green cabbage leaves on the swelled area

Increased Vaginal Discharge

* Wear cotton underwear
* Avoid perfumed soaps and bubble baths
* Talk to your doctor for an evaluation for infection

Round Ligament Pain

* Avoid sudden movements that put pressure on ligaments
* Warm compresses to ligaments
* Arnica oil
* Bent knee and hip up toward chest when pain occurs
* Rebozo abdominal support

Leg Pain and Charlie Horses

* Increased fluids
* Evaluate dietary intake of calcium, magnesium, phosphorus, and salt
* Massage

Morning Sickness

* Small frequent meals with emphasis on protein and carbohydrates
* Maximize vitamin and mineral intake
* Choosing a multivitamin without iron
* Smell spearmint oil or other minty scents when nausea occurs
* Smoothies with ginger and protein (contact me for a suggested recipe)
* Evaluate progesterone levels
* Ginger - tea, capsules, or fresh
* Snack in the middle of the night if possible

Carpal Tunnel Syndrome

* Wrist splints
* Physical therapy
* Exercise
* Increased fluids

Trouble with sleep

* Relaxation techniques before bed
* Maintain consistent bedtime and wake time
* Pelvic tilts just prior to bed to reduce urinary frequency
* Chamomile or sleepy time tea
* Warm baths

Restless Leg Syndrome

* Vitamin B supplements
* Folic acid supplements
* Iron supplements if anemia is present

Dry Itchy Skin

* Lotions and oils - preferably non-perfumed
* Oatmeal baths
* Increased fluid intake
* Check for symptoms of PUPPS rash and consult with health care provider