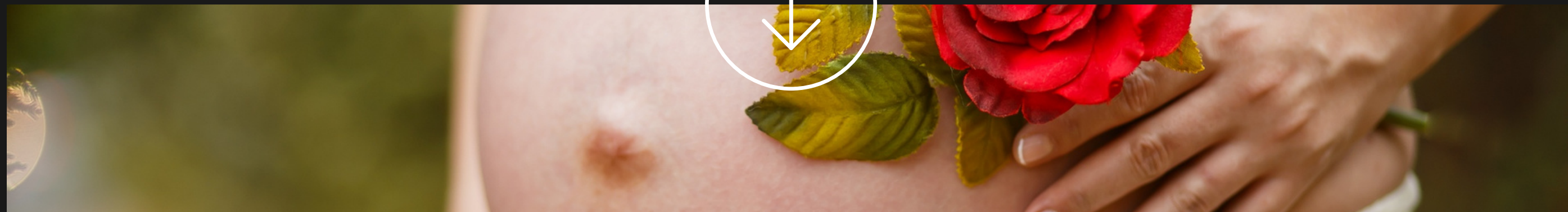


INSTRUCTOR: ZOEY GONG | GLOBAL BRANHES

FOOD THERAPY FOR A SUCCESSFUL PREGNANCY

CLASS #2 | FEB 2, 2022



HOMEWORK

Ali

I made the ai ye, saffron, and ginger egg. The smell was quite wonderful as it cooked. I was surprised by how mild it tasted, yet it was very energetically powerful, and I felt qi and blood moving gently but dramatically.

- Ai ye
- saffron
- ginger
- egg



HOMEWORK

Flavia

chose JiangHuang because it's a herb that I cook a lot with, but I never used it like tea. As I am in my painful period, I thought it was perfect. I cooked for 35 minutes. The taste is good.

- Jiang huang
- honey



HOMEWORK

Yvonne

I chose to work with Jujube. Normally I put them in a tea, with Dragon eye fruit, ginger and goji berries. Since it's the Chinese New Year, the jujubes were put in a soup base for hot pot, together with beef broth and goji berries. See photo attached :-)

A suggestion I heard of is to remove the pits to avoid heat. How do you regard this? And something new I learned from your class; to add the herbs later than the meat when making a broth. Why is that better? I'm always a bit doubtful about the amount of each ingredient I should add when it's consumed as food.

- da zao





HOMEWORK

Johanne

Here is my take – so far, hope to be further inspired by your class – on a simple chicken broth for new mothers. It has chicken, sweet potato, carrot, yellow beetroot, celery, fennel, onion, garlic, fresh turmeric & ginger, black pepper, bay leaves, fresh thyme and black beans; simmered for a minimum of 4 hours, and for the last hour of cooking: juniper berries, dang gui & jujube are added. I was taught to cook it (aka put in the ingredients) in five phase cycles to enhance the energetic power of the broth

- juniper berries
- dang gui
- da zao



HOMEWORK

Pun

Herbs I used for my Korean ginseng chicken soup:

Huang Qi, da zao, Siberian ginseng, Sang Zhi (Morus bombycis), sheng jiang, Chuan Xiong (according to package description), and geng mi.

- huang qi
- da zao
- siberian ginseng (?)
- sang zhi
- sheng jiang
- chuan xiong



HOMEWORK

Mariana

- gou qi
- tu si zi
- ai ye

For my homework I cooked sticky rice cake (very common where I live) of Gou Qi, Tu Si Zi and Ai Ye.

Recipe:

Did a tea with: 3 tablespoons of Gou Qi, 15g Tu Si Zi (crushed), 8g Ai Ye & 2 slices of ginger.

Soaked the sticky rice for 2 hours on the tea, removed Ai Ye and cooked the sticky rice cakes with Gou Qi & Tu Si Zi coconut cream, pandan leaves and a bit of coconut sugar, that's how Indonesians cook it like a sweet.

I tried the tea and to me tasted bitter and earthy, I could drink it but would not necessarily enjoy it. The final result was a sticky rice cake with brown color with Gou Qi and Tu Si Zi on it, and it tasted earthy and sweet, everyone liked it in our house! And easy to eat any time of the day as a snack.



