



Wellness Update December 2017

by Susan Hanly - Naturopath

Healthy Mums, Healthy Bubs

Baby's First Bacteria

When you think of 'bacteria', its likely that images of germs and infection may spring to mind ... unwelcome guests in your little one's body! While some microbes can lead to sickness, it's important to know that the right types of bacteria can be very beneficial for your baby, helping his or her little body grow and function. In fact, did you realise that as a mother, all of the bacteria and other microorganisms living inside your body (known as the microbiota) have a significant bearing on the evolution of your baby's microbiota? This is because babies are initially exposed to their mother's bacteria during birth, and then through breastfeeding and skin to skin contact. Infants continue to make friends with microbes through a love of playing in the dirt, patting animals and touching everything in sight! Interaction with these wonderful microbes (or a lack thereof), largely determines your baby's health and vitality, collaborating to support development and future health.

Happier, Healthier Mums = Happier, Healthier Babies

Taking good care of yourself during pregnancy and breastfeeding in turn promotes the health of your growing baby. One simple way that you can support your own health and vitality is by taking a daily strain specific probiotic. Certain strains also aid blood glucose control during pregnancy, reducing the risk of gestational diabetes. Scientifically researched probiotics enhance the health of the mother's microbiota and support digestion, immunity and overall wellbeing; significantly, these benefits also pass onto your baby.

The Birth of Optimal Health

All mums hope for a happy, healthy child and early exposure to specific probiotic strains may offer protection against numerous health conditions. Probiotics can be safely taken by the mother while pregnant and breastfeeding, and can also be given directly to the baby if not being breastfed. In infancy, benefits include improved digestion and immune function, preventing the development of eczema and infection. Advancing into childhood, specific probiotic strains may even reduce the incidence of behavioural conditions such as attention deficit disorder and autism spectrum disorder.



Essential Probiotics for Both Mum and Bub!

The following probiotic strains are important for the health of you and your baby:

- * Lactobacillus rhamnosus(LGG®): regulates immunity to reduce eczema and allergies in the infant, and also lowers the risk of behavioural complaints in childhood.
- * Bifidobacterium animalis ssp lactis (BB-12®): BB-12® helps promote healthy blood sugar control for mums during pregnancy, and also decreases susceptibility to allergies in children.
- * Bifidobacterium breve (M-16v): an invaluable strain for reducing the infants' risk of developing eczema.
- * Bifidobacterium longum (BB536): aids in establishing a healthy intestinal environment in early life, for improved overall health.

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Diet and Lifestyle Tips for Healthier Mums and Babies

Implement these dietary and lifestyle tips for optimal health:

1. Include plenty of fibre rich fruits, vegetables, pulses and whole grains in your diet. Fibre helps prevent constipation throughout pregnancy and provides a fuel source for beneficial microbes in the gut.
2. Minimise sugar intake to maintain healthy glucose levels throughout pregnancy.
3. Drink 3-4 litres of water daily during pregnancy and 3.5 litres daily during breast feeding to keep you and your baby well hydrated.
4. Stay active by participating in yoga, tai chi, swimming or walking 3 to 4 days a week.
5. Relax! If you feel stressed, chances are your baby does too. Practice meditation and mindfulness techniques to help you feel calmer and more in control.

Practitioner Prescribed Probiotics are Paramount

The support you provide your baby during pregnancy and breastfeeding transcends well beyond infancy, influencing his or her health in childhood and later in life.

Talk to me today about strain specific probiotics to lay the foundations for a healthier start in life for your baby.



CHRISTMAS & NEW YEAR HOURS

The clinic will be closed for the Christmas and New Year break from Wednesday 20th December and will reopen Monday 22nd January 2018.

Try and pop in before then to ensure you have enough supplements for the holiday period.

*I wish you all a very
Merry Christmas and a
Happy & Healthy New Year!!
See you in 2018.*



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