

## Treatment for Common Complaints in Pregnancy

**Frequent Urination** is due to an increase in body fluids and or weight of the baby on the bladder.

Remedy- decrease fluid intake in the evening; avoid caffeine.

**Heartburn/Nausea** is due to decrease in space for the intestines and displacement of the stomach by an enlarging uterus, causing reflux of stomach acid into the esophagus.

Remedy- small, frequent meals; low sodium antacids; avoiding overeating; avoiding lying down after eating; avoiding sodium bicarbonate.

**Constipation** is due to sluggish bowel, increased pressure of the uterus on the bowels; poor diet; lack of physical activity & inadequate intake of fluids.

Remedy- increase fluid intake; add fiber to diet; increase physical activity.

**Backache** is due to swaying of the spine caused by the enlarging uterus, fatigue, poor body mechanics.

Remedy- use proper body mechanics; avoid high heeled shoes; avoid heavy lifting; get extra rest; prop with pillows at night, wear good support shoes and try a pregnancy support belt.

**Shortness of Breath** is due to the uterus pushing up on the diaphragm.

Remedy- use proper posture when sitting or standing; prop up with pillows at night.

**Breast Changes** are due to hormone changes that help to prepare the breasts for lactation.

Remedy- wear a good fitting, supportive bra.

**Emotional Changes** are due to changes in hormones; fatigue; stress.

Remedy- stress reduction techniques; rest; understanding that at times these emotions are out of your control.

**Leg Cramps** are due to imbalances in potassium and calcium, fatigue and poor circulation to the legs.

Remedy- apply heat to the affected muscles; increase calcium in diet and try eating bananas