

Premature Babies

A staggering 80,000 babies each year are born prematurely (which means at least 4 weeks before full-term (which is around 40 weeks) or are sick when they are born and around 17,000 of them spend their first weeks of life in an intensive care unit rather than at home with you, with all the trauma and upset that will be accompanied by this.

Subclinical nutritional deficiencies

Research has shown that a deficiency in certain nutrients such as essential fats and zinc can contribute to going into labour prematurely. Consequently, having a good diet throughout your pregnancy can decrease the risk of having a premature baby.

Low Birth Weight Babies

Any baby weighing less than 2.5kg (5.5lb) will be classified as 'low birth weight' and are at a greater risk of having neurological defects, gastrointestinal problems, cardiovascular disease and diabetes later in life.

As with premature babies, eating well throughout your pregnancy can minimize your risk of having a low birth weight baby. Many mothers worry that a 'big' baby will mean a harder birth, but this in fact is a fallacy and a difficult birth is normally a result of the shape of a woman's pelvis, the position of the baby and interestingly, the size of the baby's head, not the body.

Subclinical nutritional deficiencies

As with premature babies, research has shown that a diet deficient in certain nutrients can impact on a baby's birth weight.

With the Natural Nutrition Pregnancy programme we will look at your diet and lifestyle and provide you with advice that can help maximize the nutrients you are consuming, as well as advising you on the best supplements available.

If you have had a premature or low birth weight baby, it would be advisable to seek professional advice to optimise your diet during a subsequent pregnancy to help minimise the likelihood of this happening again. Remember it is never too late to improve your diet during pregnancy.

For more information, please do not hesitate to contact me.