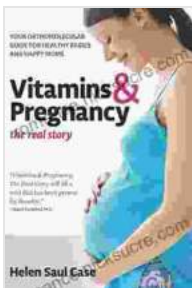


Your Orthomolecular Guide For Healthy Babies & Happy Moms

What is Orthomolecular Medicine?

Orthomolecular medicine is a branch of medicine that focuses on the optimal levels of nutrients in the body. The word "orthomolecular" comes from the Greek words "ortho," meaning "right," and "molecular," referring to molecules. Orthomolecular medicine aims to provide the body with the right molecules, or nutrients, in the right amounts to support optimal health.



Vitamins & Pregnancy: The Real Story: Your Orthomolecular Guide for Healthy Babies & Happy

Moms by Helen Saul Case

★★★★☆ 4.7 out of 5

Language : English
File size : 1734 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 352 pages



Orthomolecular medicine is based on the premise that many diseases can be prevented or treated by correcting nutrient deficiencies. This includes conditions such as heart disease, cancer, and diabetes. Orthomolecular medicine can be used to treat a wide range of health conditions, including those that occur during pregnancy and the postpartum period.

Orthomolecular Medicine For Pregnancy

Orthomolecular medicine can be used to improve the health of both the mother and baby during pregnancy. By providing the body with the right nutrients, orthomolecular medicine can help to reduce the risk of birth defects, preterm birth, and other pregnancy complications.

Some of the nutrients that are essential for a healthy pregnancy include:

- Folate
- Iron
- Calcium
- Vitamin D
- Omega-3 fatty acids

Orthomolecular medicine can also be used to treat a variety of health conditions that can occur during pregnancy, such as:

- Morning sickness
- Gestational diabetes
- Preeclampsia

Orthomolecular Medicine For Postpartum Recovery

Orthomolecular medicine can also be used to support the mother's recovery after childbirth. By providing the body with the right nutrients, orthomolecular medicine can help to reduce fatigue, improve mood, and promote healing.

Some of the nutrients that are essential for postpartum recovery include:

- Iron
- Vitamin B12
- Vitamin C
- Zinc
- Omega-3 fatty acids

Orthomolecular medicine can also be used to treat a variety of health conditions that can occur postpartum, such as:

- Postpartum depression
- Mastitis
- Uterine bleeding

How To Find A Qualified Orthomolecular Doctor

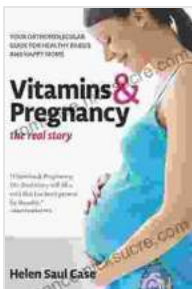
If you are interested in learning more about orthomolecular medicine, it is important to find a qualified practitioner. Orthomolecular doctors are trained to provide individualized treatment plans based on your unique needs.

To find a qualified orthomolecular doctor, you can ask your primary care physician for a referral or search online for a practitioner in your area. You can also check with the American Academy of Orthomolecular Medicine (AAOM) for a list of qualified practitioners.

Orthomolecular medicine is a safe and effective way to improve the health of both mothers and babies. By providing the body with the right nutrients,

orthomolecular medicine can help to reduce the risk of pregnancy complications, support postpartum recovery, and promote optimal health for both the mother and child.

If you are interested in learning more about orthomolecular medicine, please speak to your doctor or a qualified practitioner.



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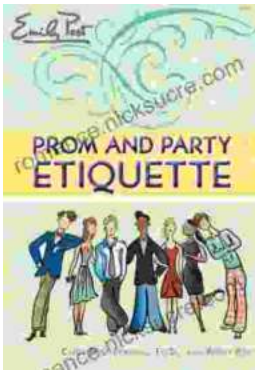
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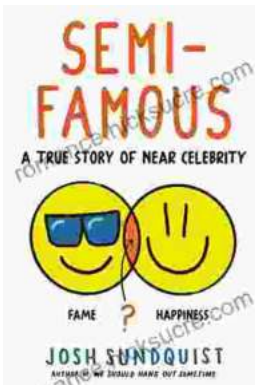
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