

# Super nutrition *for the* Perinatal year

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## BABY BUILDING

The long months of foetal development depend on your nutritional stores, current diet and the health of the uterine environment. After baby is born, milk is the transitional lifeline. Nutrient dense foods are key tools for recovery from childbirth and for your milk supply.

Taking time and care over your basic needs during this pregnancy and postpartum, including

- ➡optimising nutrition
- ➡getting adequate rest
- ➡healing patterns of stress

will have positive benefits to baby's

- ↗body structures
- ↗teeth placement
- ↗organ function
- ↗immune resistance
- ↗lifetime risk of degenerative conditions

## PHYSIOLOGICAL CHANGES

Each trimester (1-4) brings new challenges and learning opportunities as you adjust to some radical changes to your anatomy and physiology.

### Pregnancy

- Oestrogen levels increase by up to 100 fold
- Up to 50% increase in blood volume
- A new organ, the placenta, at around 1kg in weight
- Increased metabolic rate and oxygen demand
- Mechanical changes to the GI tract due to growing uterus
- Thyroid, adrenal and pituitary gland changes
- Increased synthesis of triglycerides to fuel mother
- Glucose metabolism changes to prioritise baby
- Increased mobility of joints, and softening of ligaments
- Increased calcium absorption early in pregnancy, fuels foetal skeletal growth in the 3rd trimester

## NEWBORNS NEED MILK

*that is*

Nutrient dense  
Low sugar  
Rich in saturated fats  
Adequate protein  
Pre+probiotics  
Low toxin



### Postpartum

#### ➡acute phase

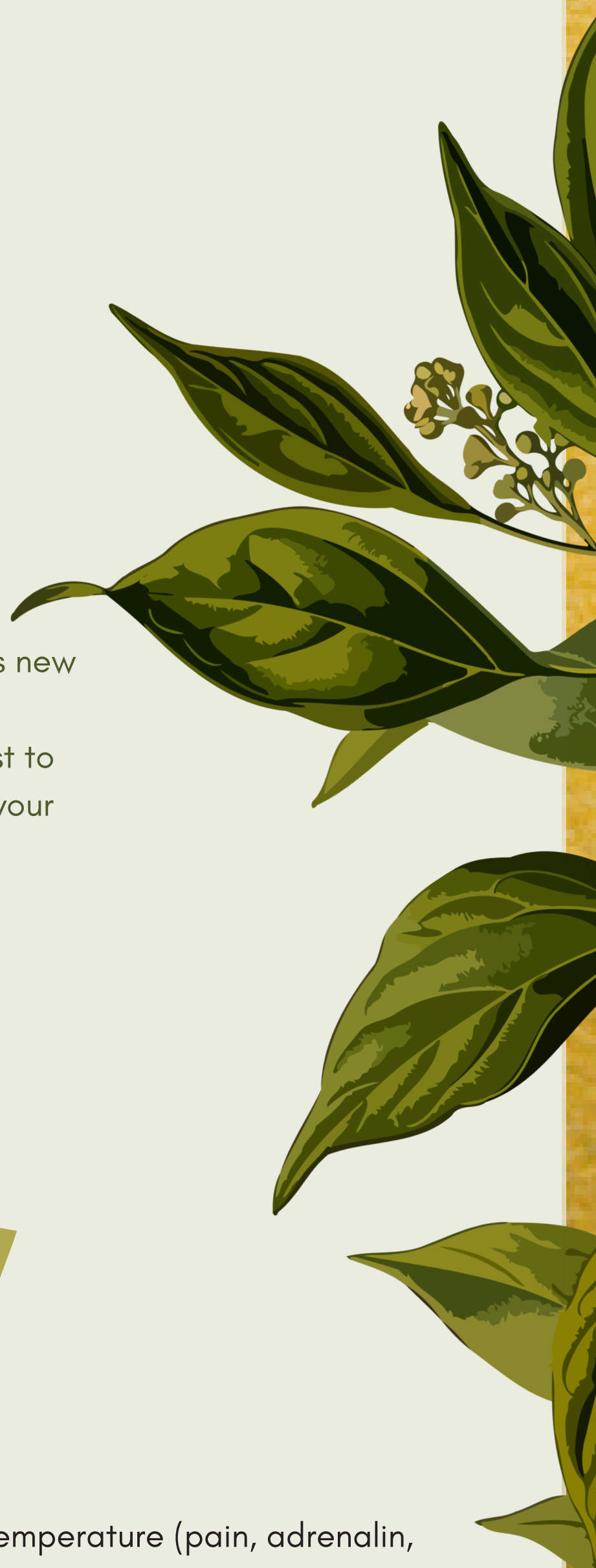
Elevated pulse rate & temperature (pain, adrenalin, metabolites), blood loss (uterine), uterine contraction, increased urine & sweat, decreased oestrogen & progesterone, prolactin, cervical & vaginal changes, colostrum production, continued anovulation in ovaries.

