



Healthy
Pregnancy
SUMMIT



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Debby Hamilton, MD, MSPH**

How To Have A Safer Pregnancy And A Healthier Baby

SUMMARY KEYWORDS

important, pregnancy, avoid, problems, infant, eat, health, women, preconception, baby, food, child, debbie, exercise, prenatal, healthy, toxins, people, increased, easy

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Welcome to the Healthy Pregnancy summit. I'm Professor James Adams and with me is Dr. Debby Hamilton. And we're the co host of the Healthy Pregnancy summit. This summit is sponsored by a nonprofit, the neurological Health Foundation, which is dedicated to improving the health of infants and their mothers by preventing problems during pregnancy before they even start. So what I want to do is give you a little bit of an overview. This summit involves many different interviews with dozens of different experts from around the country from around the world. And we want you to hear the best advice based on the latest scientific and medical information about how to have healthy pregnancy and a healthy baby. Debby, turning it over to you.

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Yes, well, this is really important to everyone and very big issue with me is that we having more and more health issues with it. Children and with pregnancy and there's some very easy steps that we want to talk about that you can do to really increase the chance of having a healthy child. I mean, today we see things with increased miscarriage, we have infertility issues, women with iron deficiency, you know, nutritional deficiencies, preterm birth, which sets up a baby for more complications as a child, and increased risk of things no children, such as learning disabilities, autism, ADHD. But we know that there's solutions to this, and this is why we're



doing the summit. And this is why we're really excited about this summit. So we're going to talk about some things we're going to overview today, but some things that will help both you as a future mom and your child. And this will basically will tell you how to reduce some of these risks. As I said, this is an overview summary. Just to get an idea about what each of these talks are going to be like as we go forward.

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So let me introduce ourselves a little bit more detail. I'm Professor James Adams. I'm a professor and researcher at Arizona State University. And I'm the chair of the Scientific Advisory Board of the neurological Health Foundation, which is sponsoring today's summit.

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And I'm Dr. Debby Hamilton. I'm an integrative pediatrician with over 25 years of experience. I'm also a member of the science advisory board, the neurological Health Foundation. And I'm also the author of the book preventing autism, ADHD controlling risk factors before and during and after pregnancy. And again, today, we're going to talk about how we're going to the basic subjects and how we're going to interview dozens of experts to really how to help you, and we're really excited about this.

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Great, thanks very much, Debby. So first of all, I want to explain the problem. The problem is most people go into their pregnancy assuming they're going to have a healthy child and although they've heard of many of these pregnancy and infant complications, they often just don't think about those. And so I want to tell you today how common these rates are. And then we'll talk about how we can reduce those. So the sad reality is that about 5% of men and about 5% of women are infertile. And about 11% of women, even if they do conceive, are unable to carry their child to term. So these are problems that we can fix that we can address, but 15 to 20% of pregnancies end in a miscarriage or loss of the fetus, which is very sad. But 9% of women develop gestational diabetes, about 5% develop preeclampsia, one of the most common problems or most easily preventable is iron deficiency. About 20 to 40% of women develop low iron during their pregnancy leading to problems for them and their infant. today about a third of births are by C section. That's incredible stillbirth, about 1% of infants on today are born not alive, which is very sad. But 8% of infants are low birth weight, leading to multiple risks for other health problems, about 11% of infants are born preterm. Again, high risk of hospital stays for many days, high risk of problems as they continue to develop. And even after birth, about 13% of women develop postpartum depression. So these are just some of the more common pregnancy problems when you add them all up. Usually 30 to 40% of pregnancies have a significant problem and our job is to help you learn about those problems and how to prevent them. In addition, we're very concerned about the infant health or many infant health



problems today, ranging from autism affecting 2% of children that are born, birth defects affecting 3%, ADHD, about 11% of children develop ADHD, about 8% have a learning disability, about 9% have asthma, about 7% have depression, and over time about 17% develop childhood obesity. So these are some serious health problems, both mental and physical health problems with the mother and the woman and these rates are just far too high. Our medical system is great at trying to deal with these problems, but the best treatment is to prevent them. And that's what we want to talk with you today. Based on the latest medical and scientific research based on interviews of many experts, we want to share with you the best way to prevent these problems and help your child reach their maximum potential. Back to you, Debbie.