HOMEWORK

Christina

	Type	Price (kg)	Gram 1 bag	F
	柴胡 ChaiHu	88,07	20,00	
	當歸 DangGui	88,07	20,00	
	白芍(生) BaiShao(Sheng)	44,04	40,00	
ie	白朮(生) BaiZhu(Sheng)	44,04	20,00	
	甘草(生) GanCao(Sheng)	44,04	12,00	
	茯苓(片) FuLing(Pian)	44,04	20,00	
	槲寄生 HuJiSheng	29,36	40,00	
	續斷 XuDuan	29,36	28,00	
	王不留行(生) WangBuLiuXing(Sheng)	29,36	16,00	
	烏藥 WuYao	44,04	20,00	
	枸杞子 GouQiZi	58,72	20,00	
	乾姜 GanJiang	44,04	12,00	
		9,00	1,00	



Nutrition During Pregnancy Impacts Offspring's Epigenetic Status—Evidence from Human and Animal Studies

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4758803/>

Epigenetic Mechanisms Link Maternal Diets and Gut Microbiome to Obesity in the Offspring

<https://www.frontiersin.org/articles/10.3389/fgene.2018.00342/full>



Pregnancy Weight Gain

Table 1. Institute of Medicine Weight Gain Recommendations for Pregnancy ↵

Prepregnancy Weight Category	Body Mass Index*	Recommended Range of Total Weight (lb)	Recommended Rates of Weight Gain† in the Second and Third Trimesters (lb) (Mean Range [lb/wk])
Underweight	Less than 18.5	28–40	1 (1–1.3)
Normal Weight	18.5–24.9	25–35	1 (0.8–1)
Overweight	25–29.9	15–25	0.6 (0.5–0.7)
Obese (includes all classes)	30 and greater	11–20	0.5 (0.4–0.6)

*Body mass index is calculated as weight in kilograms divided by height in meters squared or as weight in pounds multiplied by 703 divided by height in inches.

†Calculations assume a 1.1–4.4 lb weight gain in the first trimester.

Modified from Institute of Medicine (US). Weight gain during pregnancy: reexamining the guidelines. Washington, DC. National Academies Press; 2009. ©2009 National Academy of Sciences.

For twins:

- Underweight: no set guidelines
- Normal: 37 to 54 pounds
- Overweight: 31 to 50 pounds
- Obese: 25 to 42 pounds

Pregnancy Weight Gain

In general, women who were at a healthy weight before becoming pregnant need between 2,200 calories and 2,900 calories a day when expecting. A gradual increase in calories as the baby grows is the best bet. Here is an overview of how calorie needs change during each trimester:

- **The first trimester** does not require any extra calories.
- During **the second trimester**, an additional 340 calories a day are recommended.
- For **the third trimester**, the recommendation is 450 calories more a day than when not pregnant.
- Additional calories should come from nutrient-dense foods including lean protein, whole grains, low-fat or fat-free dairy, vegetables and fruit.

<https://www.eatright.org/health/pregnancy/prenatal-wellness/healthy-weight-during-pregnancy>

Trimester	NNR	IOM
1st trimester	103 kcal	0 kcal
2nd trimester	329 kcal	340 kcal
3rd trimester	537 kcal	452 kcal

IOM, Institute of Medicine; NNR, Nordic Nutrition Recommendations [8,11].

Essential Nutrients

Protein: 60g/day

From a balanced variety of sources:

- lean red meat
- lean poultry
- soy products
- safe wild seafoods

Calcium: 1000–1200mg

- consume with Vitamin C rich foods
- extremely important for the health of bones, nervous system, immunity, cardio-vascular system...
- pay special attention when pregnant pt is older than 35

Vitamin A

- animal/plant sources
- essential for cell division and the fetus' eye development,
- better to take from food than supplementation

Best Choices

EAT 2 TO 3 SERVINGS A WEEK

OR

Good Choices

EAT 1 SERVING A WEEK

Anchovy	Herring	Scallop
Atlantic croaker	Lobster, American and spiny	Shad
Atlantic mackerel	Mullet	Shrimp
Black sea bass	Oyster	Skate
Butterfish	Pacific chub mackerel	Smelt
Catfish	Perch, freshwater and ocean	Sole
Clam	Pickering	Squid
Cod	Plaice	Tilapia
Crab	Pollock	Trout, freshwater
Crawfish	Salmon	Tuna, canned light (includes skipjack)
Flounder	Sardine	Whitefish
Haddock		Whiting
Hake		

Bluefish	Monkfish	Tuna, albacore/ white tuna, canned and fresh/frozen
Buffalofish	Rockfish	Tuna, yellowfin
Carp	Sablefish	Weakfish/ seatrout
Chilean sea bass/ Patagonian toothfish	Sheepshead	White croaker/ Pacific croaker
Grouper	Snapper	
Halibut	Spanish mackerel	
Mahi mahi/ dolphinfish	Striped bass (ocean)	
	Tilefish (Atlantic Ocean)	

