

Gestational diabetes

This is a temporary type of diabetes that normally develops late on in your pregnancy and is brought on when your body doesn't produce enough insulin to deal with increased blood sugar requirements during pregnancy.

Fluctuations in blood sugar, especially low blood sugar, can cause a number of symptoms including irritability, aggressive outbursts, depression, fatigue, dizziness, inability to concentrate, headaches and excessive hunger (especially when you are pregnant). Fluctuations in blood sugar happen when food is digested too quickly. This normally happens when refined foods are eaten (such as white bread). Fluctuations also occur when stimulants such as tea, coffee, alcohol or chocolate are consumed.

Your urine will be tested for traces of sugar throughout pregnancy, and high blood sugar can usually be detected between 24 and 28 weeks pregnant. If you control your blood sugar levels carefully, the condition should not harm you, or your baby, and the condition will usually go completely after the baby is born.

However, without addressing the underlying reasons for gestational diabetes, it can increase your chances of developing type II diabetes later in life.

Subclinical nutritional deficiencies

A number of nutrients can help prevent and alleviate gestational diabetes as they are important in blood sugar regulation. They include: Magnesium, Chromium, Vanadium, Vitamin E, Vitamin C Zinc, Selenium and other anti-oxidants.

With the Natural Nutrition Pregnancy programme we will look at your nutritional requirements and provide you with advice that can help prevent or control gestational diabetes and increase your chances of having a healthy baby and better health for the mother.

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