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Okay, well our major recommendations fall into several different categories. Because of this, they're really easy to follow and very manageable. Our first one is to think about preconception. If you get your body ready for pregnancy, you are like ahead of the game already, because you're going into pregnancy with a healthy, a healthy start like a healthy body. And think about one of the biggest things about getting healthy body is a healthy diet. And so it's important to know what to eat. It's equally as important to know what not to eat. There's so many things in our foods that are chemicals, and really avoiding things that we really don't know what the long term health makes a lot of sense. prenatal supplements we're going to talk about, not all prenatal supplements are the same. But there's so much nutrition you can get that really is like a safety net, in terms of nutrition to really make sure you're getting everything you need for that child and avoiding toxins. There are many things now in our air and our water. Think about how you clean your house. Think about what you put on your face that all these different chemicals. A baby's gonna absorb. So just avoid some of this can be a huge step. But awareness is the first key regular medical care checkups, even before pregnancy, appropriate exercise stress relief, we all know how crazy our worlds are, and then waiting between pregnancies. If you're the fuel for a child, and you're using all this fuel for one child, you need to wait a certain period. So you basically can rebuild all your stores before you have another child. And that decreases the risk of some issues also. So Jim, why don't we start to talk about preconception, but time before birth?

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Thanks, Debbie. Yes, those all those recommendations you mentioned are just so important. And let's start with the first one preconception diet is one of the most important things because what you eat is what your baby is going to eat. So the question is, is this a food that you want to be giving your baby while you're carrying it inside of you. So eating a healthy diet, a balanced diet rich and vegetables rich and fruit, having enough protein, these are all very important. And it's equally important to avoid junk food to avoid excess sugar to avoid alcohol and many other



things to avoid highly processed food. In general, the more basic of food is eating food from scratch, whole fruits, whole vegetables, whole grain foods are some of the healthiest ones. So this is what you want to really start with, even before you get pregnant, is to have a very, very healthy diet. And then, as Debbie mentioned, it's very important to supplement that diet. Even the healthiest diet can benefit from a prenatal it's very important to start a prenatal several months before conception, because the first few weeks of an infant development are when the brain development is at some of the most critical stages. Early fetus half of that This is its brain. And so a lot of critical brain development occurs during this first few weeks, first few months of life, you want to make sure you have all the nutrients on board to help support that brain and support the development of the brain and the whole body. So it's important to take a prenatal before you become pregnant. And then, as Debbie mentioned, we also want to reduce toxic exposures. We want to avoid alcohol, avoid smoking, avoid recreational drugs, all of those can be significant risk factors. And in some cases, secondhand smoke from the environment is also a concern. So these are things you need to avoid. But also it's very important to be drinking clean water. Our favorite is pure spring mineral water. Because pure spring mineral water has healthy minerals in it that are essential for our body. Secondly, we can use tap water. It's best to purify With a charcoal filter, and you can purify it also with reverse osmosis. The problem is, you then also remove some of the essential minerals like calcium and magnesium from the water. So if you do use reverse osmosis, you want to add some of those essential minerals back in.

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Clean Air is also very, very important. inside the home, the air quality is generally much worse than outside the home. So the best way to deal with that is very simple. Just open your windows once or twice a week and get a lot of fresh air. And that's one simple thing to begin with, is that remove a lot of chemicals that can build up in the house, or at least especially from plastics or cleaning products in the house. But also it's important to use a heppa filter to remove particles in the air because there's also a risk factors for children. So we want to have clean air in the home. Clean air at work clean air in your environment. And also personal care, we have to be very cautious about toxic chemicals present in a wide range of cosmetics. It's very sad that many lipsticks for example, contain lead. And so that lead is going to get into your body and into your baby. So you want to be very careful about what cosmetics you use, try to minimize their use. And also make sure you're using safe ones and EWG. The Environmental Working Group has a lot of great recommendations on that. In terms of medical care, as Dr. Hamilton said, it's so important to request a preconception meeting with your physician and ask them to evaluate their health. Do you have any health problems that you can try to do something about before you become pregnant and iron and vitamin D are two of the most common deficiencies that you're taught to contract for and let you know if you have low levels of those. And if you need to have them checked, they can also do a more complete exam as well. So we strongly