Choices to Avoid

HIGHEST MERCURY LEVELS

King mackerel	Shark	Tilefish (Gulf of Mexico)
Marlin	Swordfish	Tuna, bigeye
Orange roughy		

* Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants. State advisories will tell you how often you can safely eat those fish.

www.FDA.gov/fishadvice
www.EPA.gov/fishadvice



Essential Nutrients

Vitamin B Group

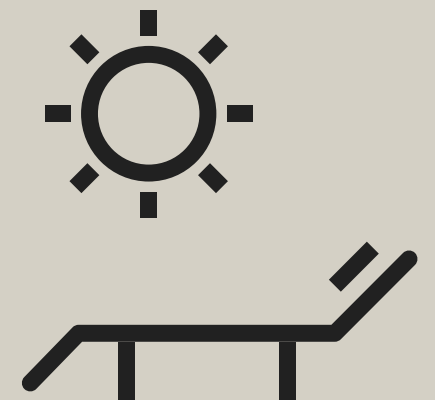
- B6 may prevent morning sickness.
- B12 may prevent anemia.
- Intake from food daily
- whole grains, legume, seaweeds

Vitamin C

- ensure the fetus' brain health
- help with the absorption of many other nutrients
- intake from food daily
- raw fruits and vegetables

Vitamin D

- bone, nerve health, immunity
- black wood ear, fresh mushrooms, egg yolk, salmon
- 30 mins under the sun



Essential Nutrients

Folate: 400mcg

- mentioned in previous lecture

Minerals

- IRON: 45mg/day, increased need for iron
- ZINC: 25-30mg/day, increase the success rate of natural birth
- IODINE: 200mcg/day, prevent thyroid-related miscarriage
- COPPER
- MAGNESEUM

Top 10 Foods Highest in Magnesium

420mg of Magnesium = 100% of the Daily Value (%DV)

1 Spinach



37% DV (157mg)
per cup cooked

41 calories

2 Squash and Pumpkin Seeds



37% DV (156mg)
per 1oz handful

163 calories

3 Lima Beans



30% DV (126mg)
per cup cooked

209 calories

4 Tuna



26% DV (109mg)
per 6oz fillet

313 calories

5 Brown Rice



20% DV (86mg)
per cup

218 calories

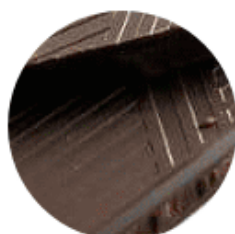
6 Almonds



18% DV (77mg)
per 1oz handful

164 calories

7 Dark Chocolate (85% Cocoa)



15% DV (65mg)
per 1oz square

170 calories

8 Avocados



14% DV (58mg)
per avocado

322 calories

9 Non-Fat Yogurt



11% DV (47mg)
per cup

137 calories

10 Bananas



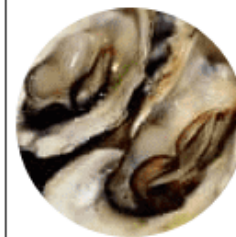
10% DV (41mg)
per cup sliced

134 calories

Top 10 Foods Highest in Copper

0.9mg of Copper = 100% of the Daily Value (%DV)

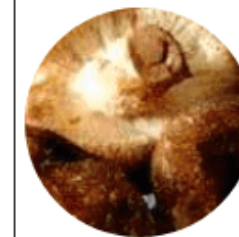
1 Oysters



419% DV (3.8mg)
per 6 oysters

67 calories

2 Shiitake Mushrooms



144% DV (1.3mg)
per cup cooked

81 calories

3 Firm Tofu



106% DV (1mg)
per cup

363 calories

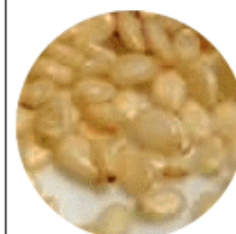
4 Sweet Potatoes



79% DV (0.7mg)
per cup mashed

258 calories

5 Sesame Seeds



78% DV (0.7mg)
per oz

160 calories

6 Cashews (Dry Roasted)



70% DV (0.6mg)
per 1 oz handful

163 calories

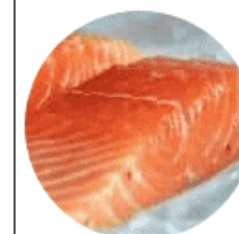
7 Chickpeas (Garbanzo Beans)



