


Jesse Lane Wellness

# NATURAL REMEDIES FOR PREGNANCY SYMPTOMS

Naturally  
prevent  
and reduce  
stretch marks,  
heartburn, and  
nausea

A close-up photograph of a pregnant woman's midsection. She is wearing a black, long-sleeved lace top. Her hands, with red nail polish, are gently cradling her bare, glowing pregnant belly. The background is a plain, light-colored wall.

Have a happy and comfortable pregnancy

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# Congratulations, you are pregnant!

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Or maybe you are trying to get pregnant. It is such a crazy, exciting, happy, overwhelming, and sometimes scary time. It is a magical experience, but there can also be a lot of pressure (that you put on yourself!) to make sure you are doing everything “right”.

I was motivated to write my book *Healthy Holistic Pregnancy* because when I became pregnant I started pouring through my textbooks, course notes, and of course, the internet. I wanted to make sure I was doing everything I could to grow a happy and healthy baby. I also wanted to keep everything as natural as possible.

As a holistic nutritionist, I use holistic remedies, herbs, and supplements to cure any issues I have. I also use superfoods to prevent health issues from coming up. I kept asking my midwife if this supplement or that superfood was safe for pregnancy and she wasn't able to give me the answers I wanted. After hitting the books, reviewing courses I had taken in school, and reading as many studies as I could find, I became an expert on holistic pregnancy.

I realised I probably wasn't the only holistically minded person who was asking their midwife or doctor similar questions. I also found lots of misinformation online which can be dangerous. I put a lot of time into my book *Healthy Holistic Pregnancy* to make sure it is well researched and easy to understand. My goal is to provide you with the information you need to make an informed choice about the holistic practices you choose to apply during your pregnancy.

I am not making any recommendations in *Healthy Holistic Pregnancy* or in this eBook; I'm just providing you with the facts so you can decide what is going to work best for your body and your baby. Everybody is different and without working with you one-on-one I cannot assess your unique situation. Before trying anything in this book, please consult with your chosen healthcare practitioner.

This free eBook is a sneak peek at what I have in-store for you in *Healthy Holistic Pregnancy*.

## Meet Jesse Lane Lee

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Hello! I'm Jesse Lane Lee, BSc, CNP, and I am a cheerful Holistic Nutritionist, cookbook author, and media personality. I am the founder of JesseLaneWellness.com, a web based holistic nutrition practice and holistic recipe resource.

I have struggled with Irritable Bowel Syndrome and food allergies on and off for most of my life, starting when I was a baby! I knew something had to change when the Irritable Bowel Syndrome symptoms I was experiencing kicked into high gear while I was studying engineering at university. I was getting sick so often that I was constantly anxious and worrying about where the washroom was in every building or situation I found myself in.

I started my healing journey by visiting a holistic practitioner who gave me the guidance I needed to heal my leaky gut. As I gathered momentum, I became really excited about cooking healthy food and I started playing in the kitchen. I had so much fun creating allergen free recipes that the restrictive diet I was following became a source of culinary inspiration.

Today, I feel fantastic and am able to enjoy most of the foods that used to cause an unwelcome reaction.

I love to get creative in the kitchen and share holistically delicious recipes that accommodate a wide variety of food allergies, diets and lifestyle choices.

I am the author of: [Healthy Homemade Soups & Sandwiches](#),  
[Healthy Fresh Salads](#),  
[Healthy Dairy Free Desserts](#),  
and a co-author of [The Holistic In the City 21 Day Smoothie Guide](#).

I appear frequently on TV as a guest expert on Your Morning, Breakfast Television, The Morning Show, Morning Live, Daytime Toronto, and several other local TV shows. I am also a regular contributor to Clean Eating Magazine, KrisCarr.com, and MindBodyGreen.com.

I believe that eating healthy whole foods can be easy, fun and most of all, delicious!

# Common discomforts and how to treat them naturally

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With hormones constantly changing and your body growing with your body, there are a lot of common discomforts that occur when you are pregnant. The good news is that there are lots of things you can do to naturally treat them so you can have a happy pregnancy.

When I'm working with pregnant clients, usually their biggest worry is getting stretch marks and their biggest struggle is heartburn and nausea. I decided to offer you some tips and tricks on how to prevent and decrease stretch marks, heartburn, and nausea.

This is just a sneak peek at the information I include in my book *Healthy Holistic Pregnancy*. In the book I cover 27 common pregnancy related discomforts and include lots of tips on how to prevent them naturally.

## Stretch marks

During pregnancy your belly, butt, boobs, and thighs can grow and expand quickly causing stretch marks. The average woman should gain between 25-35lbs, if you are underweight you need to gain more and if you are overweight you might gain a bit less.

Stretch marks appear when the skin becomes overstretched and the fibers in deep layers tear. About 90% of women will get stretch marks during the 6th or 7th month of pregnancy, so you are not alone. If your mom has stretch marks, then you are more likely to get them since they can be genetic.

