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CHINESE MEDICINE CAN SUPPORT YOU THROUGHOUT YOUR PREGNANCY

Pre-Birth: Healthy Conception & Fertility

1st Trimester: Morning Sickness, Fatigue, Digestive Disturbances, Threatened Miscarriages, Cold & Flu, Allergy Symptoms, Emotional Mood Swings

2nd Trimester: Heartburn, Hemorrhoids, Pregnancy Induced Hypertension, Gestational Diabetes, Anemia, Headaches, Urinary Tract Infections

3rd Trimester: Insomnia, Low Back Pain, Sciatica, Pelvic Pain, Carpal Tunnel Syndrome, Breech/transverse and posterior presentation, Labor Preparation “pre-birth acupuncture”

Postpartum: Insufficient Lactation, Exhaustion, Depression, Mastitis, Immune Weakness

IMPORTANT FOODS TO EAT THROUGHOUT YOUR PREGNANCY

PROTEIN- 60 gm/day (for reference, an egg has 6 grams of protein)

Foods high in FOLIC ACID:

dark, leafy green vegetables, corn and cornmeal, lentils, black beans, citrus fruits (especially oranges)

Foods High in CALCIUM:

milk/buttermilk/yogurt, hard cheeses, fish (salmon), eggs, green leafy vegetables, seaweed, legumes, tahini, nuts, blackstrap molasses, fruits (dried dates, figs, raisins, prunes, papayas)

***Spinach, chocolate, rhubarb & brewers's yeast interfere with calcium absorption

Foods high in MAGNESIUM:

pumpkin seeds, sunflower seeds, wheat germ, tofu, yogurt, kelp, almonds, brazil nuts, millet, beans (white, lima, red)

Foods high in IRON:

red meat (especially beef & lamb), whole grains, eggs, blackstrap molasses, dried fruits (apricots, figs), leafy greens

***IRON absorptions is INCREASED when it is taken with VITAMIN C

Millet Crunchies

1/2 cup millet
1 1/2 cups millet flour
1 1/2 whole wheat pastry flour
1 tsp. aluminum free baking powder
1/2 teaspoon sea salt
3/4 cup peacans or walnuts, chopped & toasted
1/3 cup light vegetable oil
1/3 cup brown rice syrup
1/2 cup apple juice

Preheat oven to 350

Soak millet in water for 15 minutes. Brush 8 inch square baking dish with oil. Mix dry ingredients. Drain millet, and in another bowl, whisk millet with wet ingredients and stir into dry to form dough. Transfer to baking dish. Press with moistened fingers and smooth edges with rubber spatula. Bake 30 minutes, until golden around edges.

