

Heartburn

Heartburn is a very common problem during pregnancy, particularly in the last two trimesters as your growing baby can literally squash your digestive organs, moving everything upwards.

Furthermore, pregnancy hormones relax the muscles in the valve between the food pipe (oesophagus) and the stomach. The stomach acid that is produced to digest your food then moves upwards and can be fairly painful and uncomfortable.

How to Minimise Heartburn

Firstly, as more stomach acid is produced the more you eat, it would be advisable to eat little and often. Secondly, it is important to eat some hours before you plan to go to bed in the evening, as lying down may make heartburn worse. This means sitting upright for as long as possible following a meal or a snack. There are also certain foods that can cause a more acidic environment and these include sugar, spicy foods and caffeine.

With the Natural Nutrition Pregnancy programme we will look at your diet, the amount you are eating and when and provide you with advice that can help reduce the heartburn you are experiencing. We may also recommend you take certain supplements that can help you digest your food more effectively, which may bring you further relief.

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