64% DV (0.6mg)
per cup

269 calories

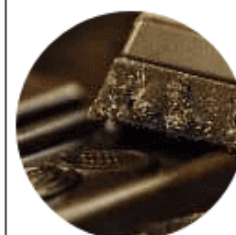
8 Salmon



61% DV (0.5mg)
per 6oz fillet

309 calories

9 Dark Chocolate (70-85% Cocoa)



56% DV (0.5mg)
per 1oz square

170 calories

10 Avocados



42% DV (0.4mg)
per avocado

322 calories

EATING SAFELY DURING PREGNANCY



ENJOY:

VEGETABLES	FRUITS	DAIRY	GRAINS	PROTEINS
Carrots Cooked greens Pumpkin Spinach Sweet potatoes Red sweet peppers	Apricots Bananas Cantaloupe Grapefruit Honeydew Mangoes Oranges Prunes Tomatoes	Skim or 1% milk Soymilk Fat-free or low-fat yogurt	Ready-to-eat cereal Cooked cereal	Beans and peas Lean beef Lamb and pork Nuts and seeds Poultry Salmon, trout, herring, sardines and pollock
Benefits: Vitamin A & Potassium	Benefits: Potassium	Benefits: Calcium, Potassium, Vitamin A & Vitamin D	Benefits: Iron & Folic Acid	Benefits: Amino Acid

AVOID:



Hot dogs/luncheon meats/bologna/other deli meats (unless reheated). **Risk: listeria**

Soft cheeses that are unpasteurized. **Risk: bacteria**

FOOD SAFETY for Baby and Me

Learn the food safety steps that will keep expecting moms safe from foodborne illness.

FOODS TO AVOID WHILE PREGNANT		
Foods to Avoid	Here's Why	Foods to Eat
Raw seafood	May contain parasites or bacteria	Fish cooked to 145 °F
Unpasteurized juice, cider and milk	May contain <i>E. coli</i> or <i>Listeria</i>	Pasteurized versions are safer alternatives.
Soft cheese and cheese made from unpasteurized milk	May contain <i>E. coli</i> or <i>Listeria</i>	Hard cheese & cheese made with pasteurized milk
Undercooked eggs	May contain <i>Salmonella</i>	Eggs with firm yolks
Premade deli salads (egg, pasta, chicken, etc.)	May contain <i>Listeria</i>	Make these dishes at home
Raw sprouts	May contain <i>E. coli</i> or <i>Salmonella</i>	Cook thoroughly
Cold hot dogs and luncheon meats	May contain <i>Listeria</i>	Reheat to steaming hot or 165 °F
Undercooked meat and poultry	May contain <i>E. coli</i> , <i>Salmonella</i> , <i>Campylobacter</i> , <i>Toxoplasma gondii</i>	Meat and poultry at or above the USDA recommended internal temperature

SAFE INTERNAL COOKING TEMPERATURES

145 °F

 Beef, pork, veal and lamb steaks, roasts and chops with a 3 min rest time
 Fish

160 °F

 Egg dishes
 Ground beef, pork, veal and lamb

165 °F

 Whole, ground, or pieces of chicken, turkey and duck

DANGERS OF LISTERIA AND TOXOPLASMA GONDII

Listeria monocytogenes



Pregnant women are **10 times more likely** to get Listeriosis.

Listeriosis can cause:

- Miscarriages
- Premature labor
- Low-birth weight
- Infant death

50% of Toxoplasmosis infections in the U.S. are acquired from food.

Toxoplasma gondii



Toxoplasmosis can cause babies to develop:

- Hearing loss
- Blindness
- Intellectual disability
- Brain or eye problems later in life

These foodborne illnesses can infect your baby even if you do not feel sick.

REMEMBER



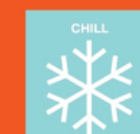
Clean:
 Wash hands and surfaces often.



Separate:
 Keep raw meat and poultry separate from ready-to-eat foods.



Cook:
 Cook foods to the proper internal temperature.



Chill:
 Get leftovers to the fridge within 2 hours of being cooked.



