The Women's Natural Health Clinic
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Recommendations in Early Pregnancy

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A good metaphor is to think of yourself as a walking incubator. Incubators keep all the essentials to sustain life constant and stable, and they protect the baby from the risk of outside infection.

Our recommendations to minimise the chance of miscarriage are listed below.

1. Keep your body temperature moderate, not too hot and not too cold, and at a comfortable level at all times. Don't sweat or shiver.
2. Take some exercise, but stay well within your comfort zone.
3. Avoid cold foods (salads), hot spicy foods (curries or chilli-rich dishes) and physically very hot foods. Follow the current NHS advice on eating in pregnancy: nhs.uk/pregnancy/keeping-well/foods-to-avoid.
4. Get a minimum of 8 hours' sleep a night, and if you can't, top up during the day with as many naps as you need.
5. Take showers rather than baths. Keep the water just above body temperature but no more than comfortably warm, and avoid scented soaps or shower gels.
6. Minimise infection and immune-stimulating risks: (a) stay away from children, and especially babies, who are unwell; (b) stay away from unwell adults too; (c) protect your cervix and uterus from infection and immune-stimulating sperm antigens by using condoms, a diaphragm or a cap during sex; (d) be extra careful to wipe from front to back after bowel movements.
7. Keep physical and mental stress to a minimum.
8. Absolutely no alcohol, and only one cup of coffee a day for the first 12 weeks of pregnancy (tea is fine, and green tea is preferable to black tea).

Our female healthcare philosophy

At the Women's Natural Health Clinic, we specialise in comprehensive natural reproductive, gynaecological, obstetric and general healthcare for women from adolescence to post-menopause. We integrate oriental and western medical diagnosis to create a naturally oriented treatment plan combining herbal medicine, naturopathic medicine, acupuncture, nutritional therapy, exercise and lifestyle, tailored to each woman.

To book an appointment, visit womensnaturalhealthclinic.com/book or call 020 3811 8778.