The bad news is that stretch marks don't go away, the good news is that they fade with time and there is a lot you can do to prevent them.

# Common discomforts and how to treat them naturally

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## Natural prevention of stretch marks

### 1. Massage with a nourishing oil daily

Massage a nourishing oil or cream to your belly, boobs, butt, and thighs daily. You can start as early as the first trimester so that you are in the habit of doing it daily by the time the second trimester rolls around. Some natural oils and products that work are:

- Raw shea butter
- A mixture of ½ cup olive oil, ¼ cup aloe vera, liquid vitamin E from 6 capsules, and vitamin A from 4 capsules
- Cocoa butter
- Sweet almond oil
- Coconut oil

### 2. Stay hydrated

Water keeps your skin cells plump and more likely to bounce back from the stress caused by stretching.

### 3. Eat a diet rich in Vitamin E, Vitamin A, and Omega 3s

A diet rich in skin nourishing foods that are high in vitamin E, vitamin A, and omega 3s will help prevent stretchmarks.

- Vitamin E protects the skin cell membranes and can be found in nuts, seeds, avocado, broccoli, and collard greens.
- Vitamin A repairs skin tissues and can be found in carrots, sweet potatoes, mangos, squash, and red bell peppers.
- Omega 3 keeps the cell membrane healthy and makes your skin glow. It can be found in fish, walnuts, and eggs.

### 4. Exercise

Exercise improves circulation, which helps the skin retain its elasticity.

### 5. Try dry brushing

Try brushing will exfoliate your skin and increase circulation which keeps your skin healthy. Dry brushing can reduce the appearance of stretch marks you already have and prevent new ones for appearing.

### 6. Collagen

Collagen improves your skin's elasticity and some believe that taking collagen supplements or drinking bone broth can reduce stretch marks. Increase collagen production by eating lots of foods high in vitamin C like broccoli, cabbage, grapefruit, lemons, oranges, peppers, and strawberries. You can also supplement with collagen powder.

# Common discomforts and how to treat them naturally

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## Heartburn and acid reflux

Heartburn and acid reflux are can be caused by several factors:

- Nervous tension can be a cause because it will disrupt the digestive process.
- Excess stomach acid or too little stomach acid can cause the acid to bubble up the esophagus.
- During pregnancy, hormones are causing your muscles to relax and this also includes the stomach muscles. Lazy stomach muscles can allow stomach acid to move up the esophagus and cause heartburn or acid reflux.
- In the third trimester, many of your organs have been displaced to allow room for your growing baby. The stomach gets squished upwards which can cause heartburn or acid reflux.

I experienced acid reflux around the 22 week mark and continued on and off for the duration of my pregnancy. At first I thought my prenatal vitamin was caught in my throat, but after doing some research I realized it was mild acid reflux. I also experienced heartburn once when eating super spicy food. It was surprisingly painful and my husband was worried I was having a heart attack. I decided to lay off the spicy foods after that incident.

# Common discomforts and how to treat them naturally

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## Natural prevention of heartburn and acid reflux

### 1. Eat mindfully

Eating mindfully will signal to your body that you are eating. This will help with overall digestion because you will be in a relaxed state and the body will be able to produce the proper amount of digestive juices necessary. Eating mindfully will also ensure that you properly chew your food and eat more slowly.

### 2. Eat in an upright position

Eat at a table in an upright position and wait at least an hour before lying down after eating. Eating in a slouched position or lying down while you are still digesting will allow digestive juices travel more easily up the esophagus.

### 3. Avoid trigger foods

Avoid heartburn trigger foods like food that are super spicy, acidic, or fried. Caffeine, fizzy drinks with meals, and dairy can also trigger heartburn.

### 4. Eat 6 small meals

Try eating 6 small meals per day instead of 3 big meals; this will be easier on your digestion.

### 5. Stay hydrated

Make sure to stay hydrated between meals but don't drink too much water while you are eating as it can dilute the digestive juices and slow down digestion. Water is really important because it makes up the fluids that facilitate digestion.

### 6. Neutralize the acid

Chew almonds or try taking 1/4tsp sodium bicarbonate in water. If all else fails take a Tums, it's not ideal because the ingredients aren't the best but it works in a pinch.

### 7. Change your nighttime routine

If you are experiencing acid reflux at night, stop eating 2 hours before bed and sleep with your body propped up.



# Common discomforts and how to treat them naturally

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## Nausea

Nausea during the first trimester is very common. The technical term is morning sickness, but nausea can hit any time of the day. For most people it goes away after the first trimester is over but for others it lasts for the entire pregnancy.

There are a lot of different factors that contribute to morning sickness.

- It can be a way for your body to naturally detox. If you were exposed to a lot of toxins before becoming pregnant, your body is trying to eliminate them in a hurry, causing lots of liver activity.
- Nausea can also be linked to the hormone changes that go along with pregnancy including the higher estrogen levels.
- Morning sickness that actually happens in the morning can be linked to low blood sugar levels that have dropped overnight.
- The last possible cause of morning sickness is dehydration.

