

DEHYDRATION DURING PREGNANCY AND BREASTFEEDING

To protect your health and that of your developing baby, here's what you need to know about dehydration during pregnancy and breast feeding:

- During pregnancy your fluid volume increases significantly to provide healthy amniotic fluid for your baby, while your body needs minerals for cell production. Also the mother's blood volume increases by 40%, hence more water is required.
- The risks of dehydration during pregnancy and breastfeeding are not to be underestimated since associated complications can be very serious.



- If your urine is pale yellow, then you are likely getting enough fluids.

Water is wonderful for maintaining hydration, but feels free to mix it up if you're dealing with nausea or just find it difficult to drink enough because you're used to different types of beverages. Minimise artificial beverages, tea and coffee.

Try making flavoured waters, using your favourite fruits and herbs. Simply fill your water jug with mineral water and add some slices of your favourite ingredients, and let it sit overnight.

Here are some flavoured options:

- Morning sickness that leads to nausea and vomiting causes fluid loss and increases chances for dehydration. The risk is often compounded by that fact that the feeling of nausea reduces the desire to drink water.
- Dehydration during the first trimester of pregnancy can result in inadequate amniotic fluid for your baby. In extreme cases, the fetus often ends up resting directly on the wall of the uterus, which can compromise development.
- Hydration during the second and third trimesters stresses mom's body and can lead to muscle cramping, Braxton Hicks, and even premature labour.
- Breast feeding by its very nature, is a loss of fluid from mom's body. Drink enough STRUCTURED ALKALINE MINERAL WATER.
- **Pineapple and mint** – Calms the for digestive system
- **Cherries and lime** – Improves the quality of sleep
- **Watermelon and rosemary** – For better blood flow.
- **Orange, pineapple and ginger** – Treats dehydration
- **Celery, lime, and grapes** – suppresses hunger pangs
- **Rose water and mint** – Stress relief
- **Pear, ginger, vanilla and cinnamon** – Prevents calcium deficiency
- **Melon and cucumber** – Headache prevention
- **Orange, chia seeds and cinnamon** – weight loss, joint pain relief and diabetes.

How do you know if you're getting enough water?

- A common recommendation is to drink at least eight to ten glasses of water per day
- Log your water intake

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