recommend that. And then also stress reduction and appropriate exercise, walking, doing yoga, meditating, doing prayer. These are all good ways to help you reduce. You want to be stress free, because if you're stressed, then your baby's going to be stressed. So try to be calm, relaxed and happy and enjoy this time as you're trying to conceive. Exercise is also a great way to relieve stress. We strongly recommend about 150 minutes of exercise per week of moderate intensity. And also doing some muscle strengthening twice a week, that can be a fast walk, can be swimming, these are all good types of exercise to do. And then also it's very important to wait at least 18 months between the birth of one child and the conception of another. Because the woman's body needs time to recover a lot of nutrients stores that are given up to that first child, we want your second child to be just as healthy as your first one. And then finally, we want you to wait at least three months after stopping any oral contraceptives because it takes time for your body's hormonal levels to recover to natural levels. And that will give you the best chance for a healthy conception. So back to you, Debbie, can you tell us a little bit more about healthy diet? Since you put your back on? You're great at that.

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Okay, sure. So many of you are at least some of us who are older learn the food pyramid, which had lots of lots of grains on the bottom. And the whole idea is really switched. So think about a healthy plate. So in terms of balanced meals, so if you picture a plate, you want half that plate to be vegetables, all different kinds of vegetables, and then 25% to be protein and protein. Being meat and cheese and eggs and beans, and then the following the last 25% to be fruit or starch. So the idea of starch being the primary thing has switched to being only a quarter of the meal. And since you are growing a child, you think about how important protein is. So think about roughly 75 grams of protein the first trimester and then really increased in 90 grams in the second and third trimester. If you read a label, it will tell you how much protein is in a certain food in terms of vegetables and fruits, and I treat children so I talked about eating a rainbow. Did you have something green today? Did you have something red and yellow? Is there any purple or blue and you really think about that because of different colors and different foods and vegetables have different nutrients, but at least seven servings of fruits and vegetables and the odds of most people getting that you really have to think about that. In terms of one serving. About four ounces is one serving and most vegetables were Everything about lettuce being lighter, about one cup is one serving just to get an idea in terms of seven servings. Seafood has a lot of protein and some really good fats for the brain. So the main problem is you have to be careful about what kind of fish so eight to 12 ounces a week is good, but make sure those fish are low mercury. And Environmental Working Group has a list of low mercury and high mercury fish. And wild having wild instead of farmed fish is also in terms of toxins as much healthier for you. Jim mentioned clean water. I agree with that. It's something to think about and something easy to do.



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But I also think

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in terms of diet, a whole food,

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organic, non processed diet, you know, think about what your grandmother might have eaten. And I say if you think of the less processed foods if you pick up a box of foods and you look at the ingredients and you don't recognize an ingredient Because it's not a food, you know, you'll recognize, oh, you know, this is an apple or this is grains. There's so many different chemicals. If you just look at ingredient lists. A lot of times if you don't know what it means you don't want to eat it. I think that's kind of simple advice. high fiber foods and fibers in lots of fruits and vegetables, really to help your digestive system work properly. in pregnancy, many women are tended towards constipation. So really kind of learning how to eat healthy and combat that naturally is a great a great thing to start with. And organic, organic organic, the more I learn about glyphosate and the pesticides, and if you're exposed, babies are exposed to pesticides in utero, then they have an increased risk of ADHD. So I think we're learning more and more about that. So you know, just think about that a Whole Foods organic diet. I think avoiding GMO foods is also important. Think about the glycemic index. That's how much a food can raise your blood sugar level and someone And have problems with blood sugar as they get pregnant. So it's really good to learn about that ahead of time, because that helps you manage your weight and get to pregnancy with a normal weight.

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So there are some things

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that are important to avoid. You mentioned alcohol. I think that most people know that. I mentioned fish with high mercury that's important to some of the artificial sweeteners really start as insecticides, and there's nothing beneficial from them. Nothing, no nutritional value, and some of them are what they call excitotoxins. Also, think about something called MSG. Those excited toxins are literally trying to stimulate your brain. So we don't want that we don't really know the long term effects of those. And since they offer no nutritional value, it makes sense to avoid them. In fish, the skin of the fish actually has a lot of toxins, so something to avoid. In terms of safety and health. You want your food to be pasteurized your milks, you want

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things to be cooked.