#### ➡early phase

Glucose metabolism normalises, transition and mature milk comes in, lochia becomes paler, uterus reduces, increased urine and sweat, respiratory returns to pre-pregnant rate, possible bladder atony/stress/UTIs, slow reduction in ureter dilation (from pregnancy).

#### ➡later phase

Thyroid function normalises, haemoglobin and WBC count return to baseline, abdominal muscles regain tone & elasticity, hormones stabilize.





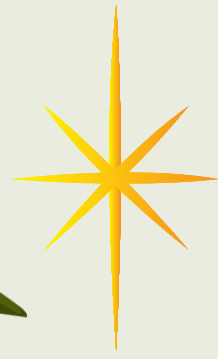


## SUPER NUTRITION BASICS

Given the shifts occurring in your own body through the perinatal year, the creation of a healthy baby, and the co-regulation between you both, a diet based on natural whole-foods, nutrient density and abundant vitamins, minerals and healthy fats will prove foundational.

### Holistic models of nutrition

There is plenty of nutrition advice for mums and mums-to-be. Some of this comes in manuals with science-backed reasoning, or in recipe books for supermums, or online portals with tried-and-tested protocol from real women leading busy kid-filled lives, who have been there and found a way to eat that worked well for them.



*Where do you feel in the sea of information? Do you need to make some changes in order to honor the breadth and depth of the phase you are going through in your life?*

There are some basic principles to fulfil the special nutritional needs of pregnancy and postpartum.

- Remember to eat regularly, and increase fluids between meals (warm herb teas are good here)
- Fresh, organic, in season, and whole-foods are optimal, use these as much as you can
- Eat from all macronutrient categories (protein, carbohydrate, fats, plus fibre)
- Eat a wide range of food for micronutrient categories ('rainbow diet' - vitamins, minerals)
- Saturated fats, to provide flexible cell membranes, cell signalling, hormones, an energy source, and needed for fat-soluble vitamins amongst many other functions (grass-fed, organic)
- Sulfurous vegetables support the liver with hormones, and assist cholesterol through the placenta for baby's brain development in utero
- Folate and zinc, for the production of new DNA (food-based, and supplement if needed)
- Vitamin K1 + K2 for bone and nervous system health (fermented foods, leafy greens, animal fats)
- Vitamin D, as cod-liver oil, oily fish, eggs, grass-fed butter, supplement if needed (600+IU/day)
- Vitamin E, known as 'fertility factor' is found in seeds, nuts (can be soaked, sprouted) and cold-pressed organic oils (flax, avocado)
- Vitamin A, for development of all the communication systems within the body, has had a bad reputation for potential harm at high doses, but still needs to be included in the diet (as preformed retinol e.g. eggs, cheese, and provitamin carotenoids e.g. carrots, sweet potato)
- Avoid processed foods, additives, unnecessary preservatives, chemicals, colourings & sugar
- Avoid caffeine, which stimulates you and baby, and can deplete minerals and vitamins
- Avoid trans-fats which can take the place of healthy fats in cell membranes and vessels

### Individual terrain

It is worth noting that each individual woman is unique, and each pregnancy is different. There are specific conditions which may preclude the above recommendations, and every person has their traditions, culture, and preferences that they work from. It is advisable to consult with a nutritionist trained in the perinatal year, to provide detailed information and lab testing should this be required.





# THERAPEUTIC AIMS

1ST TRIMESTER

2ND TRIMESTER

3RD TRIMESTER

FOURTH TRIMESTER

Growth and development

Digestive ease

Skin elasticity

Muscle support

Restorative sleep

Mood stability

- Rekindle digestion
- Abundant milk supply
- Healing tender areas
- Mood boost
- Energize
- Womb tonics
- Baby calm
- Blood building
- Hormone & liver support
- Blood sugar stability

As you move through the phases of pregnancy, commonly called trimesters (although they may not be experienced as distinctly as this), you may notice that you need different types of support, and shift health goals. What might have felt really crucial in the first months, may have become less important to you now, or may have resolved or been adequately treated.

