



RADIANT MAMI'S TIPS TO

# STAY HEALTHY DURING PREGNANCY

AND BEYOND

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**PREGNANCY IS A TIME OF CONNECTION,  
EXPANSION, ALLOWANCE, AND PREPARATION, IT IS  
IMPORTANT WE ARE KIND TO OUR MINDS AND  
BODIES DURING THIS INCREDIBLE TIME OF  
TRANSFORMATION.**

The following tips can help you support your wellness during pregnancy and beyond, so you can enjoy your pregnancy and support postpartum health.

# CREATE CONNECTION WITH SELF

this is the first step to any  
wellness journey

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The way you feel about yourself will be the guide to your actions. This is why it is so important to create a feeling of love, and a mindful/positive mindset.

Use the exercise provided in the following page as a tool to create connection with self.

# CONNECTING TO THE GODDESS WITHIN

FROM THE BOOK RADIANT MOMMY

Sit comfortably or lie down in a quiet and comfortable place. Take a deep breath in, let it out slowly to the count of four, and close your eyes on that exhale.

With each breath you take (breathe normally; do not force the breath) say the following on your exhale (either in your head or out loud):

"I am love."

"I am strength."

"I am tenacity."

"I am creation."

"I am health."

Every time you say/think a statement visualize the words any way that feels right for you. You can visualize them as light of any color shining bright inside your chest. You can feel them as a vibration. Or it can just be a feeling. There is no wrong way to experience these statements, and it might be different every time. That is ok. Allow yourself that space to grow, feel, or just be in this brief moment with yourself.

Repeat this cycle at least twice.

When you are done take one more deep breath, exhale to the count of four and open your eyes.



# ESTABLISH A SUPPORT NETWORK

Community is one of the most powerful tools for wellness.

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Pregnancy can be a challenging time and it is no time to take on the whole weight of the world. This is the time you lean on the love of your friends and family. This is the time you reach out for help when you need it.

Listen to your body, attend to your needs, it is not selfish to care deeply about the vehicle that is bringing a new life into this world.

The way you care for yourself is a reflection of love for your baby. If you are not well your baby will not be well. Your community wants to help you, let them.

# PRIORITIZE REST

Your body and mind need rest. Sleep provides the time for functions linked to healing, growing, detoxifying, and refreshing that your body needs to thrive.

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Do not sacrifice sleep. Without sleep there is no health. Without health there is no energy, inspiration, or joy to face the changes that come with pregnancy.

No chore, tv program, or social media engagement should take precedence over rest when your body so desperately needs it.

## TIPS

- Listen to your body, it will let you know when it needs rest during the day. Make sure you allow yourself to take that rest.
- Create a soothing bedtime routine. Be consistent with your bedtime rituals and you will be able to enjoy better sleep
- Find tools that make you feel more comfortable when laying down in bed. You can use pillows and blankets to support your changing body.
- Keep electronics outside of the bedroom. Keep your bedroom clean, dark, and cool. This will support your sleep.
- Use aromatherapy to create a pleasant bedroom environment.

# NOURISH YOUR BODY

The foods we eat will either support or hinder your ability to feel healthy and strong during pregnancy and beyond

Food provides your body with the building blocks it needs to function optimally. There is no shortcut here. What you put in your body will manifest health or disease. During pregnancy this is critical.

Creating a life is a huge undertaking, one your body is more than capable of taking, and it requires your participation. The body is designed to protect you and your baby during pregnancy but it needs your help.

Your body will do what it needs to in order to take care for your developing baby. It will take from your stored nutrient supplies if required. If you do not restock your nutrient supplies you will be malnourished during pregnancy and more so after your baby arrives.

A body depleted from nutrients can not sustain health. This will make it impossible for you to recover after having your baby, not to mention it will not support a healthy pregnancy.

It is not sufficient to rely on a prenatal vitamin to care for your nutritional needs. A diet rich in whole foods is your best option. That does not mean you can not indulge in treats once in a while, it does not mean you deprive yourself from eating, it means you treat yourself to delicious, nourishing foods that will love you and your baby back.

# KEY FOODS TO INCLUDE

- Healthy fats. Eat plenty of fats like those found in avocado, nuts, and fatty fish. Fats are key components to hormone synthesis, cellular structure, nervous system function and brain development and health.
- Fruits and vegetables. These are a source of vitamins, minerals, antioxidants, fiber, carbohydrates and proteins your body needs to support pregnancy and health.
- Protein. Do not forget proteins are the body's main building blocks. You are making a baby, so your body needs enough protein to work on this amazing project :)
- Lots of water. As your body changes and your blood flow increases staying hydrated is crucial for detoxification, transport, and maintenance of body functions throughout your body.
- Mineral rich broths. Broths are a wonderful way to provide liquids and a concentrated, easy to absorb source of minerals and other nutrients to your body. I highly recommend including bone broths regularly as they contain one of the most abundantly used proteins in the body, collagen. If you are vegetarian there are plenty of amazing vegetable broth options. I love Magic Mineral Broth by Rebecca Kats. Broths are also wonderful to include in your postpartum diet.