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You think about that you don't be exposed to different bacteria that might make you sick charcoal. And black foods are an issue. Soy especially because it has some Phyto estrogens can be an issue and especially many much soy is GMO, we try to avoid GMO again we don't know the long term effects on you pregnancy or your infant soda and diet soda. If you have three sodas per day that increases your basically decreases your rate of consumption. And just one diet soda a day increases preterm birth. So we don't really know what they're doing but obviously they're not needed nutritionally. Caffeine you know, many people have that coffee and that tea. But as I said, you having that excessive caffeine is gonna affect the baby. So something else to think about. And then artificial color sweeteners, preservatives, again, you can recognize these on as non foods and avoiding them just make sense. heels, there's many children, if they have

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dye, especially that red dye, they will get really hyperactive.

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So we don't Want to have that even, you know, during pregnancy or even before pregnancy? And before pregnancy is a great time to really learn how to eat and eat healthy because then you go into pregnancy in a much healthier state. All right, Jim, what about men? Do men have any anything to deal with this issue to

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men are very important for conception. Men just don't think about that their health actually matters a lot to 5% of men are infertile, in part sometimes because of poor nutrition. So we want the men to be eating very healthy to preconception and we want them to be as healthy as possible. So that way, they have the best chance to conceive and the best chance that they that their son or daughter is going to be healthy as well. Later on, if they're eating a healthy diet, it's going to be easier for their partner to because if they're eating junk food in front of them, that's gonna be awfully hard, they need to be a good influence on their partner too.

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So let's talk also coming back to prenats. how important those are. Our research group has done a lot of research on prenats and neurological Health Foundation has established guidelines for what we think is the optimal level of every vitamin and every mineral in a prenatal based on review of 350 scientific articles on what's the best level of each vitamin in each mineral. Using that we've established guidelines for what are the best ingredients and we have now done the completed the first rating. There are over 250 prenats on the market, and they vary incredibly, from meeting 10% to 90% of our recommendations. There are some prenats



that are very minimal. All they have in them is folic acid and iron but you Better than nothing. But there's many high quality prenats, which contain all the essential vitamins, all the essential minerals. And these are so important because by definition, every vitamin, every mineral is important that the lack of just one can cause serious health problems. So that's why we've gone ahead, we've rated all 250 prenats, you can go to our website, www.neurologicalhealth.org. And you can look up any prenatal on the market. But we especially encourage you to look at the top five to 10. In general, what you'll see is that the best prenats are not just one pill, you just can't pack all the nutrients that you need for your body into one pill. You need one pill just for enough calcium alone. So these high quality prenats generally have about four to six pills. In general, the more pills, the more nutrients And hence the better it is for you at preventing a huge range of health problems. Just one example is that nine to 14% of women begin their pregnancy with low iron, and their iron needs goes up as the pregnancy progresses. So once they are in their third trimester, 20 to 40% of women have low iron. Iron is needed to transport oxygen throughout the body, and especially to the brain. And so that means those women and their infants aren't getting enough oxygen. They just don't have enough iron. So they're going to be tired. The baby's brain is not going to develop as well. This is a very common health problem 20 to 40% of women, and it's so easy to treat, but most supplements don't have enough iron in them. So it's very important to test is someone women need a lot more than what you see in a typical prenatal many women Low vitamin D, because they just aren't out in the sun like we were 100 or thousand years ago. And so that's also a very common problem. So that's why we recommend testing iron testing vitamin D, as soon as you can either preconception or the start of your pregnancy. And also because fish are so important for your health, if you're not eating two to three servings of oily fish a week like salmon, then you really should be taking a fish oil supplement rich and BHA because BHA and these other important fatty acids are very important part of the infant's brain and actually can help improve its intellectual development. So bottom line is is taking prenats those are important, but there's a huge variation in the quality from 10% to 90% of our recommendation, so check out the ratings on our website to see what we think are some of the best ones out there for you. Right so next time I want to talk about in addition to the prenatal is how important it is to avoid toxins in your home and in work and getting into you. So, in general toxins can disrupt so many different parts of your body's development. Toxic minerals like lead and mercury substitute for essential minerals in your body and can cause huge problems. When I was a boy growing up, the average person lost five IQ points due to lead in the environment lead from paint lead in the air. So it's very important to reduce your exposure to these toxic metals, toxic chemicals as much as you can. In the last 50 years, we've greatly increased the number and amount of chemicals in our environment and that are getting into our body. There are studies that hundreds of these chemicals, unhealthy chemicals are getting into infants and so it's very important To try to reduce that load as much as we can. So the certainly one of the most important toxins is alcohol, just avoiding that. So we don't have fetal alcohol syndrome. Sometimes just a very small amount of drinking can be a