The dynamic nature of this year means that getting comfortable in your own body sometimes takes more effort, self-care, tuning-in and tuning-out to external cues around validation and what is 'normal' for you, or 'expected' of you.

With a new baby in arms, there is so much to adjust to. Herbal health care can give you some tools and specific actions that work with your body to assist this adjustment.







# Herbal nutrition



Pregnancy safe • Breastfeeding safe

DANDELION *calcium, iron, potassium, zinc, fatty acids*

GARLIC *sulfur, allicin, selenium, polysaccharides*

GINGER *essential oils, gingerols, sulfur, magnesium, B6*

OATSTRAW *B vitamins, calcium, iron, magnesium, silica*

CHAMOMILE *magnesium, calcium, phosphorus, potassium*

MARSHMALLOW *B vitamins, vitamin C, beta-carotene*

HAWTHORN *flavanoids, pectin, B vitamins, vitamin C*

MINT *beta-carotene, potassium, B vitamins, essential oils*

NETTLES *protein, beta-carotene, vitamins C, E, K and Bs*

RED RASPBERRY LEAF *potassium, vitamin E, vitamin B1*

LEMON BALM *vitamin C, calcium, magnesium*

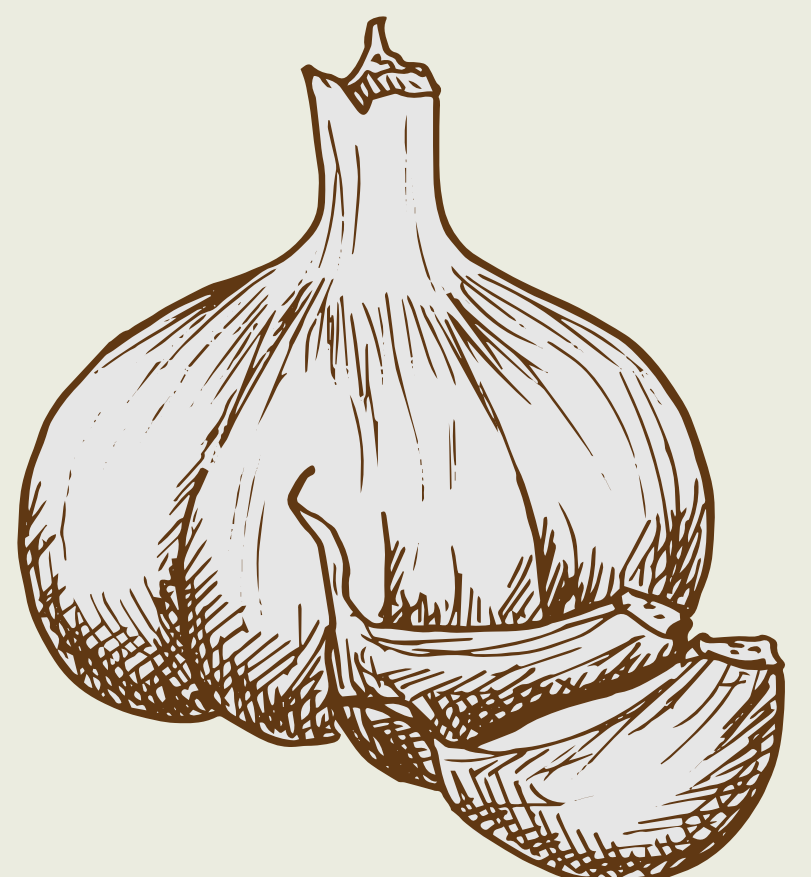
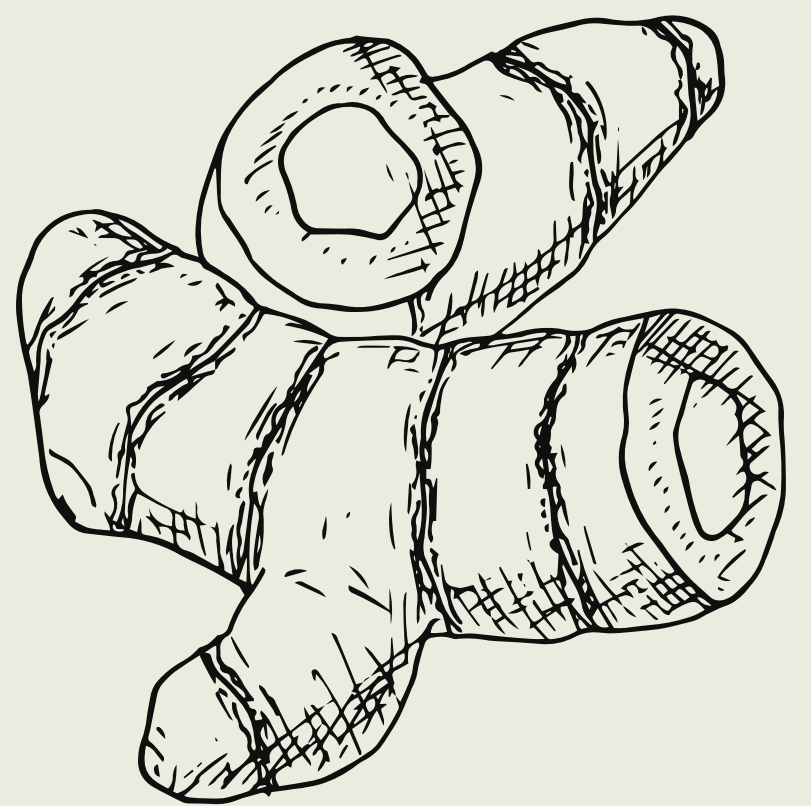
CLEAVERS *silica, calcium, niacin, vitamin C, flavanoids*

