

## Nutritional Support for Basic Pre-Natal Care

The nutrition list addresses the common complaints of pregnancy. Regardless of symptoms, the following nutrition guide is recommended for the development of a healthy baby:

- 2 Folic Acid-B<sub>12</sub> (take 2 per day for entire pregnancy)
- 4 Calcium Lactate Tablets (a source of easily assimilated calcium)
- 2 Bio-Dent (calcium and minerals to build strong bones and teeth)
- 4 Cyrofood Tablets (a multivitamin concentrated from whole food)
- 1 Ferrofood (iron and blood building factors)
- 1 Immuplex (supports immune function)
- 1 Protefood (essential amino acids)
- 1 Nutrimere (from a whole protein complex)
- 2 Cataplex GTF (promotes proper sugar handling by the mother during fetal development)
- 2 Allorganic Trace Minerals (provides essential trace minerals)

This program is for the 1<sup>st</sup> Trimester. Increase amounts for the 2<sup>nd</sup> Trimester, and again for the 3<sup>rd</sup> Trimester until the infant is weaned.

## Nutritional Support for Common Discomforts of Pregnancy

**MORNING SICKNESS** – Primarily the result of compromised digestion. The underlying problem exists prior to pregnancy. With the added digestive challenge of pregnancy, the problem becomes symptomatic.

To control vomiting:	Phosfood Liquid – 15 drops in water, as often as needed then:
Sick, but not vomiting:	6 A-F Betafood
	6 Zypan
	6 Multizyme
If condition persists, add one at a time until cleared	6 Cholacol
	6 Choline
	6 Cataplex G
	6 Inositol

**HEARTBURN OR INDIGESTION** – Generally a result of insufficient acidity in the stomach. This sounds like a contradiction, but it is not. The stomach needs hydrochloric acid (HCL) to digest food properly. When the stomach becomes HCL deficient the result is the putrefaction of food. This produces organic acids, which cause heartburn and indigestion. Antacids, such as Tums, are effective in alleviating these symptoms because they neutralize the organic acids. However, they only aggravate the underlying problem by increasing the alkalinity of the stomach.

For short-term	
Symptomatic relief:	1-2 Gastrex Capsules (as needed for relief)
To correct underlying problem:	2 Zypan (with each meal)
To promote healing	6 Okra Pepsin-E <sub>3</sub>
Of existing damage:	6 Multizyme

**FATIGUE** – Excessive fatigue is often the result of adrenal insufficiency. The added physical demands of pregnancy along with stress are very trying on the adrenal glands. This can also be an indication for iron need (see Basic Pre-natal Nutritional Program on other side) Wonderful for Postpartum also!  
10 Drenamin (one per hour from rising)

Note: Check for anemia

add: Min-Chex for ANXIETY!!!

## **SLEEPLESSNESS**

Trouble falling asleep: 4 Cataplex G  
4 Min-Chex (before bed)

Note: Min-Chex is a combination of natural vitamins, minerals, and nutritional factors that promote relaxation and sleep.

Trouble staying asleep: 4 A-F Betafood (before bed)  
1 Protefood (before bed)

**CONSTIPATION** – Like morning sickness, it is the end-result of a compromised digestive system.

6 Zypan  
6 Multizyme (2 tablets ½ hour before meals)  
6 Trace Minerals B12

Note: Trace Minerals B12 is the precursor to hydrochloric acid.

If persistent, add one 6 Cholacol  
at a time until cleared 6 Choline 6 A-F Betafood

**LEG AND MUSCLE CRAMPS** – The body needs extra calcium during pregnancy to build the fetal bones. If sufficient dietary calcium is not available, tissue stores are recruited and insufficient tissue calcium results in leg and muscle cramps. (Milk is a poor source of dietary calcium. Compared with other countries, the U.S. has a very high rate of consumption of dairy products and a very high incidence of osteoporosis.)

Occurring during activity: 6 Cataplex E<sub>2</sub>  
Occurring during inactivity: 6 Calcium Lactate Tablets (on an empty stomach)  
6 Cataplex F Tablets  
6 Trace Minerals B12 (until relief; 3 thereafter)

**VARICOSE VEINS AND HEMORRHOIDS** – Result from loss of vascular integrity and are almost always associated with liver congestion.

6 Collinsonia Root (with warm water, between meals)  
6 A-F Betafood  
6 Cataplex A-C-P (bioflavonoids)

## **EXCESSIVE WATER RETENTION**

Note: Check adrenals, digestion and anemia

**SWOLLEN ANKLES OR FEET (EDEMA)** – This is an indication of poor adrenal function.

10 Drenamin (1 per hour from rising)

**BACKACHE** – This is an indication of a need for Vitamin E.

6 Cataplex E and/or  
6 Wheat Germ Oil Perles  
6 Trace Minerals B12

**FAINTNESS OR DIZZINESS** – Usually the result of adrenal insufficiency.

10 Drenamin (1 per hour from rising)

Note: Rule out kidneys (Cataplex A-C) and Anemia (Ferrofood)

## **YEAST INFECTIONS**

6 Zymex (if diet does not include dairy products add)  
3 Lact-Enz (add if diet includes dairy products)

## **POOR MEMORY**

6 Ribonucleic Acid (RNA)  
2 Ginko Synergy

## **NURSING PROBLEMS**

6 Mammary PMG

Note: Rule out blood quality problem, EFA and thiamine need. Check mother's digestion.

## **POST-PARTUM DEPRESSION**

10 Drenamin

3 Cyruta Plus

## **TOXEMIA**

3 Arginex

3 Zymex

3 Protefood

## **ANEMIA**

2 Immuplex

3 Zymex

3 Protefood

## **Nutritional Support for Infants**

### **BABY FORMULA**

½tsp Cyrofood Powder

½tsp Calcifood Powder

1 Thymus PMG

Note: Infants have started vitamin therapy as early as two weeks old. (Vitamin News page 128 Vol-7 1939)

### **FEVER**

3 Calciun Lactate

3 Thymex

Note: Children over two years of age dosage 1 to 2 every hour until fever breaks.

*These nutrients are food concentrates provided to upgrade the quality of the diet  
in order to support normal physiology and biochemistry function*

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