

Exhaustion during pregnancy

Tiredness and/or exhaustion during pregnancy can take the edge off enjoying your pregnancy and may be easily rectified. Its major causes are hormonal and physical changes, unexpressed or unresolved emotional difficulties, and anemia. You need to remember to look at the **whole picture**, bearing in mind that you might be anemic or simply overworked. Be honest and realistic about why you are tired, and take common sense measures to look after yourself, as well as the appropriate remedies to hasten your recovery, whether they are herbal, homeopathic or other.

Some Possible remedies for exhaustion :

- Alternate Kali Phos and Calc Phos if you are suffering nervous exhaustion
- Alternate Ferrum Metallicum and Calc Phos if you have mild anemia.

Either may be taken as often as necessary throughout the pregnancy as cell salts, stopping when there is an improvement

- Remember that tea, coffee, chocolate, and smoking deplete the body of iron

If your tiredness seems to be related to low levels of iron, especially in the last 6-8 weeks of pregnancy, when the baby is laying down its iron stores then foods rich in iron along with adequate vitamin C, B12, B6, folic acid, calcium copper and protein will all help.

Some ideas for foods rich in these: Molasses, pumpkin seeds, spinach, chickpeas, kidney beans or black turtle beans, steamed mussels, kelp, dried apricots. Raspberry leaf tea (not to be taken when there is a disposition to miscarriage) or stinging nettle tea are good sources of iron, as are parsley, watercress and dandelion.