

The 8 Laws Of Health

for Pregnancy And Birth

Did you know the 8 Laws of General Health can also help you achieve a healthy pregnancy and birth? That's right! The same things that will help you achieve a healthy life can also help you have a healthy baby and avoid some of the severe complications of some births.

Below we are going to look at the 8 laws of health with the acronym **MIDWIVES**. Midwives have taken care of women during pregnancy and birth for thousands of years and since these 8 laws take care of the health of pregnant mothers and their babies we use **MIDWIVES** for the acronym. So let's take a look at how following these 8 laws can impact your pregnancy.

More Nutrition

Another life is growing inside of you. You need more nutrition than you did before you became pregnant. You should be eating plenty of whole grains. Also pregnant women need more protein to build the new body forming inside them. Foods such as lentils, beans, and peanuts are good sources of protein. Pregnant women need more minerals such as iron and calcium and these can be found in many foods including dark leafy green vegetables. Folic Acid or Folate is important to prevent birth defects and can be found in foods such as lentils, chickpeas, and spinach to name a few. You need a variety of other vitamins and minerals so it is best to eat a variety of fruits, vegetables, legumes, grains, and nuts and seeds though the day.

Inhaling Pure Air

As your baby continues to grow it requires more oxygen from your blood. This means you need to provide your blood with extra oxygen. Deep breathing will be helpful to increase your oxygen intake. But breathe pure clean air whenever possible. Toxins in the air such as cigarette smoke, pesticides, and other poisons that pollute the air can be harmful to your baby.



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Depending On God

Stressing during pregnancy can negatively affect both the mother and the baby and may even increase the risk for some birth defects. Of course, stressful situations may not be able to be avoided but how you handle the stressor can make all the difference. Place your trust in God, He will take care of you and your baby.

Water-Drinking

Drinking enough water during pregnancy can help alleviate many of the discomforts of pregnancy. Pregnant women also need to drink more water to maintain the amniotic fluid that protects the baby. Extra water will also be necessary during breastfeeding. Pregnant women should be drinking at least 2 liters of water a day.

In The Sunshine

Sunlight can help your baby's bones develop properly. Sunlight during the first 3 months of pregnancy can decrease a woman's risk of developing postpartum depression. However too much sunlight can be a problem so keep it in moderation

Vital Exercise

Exercise is vital to having a healthy pregnancy and birth. Pregnant women should engage in moderate exercise for at least 30 minutes a day. Exercise can alleviate some of the common discomforts of pregnancy as well as the fact that women who exercise more tend to have shorter labors, need less medical interventions, and recover quicker. Brisk walking is an excellent and safe form of exercise for pregnant women. Squatting and pelvic floor exercises are also important.

Elimination of Harmful Practices and Substances

Alcohol and smoking can harm your baby. There is no kind or amount of alcohol that is safe to drink. Caffeine found in coffee, tea, chocolate, and soft drinks can also be harmful. As well as many drugs and even some herbal substances.

Sleeping and Resting

Sleeping and resting will help you cope with the many mood changes of pregnancy as well as the fatigue. Having a regular sleeping schedule before giving birth will help the baby establish a proper sleeping routine after birth.