For more food safety tips, go to
FoodSafety.gov

ADDITIONAL SOURCE: CDC

Fetus–Protecting Herbs

- AI YE / ARTEMISIA LEAF
- BAI ZHU / WHITE ATRACTYLODES ROOT
- DU ZHONG / EUCOMMIA BARK
- E JIAO / DONKEY HIDE GELATIN
- HUANG QIN / SCUTELLARIA BAICALENSIS ROOT
- HUANG QI / ASTRAGALUS ROOT
- LIAN FANG / LOTUS RECEPTACLE
- SANG JI SHENG / MISTLETOE (FROM MULBERRY TREE)
- SHA REN / AMOMUM VILLOSUM/XANTHIOIDES SEED
- TU SI ZI / CUSCUTA SEED
- XU DUAN / DIPSACUS ROOT
- ZHU MA GEN / BOEHMERIA ROOT
- ZI SU YE & GENG / PERILLA LEAF AND STEM

Herbs to Avoid during Pregnancy

- TCM herbs that significantly promote blood flow and circulation
- Noto-ginseng (sān qī)
- Safflower (hóng huā)
- Peach kernel (táo rén)
- Artemisiae Anomala (liú jì nú)
- Japanese Thistle (da ji)
- Angelica Root Tail (dang gui tail)*
- Korean ginseng (ren shen)"

TCM herbs that strongly induces diarrhea

- Rhubarb (dài huáng)
- Senna leaf (fān xiè yè)
- Croton Seed (ba dou)
- Pokeberry Root (shang lu)

Herbs to Avoid during Pregnancy

TCM herbs that significantly promote qi flow and remove stagnation

- Borneol (bīng piàn)
- Sapwood / Sappan Wood (sū mù)
- Knotweed (hǔ zhàng)
- Fructus aurantii (zhǐ qiào)
- Fructus aurantii) (zhǐ shí)
- Musk Deer Gland Secretions (she xiang)
- Bovis Calculus (niu huang)

TCM herbs that contains toxicity

- Realgar (xiong huang)
- Aconite (fu zi)
- Chinese Arisaema Rhizome (tian nan xing)

FOOD THERAPY FOR

1ST TRIMESTER



MONTH 1

LV

- LV stores blood, governs tendons, and is easily influenced by stress and emotions.
- **Principle:** sooth liver, remove stagnation, calm overly active yang
- Slight sour flavor is ideal.
- Focus on folate and vitamin A intake.
- **Recommended foods and herbs:** ume (sour plum), sang ji sheng, rose, dark leafy vegetables, orange colored vegetables, goji berries, citrus, Xiang Fu / Cyperus rhizome, Bai Shao Yao / White Peony root, Bo He / Chinese Mint, Fu Shou (Fo Shou) / Finger Citron fruit

Recipe:

- Ume Boshi Rice Balls (use mixed grain rice): sooth LV, strengthen SP, Vitamin B group
- Stir-Fried Asparagus With Fresh Lily Bulb And Shimeji Mushrooms (skip the corn flour/ corn starch): calm shen, nourish yin, folate rich
- Tu si zi 20g, sang ji sheng 20g, gan cao 10g, jujube 10g, chicken thigh with bones 200g. Add 2000ml and cook about 40 minutes. (replenish KD while taking care of LV, strengthen SP and ST, great for the first month of pregnancy, especially for those with a history of miscarriage. _



MONTH 2

Gallbladder

- Rather unstable time of a pregnancy.
- GB: judgment ability, decision making, digestion, and your muscle and connective tissue health. Jing of the fetus is forming in the uterus.
- Avoid overly heavy, oily foods. Excessive consumption of greasy and fatty foods leads to the formation of Dampness which can lodge in the Gallbladder.
- **Recommended foods and herbs:** bai he, zhu ru, fu ling, lian zi, lemon, tomato, soybeans, asparagus, quinoa, pumpkin seeds, variety of vegetables and whole grains.

Recipe:

- bai he 15g, zhu ru 15g, lian zi 15g, fu ling 15g, 2L water, boil for 30 minutes: calm, remove dampness, secure pregnancy.

-



MONTH 3

Pericardium

- Emotional balance is key. Find joy. Appreciate art, music, nature.
- PC: It is the outer membrane around the heart that protects it from attacks by exogenous pathogenic factors. The pericardium is capable of being attacked by exogenous Heat, but the Heart is not (directly). In TCM theory and herbology, this is the only way the Pericardium is usually distinguished from the Heart.
- **Recommended foods and herbs:**

Recipe:

- Astragalus 15g, prepared gan cao 15g, mai dong 15g, bai shao 15g, da zao 15g, 1lb chicken or other bones. Make bone broth. (Tonify Qi and Blood, secure pregnancy, nourish heart).
- fu shen 15g, bai zi ren 10g (crushed), suan zao ren 10g (crushed), da zao 15g, bai he 15g, 1L water, boil 30 minutes. (Calm shen, help with sleep, reduce anxiety)

