

# blush

blushmom.com

for the modern mother

ISSUE NO

1

Is your child a  
**FASHIONISTA?**  
What's **HOT**  
this season

NATURAL  
SKINCARE  
for  
**MOM**

Your child's  
**SANCTUARY**  
~ NURSERY DECOR

Get your  
**POST-BABY**  
body back

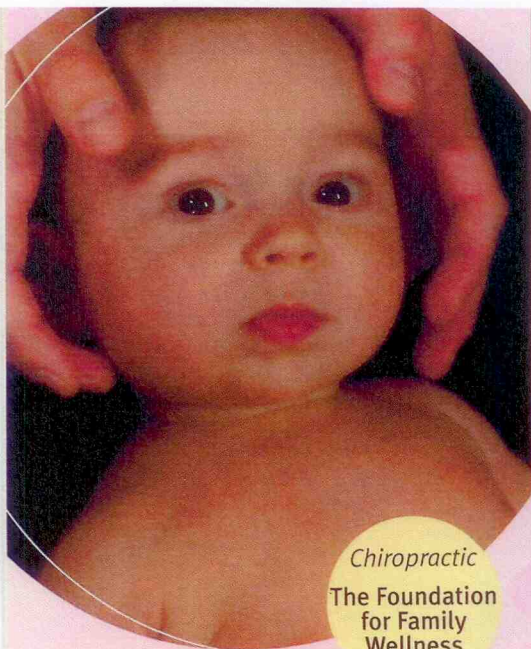
**3** EASY  
WORK-OUTS  
+ 7 DAY DIET PLAN

Healthy recipes  
the whole family  
can enjoy

**Expecting?**  
Find the right  
supplements for you

compliments of  
 **please mum**





Chiropractic  
The Foundation  
for Family  
Wellness

## Chiropractic Care for Children... Safe, Gentle, Effective.

Visit the ICPA and find  
a Family Chiropractor:

[www.icpa4kids.org](http://www.icpa4kids.org)

Our doctors provide special  
care for infants, children,  
and pregnant mothers.



# pathways

to family wellness

Proud sponsor of the mission and philosophy of the ICPA

RECEIVE A  
FREE ISSUE!  
MENTION  
CODE: BLU

Pathways magazine  
provides vital information  
for family wellness.  
Pathways supplies the  
resources to actively  
participate in your  
family's health choices.

Order your subscription today!

Call Us: 610-565-2360

[www.pathwaystofamilywellness.org](http://www.pathwaystofamilywellness.org)

## Contributors



**Cathy Carlson-Rink, ND, RM**, practises at the Family Health Clinic in Langley, BC with a focus on pregnancy, infertility, and women's and children's health. Mother of two girls born at home, Dr. Carlson-Rink is recognized as the first licensed naturopathic physician in Canada to also work as a licensed midwife.

**Melanie Osmack** is the founder of Fit 4 Two™ Pre and Postnatal Fitness in Vancouver, BC. She is a certified fitness instructor, personal trainer, and pre/postnatal fitness specialist. As a mom of two, Melanie knows first-hand the importance of staying fit and strong.  
[fit4two.ca](http://fit4two.ca)



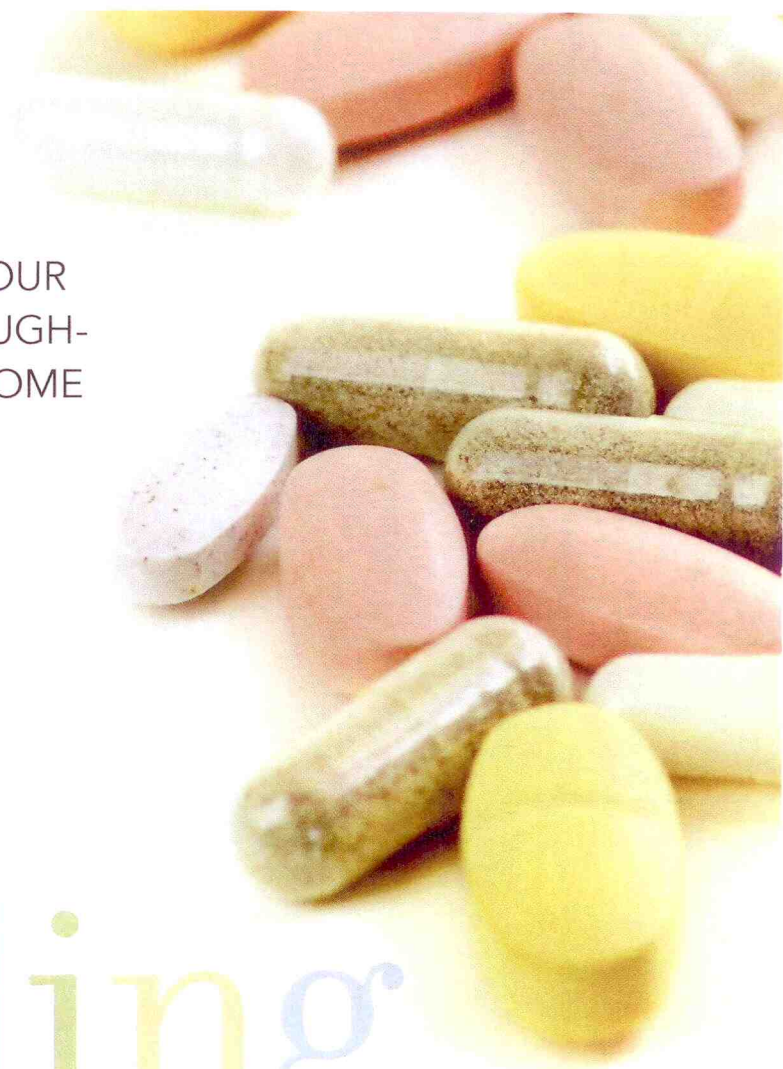
**Melina Roberts, ND**, has a family practice at the Calgary Centre for Naturopathic Medicine. She is a licensed and board-certified naturopathic physician who specializes in treating health issues with European medicine modalities.  
[melinaroberts.com](http://melinaroberts.com)

