

# Healthy Pregnancy

## What Is Healthy Pregnancy?

Staying healthy during your pregnancy will depend solely on you—the one carrying the baby. You will get advice from everybody, and it's very important to keep yourself informed about how to keep both the baby and yourself healthy.

## What Supports Healthy Pregnancy?

The first thing to do is make sure you get regular prenatal care. As soon as you find out you are pregnant, you should schedule your first check-up. Without complications, you will need to see the healthcare provider every four weeks until the 28th week of pregnancy, down to every two weeks until the 36th week, and then once a week until you give birth.

Remember that pregnancy is not the time to go on a diet or cut down on calories; during this time, you would need about 300 additional calories per day, as you are now eating for two. It is important to eat healthy; drink plenty of fluids; have some low-impact, moderate-intensity exercise; and get enough sleep.

## Healthy Pregnancy FAQ

### Q: Is it safe to take Serrapeptase while you are pregnant?

A: Yes, it is safe, and Serrapeptase can even be used while breastfeeding and to clear a breast engorgement within an hour. For the best quality and value, use SerraEzyme 80,000IU capsules, 2 x 2 times per day

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**“My pregnancy with my first baby was horrible. I couldn’t get up, eat or drink anything without vomiting. I was always dizzy and weak. Because of this, I dreaded any future pregnancies, thinking it might all be the same. When we were ready for the second baby, I wanted it to be a different experience for both me and my husband. I wanted to be stronger and to feel better while I carried my baby in my womb, so I decided to try Serrapeptase as I was told that its tried and tested to be safe for pregnant women and that it helps clear out any inflammation in the body. Truly, I’ve never felt better. It gave me an easier, healthier pregnancy. My baby was born last March, and she’s very healthy. I will continue taking this while nursing and breastfeeding.”**

**- Rina D., Canada**

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*Follow the Health Plan as recommended for the best results:*

## HEALTHY PREGNANCY HEALTH PLAN

The following health plan is designed to support a healthy pregnancy. When the plan is followed consistently along with a naturally healthy lifestyle, it's possible to see noticeable results within a few short weeks. The key is to be consistent and to follow the plan and lifestyle accordingly.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern  
Supplements to support women's health - in order of priority:*

- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **AstaXanthin** - Enhances the immune system and supports fertility. Take 2 x 2 times per day.
- **MacaPro** - Balances the endocrine and the hormonal system. Take 1-2 teaspoons daily.
- **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.
- **Vitamin D3** - Contributes to hormonal balance. Take 5000IU, 1-2 times per day.