

Recommendations in Early Pregnancy

Trevor A. Wing MBRCF FRCHM, MBAcC, BSc, MSc, DMed

A good metaphor is to think about yourself as a walking incubator. Incubators keep all the essentials to sustain life constant and stable. They also insulate the baby from the risk of external infection.

Our recommendations to minimise the chances of spontaneous miscarriage are listed below.

1. Keep your own body temperature moderate, not too hot and not too cold, try to keep your own temp at a comfortable level at all times. Don't sweat or shiver.
2. Take some exercise, but stay well within your comfort zone.
3. Resist eating cold foods (salads) and also resist eating hot spicy foods (curries or chili rich foods) or physically very hot foods. Follow the current NHS England advice on eating in pregnancy <https://www.nhs.uk/chq/Pages/917> or eat according to the Food Standards Agency pamphlet "Eating in Pregnancy"
4. Get a minimum of 8 hours sleep per night and if you can't then top up sleep during the day with as many naps as needed.
5. Take showers in preference to baths and keep the shower temperature above body temperature, but not above comfortably warm and avoid scented soaps or shower gel.
6. Minimise infection and immune stimulating risks
 - a. Stay away from poorly children and especially poorly babies.
 - b. Stay away from poorly adults too
 - c. Protect your cervix and uterus from infection risk and immune stimulating sperm antigen by using condoms or a diaphragm or cap for sexual intercourse.
 - d. Be extra diligent in wiping from front to back after bowel movements.
7. Keep stress physical and mental to a minimum.
8. Absolutely no alcohol and only one cup of coffee per day for the first 12 weeks of pregnancy (tea is ok and green tea preferable to black tea).



Our Female Healthcare Philosophy

At the Women's Natural Health Clinic, we specialise in providing comprehensive natural reproductive, gynaecological, obstetric and general healthcare for females from adolescence to post-menopause. Our approach is to integrate techniques in both oriental and western medical diagnosis to formulate a naturally oriented treatment plan combining acupuncture, herbal medicine, naturopathic medicine, nutritional therapy, exercise and lifestyle. Each treatment plan is tailored specifically to each individual woman maximizing results.

Please email us at enquiries@naturalgynae.com with questions, we are more than happy to provide any information via email that will assist you in deciding which treatment approach would be best for you

For more information, contact details and appointments click here www.naturalgynae.com