

HEALTH

For Your Health

As your baby's sole source of nutrition during pregnancy, eating a well-balanced diet is essential. Many women have questions about how many more calories they need, what is safe to eat, and what foods to avoid.

BY DR. JAMES N. MARTIN JR.



Pregnant women need more calories and nutrients to support a developing fetus, but it's important not to overeat. Most women only

Eat Right During Pregnancy

need a moderate increase of 100–300 calories per day—the equivalent of a bowl of cereal with skim milk. Early in pregnancy, nausea may make it difficult to increase your food intake. Eating smaller nutritious meals and snacks throughout

the day can help you add extra calories.

Your weight gain should also be moderate and based on your pre-pregnancy weight. The range of weight gain should be 25–35 pounds for women of normal weight, 28–40 pounds for underweight women, 15–25 pounds for overweight women, and 11–20 pounds for obese women.

Increase nutrient intake by consuming a diverse diet that contains whole grains, lots of fruits and vegetables, healthy fats, dairy, lean meats and fish, and beans. Your doctor may also prescribe prenatal vitamins for extra folic acid and other nutrients necessary for healthy growth and development.

Fish is a good source of high-quality protein. Pregnant women can consume up to 12 ounces per week of a variety of fish and shellfish that are low in mercury such as shrimp, canned light tuna (rather than albacore), salmon, pollock, and catfish. Shark, swordfish, king mackerel, and tilefish should be avoided because they are high in mercury.

Calcium is a vital nutrient for a growing fetus. Most women get enough, but lactose-intolerant women should increase their consumption of calcium from non-dairy

sources such as sardines, canned salmon, dark leafy green vegetables, and fortified orange juice. Your doctor can also prescribe calcium supplements if necessary.

Vegetarian and vegan women must be sure to get enough protein from non-meat sources such as beans, nuts, and soy products. Your ob-gyn may recommend an eating plan and supplements to provide adequate amounts of vitamins and minerals, especially iron and vitamins B12 and D.

If you are pregnant, avoid alcohol entirely. Do not eat unpasteurized milk or soft cheese; raw or undercooked meat, poultry, or fish; or prepared meats such as hot dogs or deli meat (unless cooked until steaming hot). These foods can harbor listeriosis bacteria, which can sicken both mother and baby. You should also tell your doctor about any vitamins, herbs, or other supplements that you take because they could be harmful to your fetus.

For more information, the Patient Education Pamphlet "Nutrition During Pregnancy" is available at acog.org.

Dr. James N. Martin Jr. is president of the American Congress of Obstetricians and Gynecologists.



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

THE SPINA COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

Part 35. Different Benefits by Age Group

Q: What age groups can a chiropractor help most?

A: This is like asking which age groups benefit most from good health. And yet, each age group has specific problems for which your chiropractor has specific answers.

Infant and Young Children

Other mothers are often amazed to see a mother carrying her infant out of the adjusting room. And yet, since the delivery process itself causes a high percentage of subluxations, infants to need chiropractic care. Obviously, children and infants are treated differently than adults. There are new, highly sophisticated methods of adjusting children and infants to insure the best possible results with the least possible discomfort. Though young children can't tell you they're in pain, their irritability is often a sign of the need to be checked.

Young Adults and Teenagers

More and more young adults and teenagers are getting involved in active sports. As a result, more and more of them are getting injured, requiring prompt chiropractic care.

Obviously half of the girls in our society develop scoliosis (curvature of the spine) during puberty. Left untreated, scoliosis keeps get-

ting worse over time. However, it can almost always be corrected when chiropractic care is initiated in time.

Needless to say, every teenage girl should be checked regularly for scoliosis and all teenagers and young adults should see their chiropractor regularly to make sure their newly active sports lives aren't creating spinal problems they'll have to live with the rest of their lives.

Adults

The world today is experiencing a terrible level of stress. Long work weeks, seemingly impossible deadlines and economic woes create incredible pressures. In addition, most adults breathe in polluted air, drink chemically treated water and consume an average of nine pounds of food additives and chemical preservatives in a year, putting even more stress on their bodies. One sure way to keep the stress level from causing potentially dangerous subluxations is with regular chiropractic checkups.

Senior Citizens

Retirement age for many people has become just plain tiresome. Aches and pins, often the result of untreated subluxations, abound. Yet it hardly seems fair that having to suf-

fer with pain or being drugged into numbness are fair rewards for all the years of hard work.

Depending on the degree of subluxations degeneration, your chiropractor can often provide help.

For senior citizens who've been fortunate enough to suffer minimal trauma in their lives, virtually complete spinal recovery should be almost as easy as it would be for younger people.

For those who have suffered needlessly for years, your chiropractor can often slow or stop the degeneration, making life more comfortable. It is certainly worth the effort so that our senior citizens get the dignity of health care they deserve.

Something for Everyone

As you can see, there are practically as many reasons to have regular chiropractic checkups as there are people. Make an appointment for yourself and your loved ones soon.

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HEALTH WATCH

Free Body Basics -- This physician recommended class is appropriate for all ages and health conditions. Plan to attend this one-session class and learn the simple guidelines for safe exercises, including stretching. Call 503-256-4000 to register.

Empowerment through Relaxation -- Free informal meditation classes that address breathing techniques, some gentle ancient African yoga poses and mental balancing techniques. People have left these classes joyful and with a peaceful view of their lives. Call Dr. Marcelitte Failla at 503-228-6140.

Tenderfoot Care -- Treat your feet with a soak, nail trim, buffing and massage from a licensed nurse at one of six clinics or at your home. Call 503-251-6303 for more information.

Cancer Resource Center -- Providence St. Vincent Medical Center and the American Red Cross have joined forces to create the first in-hospital resource center providing books, printed material, computer access and more for individuals and families dealing with cancer. The center is open Monday through Thursday, 9 a.m. to 4 p.m.

Lead Poisoning Prevention -- Learn how to protect your family from lead poisoning. Ideal for folks in live in older homes with children or pregnant women. Qualified participants receive a free kit of safety and testing supplies. Call 503-284-6827.

Parenting Classes -- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: providence.org/classes.

Families with Mental Illness -- A free, 12-week course for people whose family members live with mental illness is offered at Emanuel Hospital, Mt. Hood Medical Center and Providence Medical Center. The course has been described as "life-changing" by former participants. Registration is required by calling 503-203-3326.

Cholesterol Profiles -- Get the resources to help you keep an eye on your cholesterol and other indicators of heart health. Educational material provided. For more information, call 503-261-6611.