-



FOOD THERAPY FOR

2ND TRIMESTER



MONTH 4

San Jiao

- Organs of fetus are formed. The mom's appetite has started to increase. It is time to consume a bit more calories from animal protein, seeds and nuts, and wholegrains.
- SJ: easily impact any of its eleven fellow meridians, as well as any of the body's major organs, governs metabolism.
- **Recommended foods and herbs:** focus on variety and quality of produce, nutmeg, sha ren, da zao, chen pi, wu mei, shan zha, dou chi, du zhong, wild sea fish (DHA/omega-e), tofu

Recipe:

- Steamed cod with spring veggies
- Chen pi 10g, wu mei 2-3pc, boil 10 minutes: low appetite, indigestion.
- Steamed Spare Ribs with dou chi



MONTH 5

Spleen

- Fetus is growing very fast at this time. Limbs are forming. Appetite continue to increase, but note not to over eat or over replenish.
- Spleen likes foods that are warm. (in energy & temperature) e.g. meat, pepper, ginger, orange peel, kumquat, and dry foods. Excessive consumption of Cold foods (in temperature & energy) will impair Spleen function of transformation/transportation and cause interior Dampness & digestive problems. In addition, eating in a hurry, when stressed or upset, skipping meals and eating poor quality food all significantly weaken Spleen Qi.
- **Recommended foods and herbs:** complex carbohydrates, fu ling, yi ren, shan yao, huang qi, bai zhu, gan cao, dang shen, sweet potatoes, butternut squash.

Recipe:

- Cantonese Pork Soup with Carrots & Chinese Yam (add wood ear): strengthn spleen and blood, gently nourish kidney, great source of protein
- Green Beans in Sesame Miso: help with digestion, reduce dampness and heat, source of vimatine C and healthy fats



MONTH 6

Stomach

- Exercises at this time is great for the development of the fetus. Focus on warming and cooling foods, no extreme energetics.
- ST: Best not to eat when Stomach has least energy (7-9 PM), eat at regular times not overeat (prevents good digestion: food stagnates) not under-eat (or malnourish ourselves: causes Deficiency of the Spleen and Stomach). Excessive consumption of foods that are too cold, too hot or too dry will injure the stomach.
- **Recommended foods and herbs:** okra, lion's mane, ginger, chinese yam, honey, lotus root, millet congee, root vegetables, water chestnut, eggs, mai dong, sha shen, dang shen, gan cao, sha ren and other mild spices

Congee Recipe:

- Mai Dong 15g, dang shen 15g, prepared gan cao 10g, da zao 15g, 1 cup chopped celery, 1 cup chopped chinese yam, 1/2 fresh lion's mane or 1/2 cup shiitake, 1 cup of millet, 1 pc chicken thigh or drumsticks, 1 tbsp shredded ginger. Miso to taste.
- Boil mai dong, dang shen, gan cao, lion's mane in 4 cups of water for 30 minutes. Use the water to cook millet, da zao, celery, chinese yam, lion's mane, chicken, and ginger for about 30-40 minutes. You may need to add additional water. Keep stirring to prevent sticking.



FOOD THERAPY FOR

3RD TRIMESTER



MONTH 7

Lung

- Important time for bone development and skin health of the fetus.
- LU: Excessive consumption of Cold and raw (salads, dairy, etc.) foods decreases the Spleen's ability to transform and transport nutrients. When the Spleen's ability is impaired, Internal Dampness and eventually Phlegm accumulates in the Body. Spleen is the producer of Phlegm, the Lungs are the container for Phlegm.
- **Recommended foods and herbs:** Pears, peach, apple, banana, fig, strawberry, tomato, string bean, seaweed, kelp, spirulina, soy milk, tofu, tempeh, pork, oyster, butter, milk, pine nuts, xing ren, bai he, chuan bei, snow fungus, goji, bai guo

Recipe:

- Apricot Kernel Jelly
- CASHEW ORANGE APRICOT RICE MILK (skip the sugar or use honey)
- Aloe and Snow Fungus Stew for the Lung



MONTH 8

Large Intestine

- The fetus is getting big, causing constipation/hemorrhoids in the mom. along with other digestive issues. Lots of tension and difficulty in movement may show as well.
- LI: Excessive consumption of Cold and raw food can cause Interior Cold (diarrhea: loose stools). Excessive greasy and hot foods can cause Damp-Heat in Large Intestine (foul urgent and loose stool with burning).
- **Recommended foods and herbs:** sesame seeds, huo ma ren, bai shao, soy milk, sweet potato, dang gui (strictly follow dosage), oats, chia seeds, banana, probiotics, buckwheat, cashew, pine nuts

Recipe:

- Cooked chestnuts 100g, soy milk 200g. Blend and drink! (protein-rich, fiber-rich, gently encourage bowel movements.
- Bai shao 20g, prepared gan cao 10g, 5pc da zao, chicken thigh 200g, miso paste and sesame oil to taste. Add 1500ml water and boil for 30 minutes!: Relax sinews and muscles, nourish tendons.
- Rou cong rong 15g, gou qi 15g, dang gui 8g, shu di huang 10g, mai dong 10g, xuan shen 10g, 1 whole chicken, vegetables and seasonings of choice. Boil for 2 hours (herbs added in the last hour): moisten large intestine.



