

NOURISHING OUR CHILDREN

TIMELESS PRINCIPLES FOR SUPPORTING LEARNING, BEHAVIOR AND HEALTH THROUGH OPTIMAL NUTRITION

A PREGNANT MOTHER'S TESTIMONIAL

“ My journey into motherhood began just four short months ago. Not when the baby was born, as that has yet to occur, but rather at the moment of conception, when my nurturing, loving hormones kicked in. You could also say that it began even before then, as I prepared my body several months in advance to provide the optimal environment in which the baby could thrive. My belief was that a balanced body, nurtured and healed through good nutrition and exercise, would provide the best atmosphere for a healthy egg and a strong sperm to survive.

I was lucky enough to have been involved with the Weston A. Price foundation for over a year and knew that this organization's beliefs would guide me toward the balanced environment I needed. Armed with Sally Fallon's *Nourishing Traditions*, as well as numerous articles on the Weston A. Price Foundations' website, I began to incorporate the fertility foods suggested into my diet 3 months prior to our first month of trying to conceive. In addition to nutrition, my doctor, Thomas Cowan, put me on some important prenatal vitamins and nutrients that would be difficult to get enough of from solely food sources. I began eating 1-2 eggs a day, supplementing 1 teaspoon of cod liver oil daily, and upping my intake of red meat, raw milk and fish as well as continuing to consume only organic vegetables and fruits. I also used kombucha tea daily as a natural detoxifier to cleanse my internal organs. Along with understanding my own womanly cycles through Toni Weschler's *Taking Charge of Your Fertility*, I have no question that this preparation was heavily responsible for our conceiving on the first try.

As the early weeks of pregnancy moved along, and I was warned day after day, to prepare for the onslaught of nausea, vomiting and otherwise feeling bad all over, I continued with my nutrition plan. My body knew that if it could be as healthy as possible, the possibility of my immune system crashing under the pressure of new, foreign hormones, would be greatly reduced. I did have a few days around week 6 that a very slight nausea had me craving crackers, but that was the extent of it and I haven't felt a pang of nausea since. I know that all women are different, and many would argue that I was just lucky, but the reality for me has been a truly great trimester.

I'm now learning to follow my woman's intuition and one thing I know for sure is that the love and attention I gave my body through nutrition is what gave me the reward of a healthy, energetic early pregnancy. ”

APRIL MEYERSON