



Greater Expectations

For women who have long dreamt of having a baby, the uncomfortable realities of pregnancy—morning sickness, hemorrhoids, fatigue—can sometimes overshadow the joyful news. But pregnancy is filled with intimations of the sublime. It has the power to engage the mind and open the heart as your body welcomes a new life into form. Use our practical guide to learn how to embrace the whole experience—one trimester at a time

BY SALLY WALLACE LYNCH, MS, CD-N



Feed your baby the rainbow—and all the nutrients he needs—by including lots of fresh, organic produce in your diet.

“If you listen to your baby
and be very quiet, you may ‘hear’
your baby telling
you something important.”

Aviva Jill Romm, midwife and author
of *The Natural Pregnancy*

teacher and author of *First and Last Freedom* (Harper San Francisco, 2005) writes, “The mind is quiet when it sees the truth that understanding comes only when it is quiet.” In other words, don’t feel inclined to fill a void with noise. Remember, there are communication spheres beyond words that can enhance the intuition and trust you have with your partner and your baby.

- **Use craniosacral therapy (CST) to sync your bodies and minds.** This non-manipulative, hands-on healing process uses gentle pressure to preserve optimal flow within the fluids surrounding the brain and spinal cord. CST calms the nervous system, enhancing the emotional bond between mom and baby.
- **Settle your indigestion.** Eat simple, small meals throughout the day, and chew your food well. Avoid spicy and fatty foods. Drink up to four 8-ounce cups of slippery elm or marshmallow tea—but not if you have gestational diabetes. Fennel tea also aids digestion.
- **Relieve your hemorrhoids.** Drink plenty of fluids and eat fiber-rich foods to alleviate constipation, which can aggravate hemorrhoids. To support vein elasticity, sip nettle tea and add lots of fresh garlic to your diet. For pain and itching, use pre-soaked witch hazel pads, a comfrey compress, or arnica gel.

Tim De Fries