WHAT IS GOING ON DURING PREGNANCY – PART 2

NAUSEA
   Eat 4-5 meals a day
   Don’t let stomach become empty
   Eat crackers before rising
   Eat well balanced diet – Especially Vitamin B

FATIGUE
   Listen to your body – Rest!
   Drink plenty of fluids

STUFFY NOSE
   Try saline nose drops
   Warm compresses

BACKACHE
   Maintain proper posture
   Use good body mechanics
   Try pelvic tilt exercises

CONSTIPATION
   Eat lots of foods with bulk – whole grains
   Bran, raw vegetables, fresh and dried fruits
   Drink lots of water and fruit juices
   Establish a daily habit
   Get regular exercise such as walking

LEG CRAMPS
   Husband can place the heel of his wife’s foot in his palm, then gently use forearm to push the ball of her foot towards her body.
   Help prevent with calf stretches

HEARTBURN
   Eat small frequent meals
   Avoid fatty and spicy foods
Avoid lying down immediately after a meal
Avoid ice cold, very hot, or carbonated beverages

SHORTNESS OF BREATH
- Maintain correct posture
- Use good body mechanics
- Sleep propped up with pillows

SWELLING IN LEGS AND FEET
- Increase fluids to eliminate salts
- Sit instead of stand; elevate feet several times a day