

Stretch marks

According to NHS direct, between 75% and 90% of women develop stretch marks during pregnancy. As you put on weight, your abdomen (stomach) is gradually stretched further and further, usually causing stretch marks to appear in the sixth or seventh month. Stretch marks can also appear on your thighs, and on your breasts as they get bigger and heavier.

Stretch marks are lines on the skin that start off as raised red lines. They then turn purple, before slowly fading into flat silvery streaks. The medical name for this type of mark is stria. Stretch marks happen when the skin is stretched a lot over a short period of time, such as during pregnancy.

Doctors think some people get stretch marks because their bodies produce more of the hormone, corticosteroid, than normal. This hormone decreases the amount of collagen in the skin, which is a type of protein in the fibres of the skin that keeps it stretchy.

Subclinical nutritional deficiencies

In the early stages, stretch marks can sometimes be reduced by good moisturising creams – especially those containing vitamins A and E. Consequently, foods rich in these vitamins during your pregnancy may help to avoid getting stretch marks in the first place. Other important skin nutrients include Zinc, silica and water.

As corticosteroid is a stress hormone taking steps to reduce stress during pregnancy may also help.

With the Natural Nutrition Pregnancy programme we will look at your nutritional requirements as well as ways to reduce your stress and provide you with advice that can help prevent or alleviate stretch marks and other pregnancy health concerns. Alternatively, you may simply wish to optimise your nutrition during your pregnancy.

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