ROSE *zinc, vitamins C, E, K and Bs, calcium, carotenes*

CHICKWEED *vitamin C, calcium, niacin, silica, flavonoids*

ECHINACEA *polysaccharides, vitamins C & E, chromium*

RIBWORT PLANTAIN *vitamin C, vitamin K, flavonoids*







# Herbal safety




Pregnancy safe • Breastfeeding safe

As the perinatal year is so unique in its transformation, processes and precious creation, we approach herbal treatment with the highest standards of safety and monitoring. Many plants are commonly used around the world at a culinary level, and women have long looked to relieve the aches and pains of pregnancy with cottage garden herbs.

The value of herbal medicine during this phase is that it is a *natural* and *holistic* way of managing health that seeks to bolster the innate mechanisms driving homeostatic wellbeing.

In the first trimester it is not advisable to begin any herbal programme. It is important to establish hormonal and circulatory changes, placental organ structure and function, and early fetal development, knowing this delicate first chapter can be prone to stimulus. Some exceptions may occur, but generally you can expect to introduce herbal medicine in the second or third trimester, as needed.

Teas, glycerites, powders and external oils and creams are preferable to tinctures, which contain small amounts of alcohol. If tinctures are chosen due to the greater range of herbs available in this form, or convenience, or because certain phytochemicals are better extracted by this method, then the client is advised to take the medicine with food to soften the strength, with a maximum 15ml per day (5ml at each main meal).







# Herbal safety




Pregnancy safe • Breastfeeding safe

## PREGNANCY SAFE

Dandelion, garlic (low dose), ginger <1g, oatstraw, chamomile (low dose), marshmallow, hawthorn, mint (low dose), nettles, red raspberry leaf, lemon balm, cleavers, rose, ribwort plantain, chickweed, echinacea, cinnamon & turmeric (culinary dose), elder, artichoke, cornsilk, couch grass, fennel & thyme (culinary dose), lime blossom, rooibos, yellow dock (low dose), slippery elm, bilberry, mullein.

## PREGNANCY AVOID

Yarrow, black cohosh, aloe, European and Chinese angelica, celery seed, burdock, bearberry, wormwood, artemesia family, ashwaganda, bacopa, berberine containing plants, borage, horse chestnut, calendula, motherwort, shepherd's purse, coleus, myrrh, wild yam, clove, ginseng, ephedra, Californian poppy, boneset, fenugreek, St. John's wort, elecampane, walnut hulls, juniper, wild lettuce, bitter orange, peony, turkey rhubarb, rhodiola & others.



## BREASTFEEDING SAFE

All pregnancy safe; plus borage, basil, black cohosh, horsetail (short term), calendula, shepherd's purse, gotu kola, meadowsweet, Reishi (low dose), ginkgo, lavender, lemon verbena, liquorice (culinary), maca (low dose), hops, motherwort, alfalfa, passionflower, skullcap, milk thistle, mugwort (early postpartum, low dose), lady's mantle.