MONTH 9

Kidney

- Edema is very common at this stage. Reduce sodium intake and maintain light exercises.
- KD: Store the Jing and rule birth, growth, development, reproduction, and sexuality. Rule Water and Water Metabolism. Control inspiration and the grasping of Qi.
- **Recommended foods and herbs:** chestnut, chestnut, longan, black soy bean, goji, walnut, wild salmon, assorted fresh mushrooms, lotus seed, shrimp,

Recipe:

- Salmon and Miso Stew (add zi su ye, da zao, goji, long yan, and herb of choice): great source of DHA/omega-3 and protein, boost immunity
- Sweet Lotus Seed Soup (you can skip the sugar, and boil your own lotus seeds rather than buying canned ones): consolidate kidney essence, calm shen
- Yin chen 5g, bai mao gen 5g, sang ji shen 15g, corn silk 30g, dang shen 15g, 1000ml water. Boil 30 minutes: promote urination, reduce edema



MONTH 10

Bladder

- The fetus is pretty much ready to come to the world! Maintanese and good mood is key.
- BL: The Bladder's main function of transforming and excreting fluids relies on Kidney Yang. Bladder patterns can result not only from Kidney Yang Deficiency, but from accumulation of Dampness as well. Dampness can accumulate in the Bladder as a result of exposure to damp climates.

Recipe:

- Starting from week 37, make this chicken soup once a week and consume throughout the week:
 - dang gui 10g, chuan xiong 10g, huang qi 10g, tu si zi 15g, bai shao 15g, prepared gan cao 15g, ginger 3 slices, 1 whole chicken, water, veggies, and salt.
- 1 cup of cooked 8 treasure congee per day. This is a flexible recipe. Adapt accoridng to your client's condition.



FOOD REMEDY FOR

PREGNANCY COMPLICATIONS





Morning Sickness

- It occurs in about 70% of pregnancies and usually starts around 6 weeks of pregnancy and lasts for weeks or months.
- The cause of morning sickness is not totally known. It may be caused by **low blood sugar** or the **rise in pregnancy hormones**, such as human chorionic gonadotropin (HCG) or estrogen. Morning sickness may be worsened by **stress, being overtired, eating certain foods, or having sensitivity to motion** (motion sickness).
- TCM perspective: rebellious LV qi + weak ST/SP -> Regulate LV Qi, strengthen SP/ST, tonify Blood



Remedy

- B6
- Ginger tea / ginger in food
- ban xia formulas
- Shiso leaves: eaten fresh with rice or drink dried in tea
- Nei Guan Point



Constipation

- About **16 to 39%** of people get constipated at some point during pregnancy. You're most likely to get constipated **in the third trimester**, when the fetus is heaviest and putting the most pressure on your bowel.
- **Increased progesterone level** relaxes your intestines. A **growing fetus** makes your uterus heavier. This extra weight can put more pressure on your bowel, making it harder for waste to travel out of your body. **Too much iron** intake makes it harder for bacteria in your bowel to break down food. **Diet and lifestyle**, of course, play a bit role.



Remedy

- On empty stomach, have ripe banana/pineapple/papaya/kiwi + unsweetened natural soy yogurt.
- 1 tbsp black sesame + 1 tbsp hempseeds
- Hydration is key



Abdominal Pain

- Mild stomach pain in early pregnancy (**during the first 12 weeks**) is usually caused by womb expanding, the ligaments stretching, constipation or trapped wind.
- **Red flags:** bleeding, brown discharge, cramps like strong period pains, severe lower back pain
- TCM perspective: weakness in Dai Mai, KD Qi deficiency, SP deficiency, Zhong Qi deficiency -> lift Qi, strengthen Spleen, gently tonify



Remedy

- Prepared Du Zhong 15g, bai zhu 15g, prepared gan cao 5g, dang shen 15g, prepared bai shao 15g, shu di huang 15g, Chinese yam 15g, chicken drumsticks/thigh, 1500ml water, 45 minutes





