

Inner Power Hypnobirthing

Useful tips for pregnancy and birth

Getting the uterus ready

At 36 weeks eat and drink

1. **fresh pineapple** - eat some of this three to four times a week. It is an acid food and may upset your digestive system if you eat too much of it.
2. **raspberry leaf tea** – this is an acquired taste so it can be obtained in capsule or liquid form if you prefer. Put 15 to 20 drops of the liquid (depending on the make) in a little water and drink.
Start with one cup of tea a day, one tablet or 15 drops in water, and build up gradually to a maximum of four cups of tea, tablets or sets of drops daily. The tea can be sipped freely during labour too. In my opinion the liquid method is the best way to ensure you get the correct standard dosage and it is also easily absorbed into the body. Raspberry leaf in all the forms described can be bought from a health shop

These both help to get the uterus ready for the birth.

Breastfeeding tips

1. To get the nipples in peak condition, if you can, when you are at home, do not wear a bra. If this is too uncomfortable, then get an old bra and cut a hole for your nipples. The friction of the nipples on your clothes “toughens” the nipples ready to accommodate the hard gums of the baby!!
2. Use a nipple cream just before the birth to keep the nipples supple
3. Should you get any soreness when breastfeeding then keep some **grated carrot** in the fridge and after feeding your baby, place some of this cold grated carrot inside your breast pad against your nipples. Not only is this very soothing, but it also encourages the nipples to heal very quickly.
4. **Savoy cabbage leaves** around the breasts are very good for mastitis.

Interesting points about your due date

Only 5% of babies arrive on the due date.

The gestation period for 95% of normal babies is between 265 to 300 days.

The average is 282 days, which is taken to estimate the due date.

With compliments from Paola Bagnall