

## Week 12 (2018)

# Who Doesn't Take Supplements In Pregnancy?

Calls for mandatory fortification of flour with folic acid have been reignited after a survey found over 90% of women of childbearing age are folate deficient, so I presume 90% of the female population.



## Sounds a good idea?

According to 'experts,' these figures place these women at an elevated risk of their babies being born with conditions such as spina bifida. The idea is to add folic acid to flour so that breads and cakes, etc., will deliver more folic acid.

## My Comments

The challenge about pregnancy is that many essential nutrients such as Folate, Iodine, Selenium, Magnesium, and many others are critical in the first 12 weeks for early formation and all the way through for mum and baby for good health.

**Iodine Deficiency** – This is so critical that the World Health Organisation (WHO) recommend that ALL females of childbearing age supplement with iodine 'just in case' as it may be too late by the time you realise you are pregnant. Iodine has many uses, but brain development is why WHO recommend it.

The experts say you only need 400iu per day, but the world's longest living healthiest people on the planet consume around 2-3000IU per day in their diet. So much for 'experts'.

**Folate Deficiency** – Did you notice how the 'experts' correctly said that women were deficient in Folate and then neatly slide into saying Folic acid? Folic acid is a synthetic form of Folate, and this cannot be absorbed by 25% of the female population. So, the sloppy experts are pushing a 'drug' called Folic acid made by drug companies rather than natural Folate that leaves 25% of the women and their babies exposed to spina bifida. So much for 'experts'.

**Selenium Deficiency** – can lead to disease in everyone at any age, but it plays a significant role in the undisturbed functioning of the reproductive system. Studies have addressed correlations between its intake and fertility, as well as disorders of procreation processes. Selenium deficiencies may lead to gestational complications, miscarriages and the damaging of the nervous and immune systems of the foetus. A low concentration of selenium in blood serum in the early stage of pregnancy has been proved to be a predictor of low birth weight of a new-born. The baby's father who has a deficiency of this element may also cause infertility by causing a deterioration in the quality of semen and in sperm motility. For this reason, supplementation in the case of selenium deficiencies in the procreation period of both women and men is of utmost significance!

*So much for 'experts'.*

**Magnesium Deficiency** – Is a world epidemic and intake from foods is less than half that just 60 years ago. This means the same for your growing foetus as it does for your 90-year-old great grandmother since:

1. Magnesium is needed for more than 400 biochemical reactions in the body.
2. Every single cell in the human body needs magnesium to function properly.
3. Magnesium along with calcium regulates electrical impulses.
4. Magnesium helps maintain normal muscle and nerve function.
5. It helps to keep your brain and heart working properly. These two key organs are especially at risk, since they function on electrical impulses that rely on magnesium.
6. Chronic magnesium deficiency can trigger signs of **heart diseases** such as **hypertension, high cholesterol, angina** and **arrhythmias**.
7. Magnesium may help prevent diabetes, metabolic syndrome and fibromyalgia.
8. Proper levels of magnesium help to protect against getting cluster headaches and migraines.
9. Magnesium can help you avoid painful menstrual cramping, muscle aches, pains and twitching and even spasms associated with asthma.
10. Magnesium protects the foetus and brain against Cerebral Palsy.

I didn't mention fatty acids that are also essential for brain and eye development.

These are just a few of the critical vitamins and minerals, but the experts either don't know or don't want to alarm mothers-to-be, by telling them how critical nutrition is.

They hide behind the most stupid statement I have ever heard from 'experts,' telling mothers-to-be that as long as you eat a balanced diet everything is fine. That is abuse, and if there was justice, we could go before the courts and get them to admit the food today is lacking to the point of being dangerous.



With a planned diet and nutritional plan for both father and mother, my contention is babies would always be born healthy. I disagree that genes cause most birth defects. Look at just 10 of the nutrients above; what they are critical for and then imagine if they were in short supply.

More couples today are struggling to have a baby than ever before and are often blamed by their doctors for their fertility troubles. But please know that if you haven't yet received the right information on the nutrients you need to create and carry a healthy baby to term, it's not your fault. The majority of doctors are not trained in nutrition.

If you are planning a baby or are recently pregnant or, more importantly, are having difficulty getting pregnant from any cause, please know there is a solution. I urge you to download my eBook and read it 2-3 times so you can become your own expert at creating your healthy baby (and mother). This book contains information many doctors simply aren't equipped to tell you.

## REMEMBER

99% of fertility and health problems are caused by incorrect foods, lack of nutrients and not walking enough. Start today to correct these and move towards a healthier mother and baby.