serious problem. Avoiding smoking and avoiding secondhand smoke from others very important and avoiding any type of recreational drug. My wife worked as a neonatal nurse in a nick you and saw far too many cases of drug addicts coming in with some very sick babies don't want that. Avoiding toxic chemicals. If you can smell it, and it smells bad, it probably is bad. So pesticides within or outside of the home, pesticides last for a long time to kill insects. They also last a long time to kill to hurt you. So you really want to avoid pesticide use as much as possible. You want to avoid stains and varnishes. If you use paints, you want to use low VOC paints. But as someone else to paint the nursery if you're going to remodel, you want to avoid any of those fumes. You want to avoid new plastics because new plastics have a new plastic odor to them. newest plastics you purchase will release a lot of chemicals into the air. So everything from New rugs, that's one of the biggest problems and new cushions, new shower curtain, styrofoam coffee cups. Those are all problems heating plastic in the microwave causes it to release a lot more toxins more quickly. Avoid remodeling the house because that can exposure to asbestos. If it's an older home, you don't want to put stain guards on your furniture. You would rather have a stain or have some other have some toxic chemicals in your body. So that's the choice. So these are all simple basic issues is for general avoidance, but also for your home and your home cleaning. Clean air as I mentioned, so important, the simplest thing to do and the most effective thing to do is just open your windows let in that pressure one to two times a week. It will just be a great source of not only bringing in more oxygen, but getting rid of any carbon dioxide that built up. Very important to do. I'm using a hyper filter to reduce any particles in the air. using any cleaning products, you really want to minimize use of cleaning products and our basic ones like soap and water. That's a great safe one to begin with. You can go to the EWG website www.ewg.org. They have a lot of discussion of cleaning products, their

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dust, just dusting and vacuuming regularly. And again doing that with a heppa filter. So you aren't stirring up The dust and getting into the air and breathing it. Lighting you want to avoid light that have that are fluorescent lights or even compact fluorescent lights because they contain mercury. And if they break, then they'll release that mercury into the air and that's very toxic. The latest research shows that one in six women in the US has too much mercury in their body primarily from eating high mercury fish, like tuna, and shark and swordfish. And that's one in six women, and that significantly increases the risk of neurological damage their infant, according to the FDA, so you really want to avoid mercury in the home on avoid mercury in your fish. with electronics, there's been a lot of new research on concerns about electromagnetic fields. And even though that is increasing, I think a good safe exposure is to limit your exposure to high electromagnetic field You can turn off the Wi Fi in your home at night. You can keep your laptop away from your stomach. You can keep your phone away from your stomach. These are simple things you can do you speaker volume instead. In terms of personal care, you want to use natural organic toxin free cosmetics. This includes sunscreen. It includes hair and



nail products, anti perfume prints, dry cleaning and fragrances, that women who work in those salons have twice the rate of cancers. So you want to avoid those chemicals for yourself and for your baby's health. You want to avoid antibacterial soaps and hand sanitizers just soap and water, safest thing to use. The reason to avoid those antibacterial soaps is you actually have a lot of good healthy gut bacteria in your gut, and you'll be passing those on to your infant. So you don't want to expose them to an unnecessary amount of antibacterials just so Water will keep you safe. And then finally for nutrition as Debbie mentioned, pure water, so important you drink a large amount of water every day. You want it to be pure, high quality water, especially like pure spring water with minerals and natural minerals with plastics and cooking, you want to avoid storing your food and plastics and you especially want to avoid heating it up in the microwave. When you heat it up. You have a much higher rate of release of plastics into your food. So heat up in ceramics. Alright, with cookware avoid Teflon and other nonstick coatings and aluminum because a little bit of that will scrape off and get into your food. The good alternatives to use are to cook with stainless steel with cast iron with glass, ceramic, porcelain enamel. Those are all good safe things to use. But don't cook with plastic. Don't cook with Teflon canned food try to minimize your exposure to canned food. frozen food or fresh food are really the best can just not as good food storage you want to store your food in airtight containers, preferably ceramic containers and that will help keep it fresh you'll have more nutrients vitamins can be rapidly lost once foods exposed. And again pesticides Do you want your food with without toxic pesticides? I want my food without toxic pesticide so I want to buy organic. If there's any time in your life to go organic, it's especially during your pregnancy. Yes, the cost is a little bit higher, but you and your baby are so worth it. This is such a critical time for development. If you can't afford afford organic, and at least wash the food very well and eat the inside of the food. So you can peel an apple. You need the inside of the orange who's going to eat the peel anyways. So these are some good things to do. And with pets, surprisingly, some serious concerns with the flea collars, those flea collars are constantly putting pesticides on the pet. So when you handle your pet when you pet them, you're getting exposed to those. So wash your hands after use them and even better tissues, natural products, soap and water for your pets, not flea collars during pregnancy. And there are some serious health concerns about being exposed to cat litter. And to dog stool. There's some very dangerous bacteria in there, don't handle it, try and have someone else handle it. You want to avoid those. So those are some of the things to avoid. And now back to you, Debby, one of the most important things to do is go and see a doctor.

