



## **Constipation**

This is a very common complaint during pregnancy. This is because pregnancy hormones cause the smooth muscle of the bowel to change and soften, slowing up the passage of food. As constipation can lead to piles, it is important that you address this early on in your pregnancy.

The best way to avoid constipation is to ensure that your diet is high in unrefined products such as whole grains and fruit and vegetables. Adding a tablespoon of ground linseed to your breakfast cereal may also help alleviate this problem.

## **Subclinical nutritional deficiencies**

A number of nutrients may help maintain good bowel movement, including magnesium, vitamin C and Probiotics (friendly gut flora).

With the Natural Nutrition Pregnancy programme we will look at your nutritional requirements and provide you with advice that can help prevent or alleviate constipation.

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