For me, the first 6 weeks were pretty much nausea free. I did notice that if I walked my dog before eating breakfast while drinking green tea that I would feel a bit nauseous. I thought this was a sign that I should reduce my caffeine intake, but the culprit was skipping breakfast! I also found I felt nauseous when I had wine with dinner. I didn't know I was pregnant and it was the holiday season so there were lots of celebratory dinners before I found out.

From week 7 onward, I actually felt awesome in the morning but as the day went on; I got more and more nauseous. Between 5 pm to 8 pm was the worst for me. I'm lucky because I never actually barfed, but I felt like I was car sick and did a lot of gagging. Thankfully it went away around week 13.

# Common discomforts and how to treat them naturally

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## Natural prevention of morning sickness

### 1. Take supplements

- Vitamin B6 has been found to reduce morning sickness. You can take 25mg 3x per day.
- Don't take prenatal vitamins on an empty stomach, take them after meals.
- Take 100 mg of magnesium per day.

### 2. Turn to ginger

Ginger has long been used to reduce nausea. You can drink herbal ginger tea, suck on a pure ginger root, or if that is too strong try ginger candies. I have a great recipe for homemade ginger chews in my book *Healthy Holistic Pregnancy*.

### 3. Drink tea

Drink medicinal teas like Dandelion root tea to support the liver, chamomile tea for its soothing properties, or mint tea to calm the stomach. Drink anise or fennel seed tea in the morning when you wake up.

### 4. Change your sleeping routine

- Sleep at least 7 hours a night.
- Get out of bed slowly in the morning and avoid any sudden movements.

### 5. Change your eating habits

- Snack before bed, throughout the night, and before getting out of bed. I liked to keep raw almonds on my bedside table but unsalted crackers or toast can also work.
- Eat before you feel hungry. Nausea usually gets worse when your blood sugar levels drop so if you wait until you feel hungry you might also start feeling nauseous.
- When you are feeling OK, eat nutrient dense foods that are high in protein, healthy fats, and fibre.
- Drink lots of water throughout the day to avoid dehydration, especially if you are throwing up.
- Exercise.

### 6. Moderate exercise and reducing stress levels can be really helpful.

Go for a walk and get some fresh air. Sometimes opening a window can even help.

### 7. Try acupuncture

Acupuncture can be really helpful, just make sure you tell your acupuncturist that you are expecting.

# Healthy Holistic Pregnancy

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Every mama-to-be wants the best for their growing baby, but sometimes it is hard to find reliable information on holistic and natural pregnancy practices.

*Healthy Holistic Pregnancy* provides you with detailed information on the best foods to eat and key supplements to take to support your growing baby. It also explains in detail which supplements and superfoods you may want to consider avoiding when you are pregnant due to safety concerns.

Pregnancy can also come with many discomforts and symptoms; the good news is there is something you can do about it! *Healthy Holistic Pregnancy* provides natural solutions for over 25 common pregnancy symptoms including morning sickness, stretch marks, fatigue, and back pain.

The goal is to provide you with the information you need to make an informed choice about the holistic practices you choose to apply during your pregnancy.

*Healthy Holistic Pregnancy* has a bonus section on yoga and essential oils safety. It also contains 15 nourishing recipes that will take you through the first trimester and beyond.

*Healthy Holistic Pregnancy* contains:

- Natural solutions to 27 common pregnancy symptoms
- Pregnancy power foods
- Superfoods and supplements you may want to avoid when pregnant
- 15 pregnancy friendly recipes for the first trimester and beyond
- Key pregnancy nutrients and supplements for each trimester
- Benefits of yoga when pregnant and which poses to modify
- Essential oils safety and DIY skincare recipes

*Healthy Holistic Pregnancy* is for you if:

- You want to make an informed choice about the holistic practices you choose to apply during your pregnancy
- You are looking for straightforward and easy to understand information
- You want to make healthy and holistic choices for yourself and your baby
- Good nutrition is important to you and you want to know what foods are the best to eat while pregnant
- You are wondering if the supplements you are taking are safe to take during pregnancy
- You are experiencing pregnancy symptoms but don't want to turn to medication or expensive wellness treatments
- You love boosting your diet with awesome superfoods but are worried that some are unsafe when pregnant
- You are an essential oil junky but don't want to accidentally use an oil that will harm your growing baby
- You practice yoga and are wondering how to modify your practice now that you are pregnant.

If you are ready to take a natural and holistic approach to your pregnancy nutrition, [buy Healthy Holistic Pregnancy here](#).

## Let's Get Social!

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You can connect with me on Facebook, Instagram, and Twitter as @jesselwellness and I'm also on YouTube.

I always get so excited when someone makes one of my recipes or tries my healthy pregnancy advice and tags me in the picture!!!

Website: <http://www.jesselanewellness.com/>  
Facebook: [Jesse Lane Wellness](#)  
Instagram: [@jesselwellness](#)  
Twitter: [@jesselwellness](#)  
You Tube: [Jesse Lane Wellness](#)

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