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Right. So in terms of medical care,

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you know, there are set prenatal visits for pregnancy and those are really, really important. To



to meet those to go to those. But as I said, if you can do a preconception visit, and really establish what kind of health you have and what kind of things you need that's optimal,

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doesn't mean if you start in pregnancy that that's still

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especially early pregnancy is still important. So the things to talk to your doctor about, are you on any medicines, there are certain medicines like retinoic acid like Accutane that's used for acting or certain anti seizure medicines can have caused some birth defects. There are other medicines that like some psychiatric medicines that we really don't know right now. But they're also medicines like some of those psychiatric medicines. You just don't want to stop on your own. You really want to discuss this with a doctor and see if it's safe for you and safe for the baby. What is best before you actually make those decisions, thyroid medicine to there's certain medicines, you don't want to stop right away. It was important to actually really

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discuss this and have a plan before pregnancy.

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And even some of our over the counter medicines, people think, Oh, it's over the counter, it's safe. But it's so in effect the baby. So really kind of just taking anything for pain, especially in the third trimester can be really dangerous. So something again to think about to really make yourself aware. And then having a complete gynecological exam. And testing for certain sexually transmitted diseases is important, because during childbirth, you can actually transmit those to the baby. So it's really important to establish that things like HIV or herpes, HPV can cause some issues too. That's a human papilloma virus. There are also things like Group B strep, which is a bacterial infection that can cause baby's problems that's important to screen for. Again, I said to check those medicines. And there are also some blood tests that are really very easy screening test. I can make a difference in complete blood count Are there any other infections. Think about things like a metabolic panel, electrolytes, liver and kidney functions. We talked about iron, it's important to get a complete iron panel, including a ferritin, which will show low iron before you'll actually be anemic vitamin D, you want a level of at least 40. And that is very low in many, many people. And again, easy to correct.

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thyroid test.



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If a woman has low thyroid during a pregnancy, that's an increased risk for a child for medical complications. Things like a homocysteine that's actually kind of a test that shows some inflammation, but also gives you an easy way to see if somebody needs more vitamin B 12, and more folic acid to have our B vitamins. Some people think about depending on their health history, do they need to look at toxic metals. And there are different ways to look at this. And at this point, you really might need to talk to more An integrated practitioner, because there's urine tests and health test and you really need to see if you need that. And then also you do somebody interpret that

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digestive health is really important.

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As I said, the moms pass that good bacteria to the baby. So if you're having digestive issues anywhere from diarrhea, constipation, it might be important to look at stool tests might be important to look at, do you need to actually be taking some probiotics or actually get your digestion in a good place? And then maybe you're having struggling with a diet we talked about? This is a good time to talk to a nutritionist and actually kind of get some ideas. Maybe you need recipes, people said, Okay, I know what I'm supposed to eat. But how do I do that? How do I cook this stuff? Or how do I kind of come up with a meal plan that I can feed my family? I think that's very important to vaccines. Now rebel has an infection that if you get while you're pregnant, can cause birth defects. And there's a vaccine for it. But optimally, it's really good to see if you're immune and actually test for this. Or if you need a vaccination to do it before pregnancy. I think that is actually the safest thing to do. glucose. That's your blood sugar. Women have problems with elevated blood sugar during pregnancy called gestational diabetes, which can be dangerous to the baby. So establishing and seeing where your blood sugar is before pregnancy is really, really important. I'm thinking also Oh, one thing we always forget about when we think about medical care is our teeth. Right? Think about dental care. Some of us have different fillings. So if you can not do fillings, things like mercury fillings or some of the other materials that they use, it's optimal to take care of dental health, have a good dental cleaning, see if you need to do any kind of dental work before pregnancy. Right does that kind of makes sense? Take care of the whole body