THIS IS A GENERAL OVERVIEW, NOT INTENDED FOR UNSUPERVISED PERSONAL USE OR MEDICAL ADVICE.

PERINATAL WOMEN ARE ADVISED TO CONSULT WITH A QUALIFIED PRACTITIONER WHEN SEEKING HERBAL REGIMES.



# *Herbal recipes*

## REPLENISH, BUILD, BALANCE, TONE & REPAIR

### *LACTO-FERMENTED BEETS*

- 12 medium raw beetroots
- seeds from 2 cardamom pods
- 2 tablespoons natural salt
- 1 cup filtered water

Prick beets several times. Bake on tray at 150°C/Gas2 for 3h until soft. Peel, cut into 1/4 inch slices. Place in 1L mason jar, press down lightly.

Combine other ingredients, pour over beets. Add more water to cover. Ensure 1 inch space between cover and liquid. Cover with muslin square and band to allow gases to escape. Store at room temperature. Wait around 3 days and move to cold storage thereafter.



### *MOLASSES TONIC*

- 1 tbsp organic blackstrap molasses
- 1 tbsp unrefined coconut oil
- 1/4 teaspoon powdered ginger
- filtered water

Place all ingredients in a mug and add boiling filtered water. Stir well.

Use this as an energy boost instead of caffeinated drinks.

Molasses are rich in B-vitamins, calcium, magnesium, potassium, copper, iron, phosphorus and sodium. Aids relief from constipation and feeds into healthy nervous system.



Also try batch cooking bone broth and freezing portions for later. Add a herbal twist with pathogen-busting mint, or milk-boosting fennel.



# *Herbal recipes*

## REPLENISH, BUILD, BALANCE, TONE & REPAIR

### *STINGING NETTLE SOUP*

- fresh nettle tops/chard/spinach
- 2 cloves garlic, minced
- 1 onion, chopped
- 150g mushrooms
- 3 medium potatoes
- 1L organic stock

Mince garlic, set aside to develop allicin (10mins). Cook onion gently in oil until translucent. Add mushrooms, cook until soft. Add potatoes and stock to cover. Simmer 15mins until potatoes are soft. Add nettles or other greens, and minced garlic. Simmer until just wilted. Blend smooth and season as desired.



### *HIGH CALCIUM TEA*

- 3 tbsp rose hips
- 2 tbsp lemon balm
- 2 tbsp oatstraw
- 1 tbsp stinging nettles
- 1 tbsp red raspberry leaf
- 1/2 tbsp cinnamon powder

Combine all ingredients in an airtight container. Infuse 1 tsp of the blend per mug, strain after 5-10 mins.

Calcium needs are higher in pregnancy, in order to build baby's skeleton. It is also important for nerve function, blood clotting, and muscle repair.



Add a splash of cold pressed organic oil (flax, coconut, pumpkin seed) to increase healthy hormone and cell-nourishing fats. Add a herbal twist with 1 tsp dandelion root to soups/teas.



# *Herbal recipes*

## REPLENISH, BUILD, BALANCE, TONE & REPAIR

### RED LENTIL DAHL

- 1 large onion, finely chopped
- 5 cloves garlic, minced
- 1 tbsp fresh grated ginger
- 1 tbsp gram masala
- 1.5 cups pre-soaked red lentils, washed
- 1 tin organic tomatoes
- 1 tin full fat coconut milk
- approx. 700ml organic stock/broth
- 3 cups greens (kale/chard/nettle)
- juice half lemon

Sauté onion in ghee, olive oil or butter until translucent. Add garlic, ginger, garam masala (add tbsp water if too dry) and stir. Add tomatoes, coconut milk, broth. Cook on high heat to boil, then turn down and simmer 15 mins. Squeeze lemon juice, add greens, allow to wilt. Season to taste.



### SWEET POTATO PATTIES

- 3 medium sweet potatoes
- 3 tbsp almond flour
- 3 tbsp ground sesame seeds
- 3 tbsp shredded coconut
- 1 tsp each coriander, cumin powder & salt
- 1 tbsp each coconut sugar, arrowroot
- 1/2 cup almond flour to coat patties
- 1 pinch cayenne

Boil potatoes for 20mins or until soft. Drain and peel whilst warm. Mash. Add all other ingredients except 1/2 cup almond flour, and mix until well combined.