Edema

- Edema affects about three quarters of pregnant women. It can start around **week 22 to week 27**, and will likely stick around until giving birth.
- Edema occurs when **body fluids increase** to nurture both the mom and the baby and accumulate in tissues as a result of **increased blood flow and pressure of growing uterus** on the pelvic veins and your vena cava. Typically at ankles and feet.
- **Red flags:** if edema is severe and co-present with high blood pressure, headache, blurry vision, abdominal pain, it may be **preeclampsia**. Send pt to hospital immediately.
- TCM perspective: KD qi def, SP def -> strengthen KD and SP

Remedy

- Posture/movement: Avoid long periods of standing or sitting. Elevate legs. Sleep on left side.
- Good intake of lean protein or plant-based protein.
- Less salt/sodium intake.
- Drink NOT plain water: black soybean/adzuki/coix seed tea.
- 30g corn silk + 1500ml water + 30 minutes.





Anemia

- **Iron-deficiency anemia:** most common, when the body doesn't have enough iron to produce adequate amounts of hemoglobin.
- **Folate-deficiency anemia:** During pregnancy, women need extra folate. But sometimes they don't get enough from their diet. The body can't make enough normal red blood cells to transport oxygen to tissues throughout the body.
- **Vitamin B12 deficiency:** Women who don't eat meat, poultry, dairy products, and eggs have a greater risk of developing vitamin B12 deficiency, which may contribute to birth defects, such as neural tube abnormalities, and could lead to preterm labor.
- TCM perspective: blood deficiency -> tonify blood



Remedy

- iron rich foods: red meat, leafy, dark green vegetables, beans, lentils, and tofu, etc. + vitamin C
- folate rich foods or folic acid
- reconsider-vegan diet or add B12 supplement
- 1 cup brown rice, 2 cup beef bone broth, 3 pc thai basil, 1/2 cup edamame, 1 tablespoon pine nuts, EVOO, 2 fresh shiitake, 1/2 beet. salt to taste. Cook rice in beef bone broth. Stir fry everything together.





Cough

- Coughing during pregnancy is normal and can **occur at any time** due to **hormonal and immunity changes**. These changes can make a women a bit more sensitive to allergies, or more prone to catching respiratory viruses.

The CDC is now recommending that all pregnant women receive the **Tdap vaccine** during each of their pregnancies, preferably between the 27th-36th weeks of pregnancy to prevent **whooping cough** (excessive, violent coughing followed by an intake of breath that makes a whooping sound.)

- TCM perspective: LU Yin def, exterior cold invasion, Rebellious Qi (LV/ST)



Remedy

-LU Yin nourishing herbs and foods: bai he, pear, snow fungus, mai dong, sha shen, chuan bei. xing ren + a little ginger

- Poach pear with herbs mentioned above. [Recipe here.](#)



Itching

- Elevated hormone level + increased blood supply to the skin + stretched skin
- **Cholestasis** of pregnancy: typically in 3rd trimester, when levels of hormones increase during pregnancy, the flow of bile in the liver stops or slows down. This slowdown can cause bile to build up in the liver and enter the bloodstream. Refer pt to medical doctor.
- TCM perspective: heat toxin in blood, dryness, wind -> cool blood, stop wind, prevent dryness, nourish yin

☀ Remedy

- asparagus soup
- Limit fried, spicy foods, bamboo shoots, fresh longan, lychee, mango, peanuts, banana, processed foods.
- jin yin hua 10g, mung bean 30g, coix seed 10g, monk fruit sugar, boil in water for 30 minutes.
- Fresh purslane salad.





Gestational Diabetes

- In the U.S., it's estimated that 6 out of every 100 pregnant women have this disease. Gestational diabetes is diabetes diagnosed for the first time during pregnancy, usually starts **in the beginning of the third trimester**. During pregnancy, the placenta releases hormones that help your baby grow. Some of these make it harder for your body to make or use insulin, causing insulin resistance.
- What are the numbers and risk factors?
- TCM perspective: Xiaoke disease, Yin deficiency, phlegm accumulation, excess heat.

☀ Remedy

- All dietary principles for Type2 diabetes apply.
- Cooling, light, hydrating foods such as cucumber, bitter melon, silk gourd, zucchini. Cook with ginger if pt has a cold and weak constitution.
- Refrain from juices, simple carbohydrates (rice, pizza, bread).
- Herbs to use: shan yao, yu zhu, shi hu, he ye, sang ye, shan zha, guava leaf, american ginseng