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and really kind of do as much

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preventative preconception care, I think we need to start thinking about in the medical world,



maybe this should be a routine kind of visit, right? This that this is what my ideal is to have everybody who's sick of a pregnancy to have a preconception visit. And even if say, pregnancies aren't planned, but even women of childbearing years to have some kind of visit. And then let's talk about stress. We all know we live in a very busy, stressful world. But if your cortisol and your adrenaline your stress hormones are really high,

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that's gonna affect the baby. And they've actually done studies at that.

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So you want to have a calm Baby, you want to be calm. Think about your stress levels, and there are different ways to manage stress. Exercise, as you said, is a wonderful way to stress and during pregnancy, you have to be careful about how much exercise Too much exercise can be stressful. Also, walking gentle exercise like yoga. Yoga teaches you how to breathe, and how to be calm. Meditation people talk about meditation, but learning how to calm yourself is really, really important skill skill for anyone to learn. And also think about different sources of stress in your life. What are the usual stresses or relationships? You know, not all people are unhealthy relationships. And it's much easier to try to deal with issues or get help if you need to, before you get pregnancy, which is a big change in people's life and can also be a stressor. So couraging, positive relationships, taking some time every day to unwind. Those are really important. And then one of the things that we really never need to forget is sleep. Sleep is when your body heals, those are growth hormones are released. That's when your body lowers the cortisol. So I think in our society, we're getting In a way from adequate sleep, we need to know how important sleep is before pregnancy. And then during pregnancy because that's how your body is going to grow, your baby's going to grow in the most healthy manner. So Jim, what about any specifics of that exercise, so we know kind of how much is good, what's too much.

40:20

So the general recommendation for exercise is about 150 minutes per week. Now, that would be if you exercise five days a week, about 30 minutes a day, about five days a week of moderate exercise, this could be fast walking, it could be swimming, and you also want to add in some muscle strengthening activities. This could be circuit training could be high intensity aerobics, there are different types of things that you can do to try to build up your muscle strength to because you want to be as healthy as possible before the challenge of carrying a baby and the challenge of birth. Alternatively, if you'd like more vigorous exercise, sighs you can do 75 minutes a week of vigorous exercise like high intensity aerobics or jogging, and more intense muscle strengthening exercise. So these are also possible, or you can just mix up the two between moderate and significant. But this is going to be very helpful to you to stay in good shape and make it easier to carry your baby, it'll decrease your chance of neck and back



problems or decrease the risk of constipation. Very common problem. And again, one of the easiest ways to deal with it, just to keep moving, that will help keep your bowels moving. And if you aren't exercising at that level, then just gradually increase. You don't want to overdo it, but just try to gradually increase up to that level that you're comfortable with. So each week, add another five minutes. Keep trying to keep your exercise going. It'll make it easier for you again to carry that extra weight. easier for you through birth. So, um, I think we've summarized pretty much all the main recommendations. And Debby, if you can just go ahead and wrap up for us.

42:11

Sure, sure. First of all, thank you so much for joining us today. This is an is so important. Having a healthy child is what people really want. And going into being a mom and being a parent is a big change in people's life. And you can do so much by some basic things. Healthy Diet and clean water, high quality prenatal avoiding toxins, good medical care, decrease in stress, sleep and exercise. Because today, over 30% of pregnancies have complications, and over 30% of our children have some kind of chronic health disease. So actually doing some of these steps can make a huge difference in the life of your future child. I don't think there's anything more important than that.

43:00

I totally agree, Debby. So we invite all the listeners to listen to our other presentations. It's the first of many more presentations by dozens of top experts around the world, Debby and I will be interviewing them. Ask them more questions based on the latest medical and scientific evidence, how can they reduce the rate of many of these pregnancy and infant health complications? How can they optimize the health of their child? It's physical, its intellectual development, its emotional development. So on behalf of the neurological Health Foundation, which is sponsoring this webinar series, we thank you for joining us today. Thanks for your dedication to your health and that of your baby's health. Goodbye