Divide mixture into 6, and shape into patties using ghee or oil on hands if needed. Coat with flour. Cook in skillet until brown, 5-7mins each side.



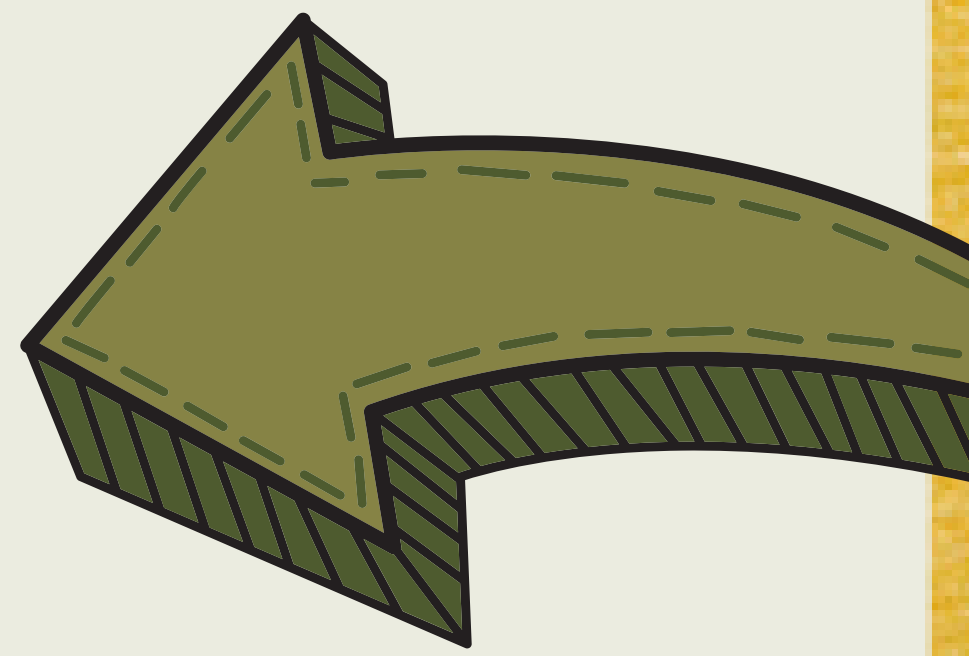
For a sweet treat, try fig jam and yogurt, spiced apples, coconut and blueberry smoothies, ginger snaps baked with molasses, elderberry brownies, or home-roasted honey and turmeric cashews.





# Vital energy

FAMILY RITUALS AND RHYTHMS  
FOR AMAZING HEALTH



*Natural  
health  
and  
healing*

Consider the role of beauty in harmonising the family home. These could be very simple touches, for yourself and kids. Try handmade lavender sleep pillows, muslin 'bath socks' filled with oats for silky bubbles, rose aromatic room spray to calm things down, lemon balm soaps, or a regular herbal tea ritual where you mix and match loose herbs for the unique moment.

## DAILY ENERGY

- ABUNDANT NUTRITION
- AMPLE HYDRATION
- GROUNDING EXERCISE
- OPTIMAL BIORHYTHMS
- SUNLIGHT ON BARE SKIN
- SLEEP IN THE DARK
- TOUCH PLANTS & TREES
- SUPERFOODS
- HIGH ANTIOXIDANT INTAKE
- LOVING CONNECTIONS
- SELF-MASSAGE
- ENGAGE ALL SENSES
- QUIET TIME
- PLAYFUL ACTIVITY

Include energy boosting herbs in your daily regime. Swap these in and reduce the things that deplete you (e.g. coffee, screens, late nights, sugar etc.)

- nettles
- maca
- mint
- dandelion root

Get together with friends or community, and make your own remedies for common issues that come up. This could include bath bombs for stress, cream for eczema, an (antibacterial) aromatic water for cuts, or a herbal cough syrup for winter season.

## Further reading

The Nourishing Traditions Book of Baby & Child Care by Sally Fallon Morell  
Herbal Recipes for Vibrant Health by Rosemary Gladstar  
Superfoods by David Wolfe  
The First Forty Days by Heng Ou  
The Complete Woman's Herbal by Anne McIntyre  
Mama's Menu Ayurvedic Recipes by Ameya Duprey

