

How to Avoid Preterm Labor

Supporting your pregnancy nutritionally



Preterm labor is a labor that results in birth before 37 weeks gestation. In order for your baby to be ready for life outside the womb, it's important for the baby to remain in the womb for at least 37 weeks. Your midwife has some suggestions for supporting your pregnancy in order help you get as close to 40 weeks as possible. If you experience contractions before 37 weeks, be sure to contact your midwife right away. If you have a history of preterm labor, these suggestions will help you carry to term.

Nutritional Support:

- Avoid sugar and refined flours
- Eat organic, grass-fed meats
- Avoid dairy (except raw)
- Opt for whole grains (especially brown rice)
- Eat LOTS of salads daily
- Raw veggies
- Raw fruit
- Handful of almonds each day
- Eat beets every day
- Juice veggies
- Eat 80 g of protein daily
- Avoid taking prescription prenats
- Salt your food with Celtic sea salt
- Put goat's whey in your smoothie
- Drink plenty of water each day

When to call your midwife:

- If contractions are regular and painful
- If there is a gush of fluid from your vagina
- If you notice any bleeding or spotting
- If your contractions return nightly
- If you have menstrual-like cramps
- If you have persistent back ache
- If you have intense pelvic pressure

Birth Wisely, LLC
Jen Jester, BSM, CPM
birthwisely@gmail.com
314-374-8901

www.birthwisely.com

Supplements

See your midwife for proper dosage

- Calcium powder
- Eleuthero root
- Spirulina powder
- Vitamin E
- Vitamin B complex
- Iron –
 - Desiccated liver
 - Fermented yeast
 - Floradix
 - Hemaplex
 - Chlorophyll
 - Ferro Food
- Vitamin C
- Omega 3 fatty acids
- Magnesium
- Homeopathic mag phos 30c



Spirulina Powder – www.creativecommons.com

Reference:

Bjarson, Dianne. (2015). Participation 12a and 12b lecture – labor, birth, and the immediate postpartum. MCU. 2015.
 Davis, E. (2012). *Heart and hands: A midwife's guide to pregnancy and birth*. Berkeley: Ten Speed Press.
 Romm, A. (2014). *The natural pregnancy book: Your complete guide to a safe, organic pregnancy and childbirth with herbs, nutrition, and other holistic choices* (Third ed.). Berkeley: Ten Speed Press.



Supportive Herbs

- Crampbark
- Uva ursi
- Dulse flakes
- Comfrey
- Horsetail grass
- Nettles
- False unicorn root
- Wild Yam
- Black haw

An infusion of some of these herbs, daily, can help ease contractions and help you sleep. See your midwife for instructions for dosage and use.

Things to Avoid if Your Midwife Suspects Preterm Labor:

- Sexual intercourse
- Inserting anything into your vagina
- Strenuous activity
- Coffee
- Soda