**Brenna Jacks, ND**, graduated from the Canadian College of Naturopathic Medicine (CCNM) in Toronto, Ontario. She is a licensed naturopathic doctor in Langley, BC where her family practice focuses on treating women's health, stress, infertility, and food allergies.  
[drjacks.ca](http://drjacks.ca)





NURTURING *yourself* AND YOUR LITTLE BUNDLE-TO-BE THROUGHOUT PREGNANCY *requires* SOME *careful* THOUGHT.



# Building a healthy baby

## PRENATAL SUPPLEMENTS FOR MOMS-TO-BE

Melina Roberts, ND

Nutritional supplements can play a vital role in your overall health and contribute to your baby's healthy growth and development.

### Multivitamin

A high-quality prenatal multivitamin ensures all the important nutrients—for both mom and baby—and should include vitamins A, C, D, E, K, iron, zinc, bioflavonoids, CoQ<sub>10</sub>, and choline.

- Vitamin A intake should not exceed 6,000 IU per day from all sources; too much can be toxic and has been known to cause birth defects.
- Vitamin C plays a vital role in forming connective tissue, cartilage, bones, nerves, and healthy gums and teeth, and in preventing infections.
- Vitamin D is needed for the development of good teeth and strong bones.
- Vitamin E deficiency during pregnancy can lead to low-weight infants and childhood asthma.
- Vitamin K may reduce the risk of intraventricular hemorrhage in premature infants.
- Iron is needed to maintain adequate maternal iron stores. Too little iron may result in anemia, which has been associated with low birth weight babies, premature birth, and maternal mortality.
- Zinc is required for proper fetal growth and immunity.
- Bioflavonoids may reduce the risk of aborting pregnancy.
- CoQ<sub>10</sub> may prevent spontaneous abortions and is essential for the health of all human tissues and organs.

# Prenatal Supplement Guide

Are you confused about what dosage of supplements to take now that you're pregnant? Simply consult *blush's* prenatal supplement guide to determine the recommended amount of supplements you should be taking on a daily basis.

Look for a multivitamin that contains vitamins A, C, D, E, K, iron, zinc, bioflavonoids, CoQ<sub>10</sub>, and choline in these dosages.

SUPPLEMENT	DAILY RECOMMENDED DOSAGE
Vitamin A	5000 IU
Vitamin B complex, consisting of:	
Folic acid	800 mcg
Thiamin	1.5 mg
Riboflavin	1.6 mg
Niacin	17 mg
Pyridoxine	2.2 mg
Cobalamin (B <sub>12</sub> )	2.2 mcg
Vitamin C	70 mg
Vitamin D	10 mcg
Vitamin E	10 mg
Vitamin K	30 mg
Bioflavonoids	40 mg
Calcium	600 mg
Choline (lecithin)	40 mg
CoQ <sub>10</sub>	4 mg
Magnesium	300 mg
Omega-3 fatty acids (EFAs)	2000 mg
Probiotics, consisting of:	
<i>Lactobacillus acidophilus</i>	1 billion CFU
<i>Lactobacillus casei</i>	1 billion CFU
<i>Bifidobacterium infantis</i>	1 billion CFU
Zinc	15 mg

- Choline (lecithin) is an important precursor for neurotransmitters and critical for nerve and brain development.

## B-complex

Vitamin B-complex is important during pregnancy, especially for the folic acid content needed to prevent neural tube defects. Thiamin (B<sub>1</sub>), riboflavin (B<sub>2</sub>), and niacin (B<sub>3</sub>) have been shown to contribute to higher birth weight in infants. Pyridoxine (B<sub>6</sub>) can help relieve morning sickness and nausea.

## Calcium-magnesium

To help prevent hypertensive disorders of pregnancy, such as pre-eclampsia, and to help ease leg cramps and improve baby's health, a calcium-magnesium supplement can be helpful.

## Essential fatty acids

EFAs are important for preventing pregnancy-induced hypertension, balancing hormones, regulating bowel movements, and supplying the essential building blocks for the offspring's brain and nerve development.

## Probiotics

To maintain a healthy digestive system throughout pregnancy and to ensure proper absorption of dietary nutrients that help both mother and baby maintain optimum health, probiotics should be an essential part of daily supplement intake.

## Ginger root

Several studies have shown that ginger can alleviate nausea and vomiting during pregnancy. Fresh ginger root can be used in cooking or prepared as a tea; ginger is also available in extracts, tinctures, capsules, and oils. **b**

**MELINA ROBERTS, ND**, practises in Calgary, Alberta. Her clinical focus includes detoxification, chronic disease, digestive disorders, pediatric and women's health, and cancer. [melinaroberts.com](http://melinaroberts.com)

