

Pre-eclampsia

Pre-eclampsia is a condition that occurs during pregnancy (normally in late pregnancy), or immediately after the delivery of a baby.

Women develop high blood pressure, together with protein in their urine (leaked from their kidneys) and fluid retention (oedema).

Although pre-eclampsia is usually mild, it should always be taken seriously because, in a few cases, it can cause complications, such as growth problems in the baby and can in some instances result in the death of the mother or child.

Furthermore, a recent study in the British Medical Journal (<http://news.bbc.co.uk/1/hi/health/2955489.stm>) found those who had experienced raised blood pressure in pregnancy had a long-term risk of hypertension (high blood pressure), an increased risk of stroke and a slightly increased risk of heart disease.

Subclinical nutritional deficiencies

Studies have shown that there is a link between low levels of antioxidants (such as vitamins A, C, and E) and a higher risk of pre-eclampsia. Antioxidants are the nutrients that fight free radicals. While some free radicals are necessary for good health, too many have been linked to health problems including pre-eclampsia and hypertension.

Other studies have shown that women with a low level of omega-3 fats are more likely to have pre-eclampsia.

Calcium and zinc status has also been linked to the risk of developing pre-eclampsia.

With the Natural Nutrition Pregnancy programme we will look at your nutritional requirements and provide you with advice that can help lower high blood pressure and improve your health, as well and increase your chances of having a healthy baby.

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