

The Importance of Preconception and Prenatal Care in the Age of Chronic Childhood Disease



VICKI KOBLINER MSRD
 VICKI@HOLCARENUTRITION.COM
 203 834-9949
 3 HOLLYHOCK ROAD WILTON CT 06897

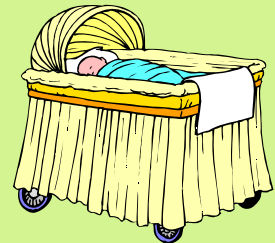
The Epidemic Of Chronic Illness in Children

- **54%** of children in US have at least one chronic illness (Academic Pediatrics 20)
- **Asthma:** At least 1 in 8 children, and approximately 1 in 6 African American children
- **Allergic Eczema:** 1 in 5 children
- **Hay Fever** (seasonal allergies): 2 to 3 out of every 5 children
- **Food Allergies:** 1 in 12 children under 4 years of age have a "true" food allergy. Estimated that 1 in 3 children (or more) have food intolerances
- **Celiac Disease:** 1 in 80 children
- **Obesity:** 1 in 7 children

The Epidemic Of Chronic Illness in Children

- **Autism:** 1 in 31 boys (1 in 68 children)
 - **ADHD:** 1 in 10 children
 - **Learning Disability:** 1 in 6 children
 - **Severe Mood Dysregulation** (e.g., bipolar disorder): 1 in 30 children
 - **Dyspraxia** (Impaired coordination and motor skills): 1 in 10 children
 - **Pediatric Depression:** 1 in 30 children
 - **Obsessive Compulsive Disorder:** 1 in 100 children
- <http://www.epidemicanswers.org/epidemic/statistics>

Baby's First Home?



The Gut

- Gatekeeper for health
- Importance of good bacterial balance
- 90+% of neurotransmitters produced in digestive tract
- 70% immune function gut mediated
- Detoxification requires bacteria
- Antibiotics deplete essential bacteria
- Poor digestion depletes nutrient absorption

Factors

- Health of Mom (and Dad)
 - Microbiome
 - Detoxification
 - Immune System
 - Inflammation
 - Genetics
- Environment
 - Toxins
- Lifestyle
 - Sleep
 - EMFs

When to Start?

- Ideally ONE YEAR
- Actual: As soon as possible whether it is 10 years or 10 days before delivery.....
- Prenatal Health starts well before a positive pregnancy test.

Standard Recommendations

- **Avoid**
 - high Mercury fish
<http://www.nrdc.org/health/effects/mercury/guide.asp>
 - Swordfish, Marlin, Orange Roughy, Shark
 - Sprouts and soft cheeses
 - Alcohol
 - Caffeine
- **Increase**
 - Protein
 - Folate, Calcium, Iron
 - Calories

“House” cleaning

- **Diet**
 - SAD (Standard American Diet)
 - High in sugar and processed foods
 - Nutrient poor
 - Increases inflammation
 - lowers immunity
 - Impairs digestive function
- **Environment**
 - Household cleaners
 - Personal care
 - Lawn Care
 - Water

Throw Out The Trash

- **Artificial Colors, Preservatives, Sweeteners and other additives (BHT, Red dye #2, Aspartame.....)**
 - Interfere with Brain Chemistry
 - Disrupt chromosomal development
 - Increase metabolic stress
 - Not enough studies on fetal development
- **Processed Grains and Refined Sugars**
 - Addictive
 - Deplete good gut microbes
 - Waste minerals
 - Impair Fertility

Throw Out the Trash

- **Undesirable Fats**
 - Hydrogenated (trans) fats
 - Excess vegetable oil
- **Contaminated water**
 - Fluoride
 - Chlorine
 - Medications
 - Heavy Metals
 - BPA

Throw Out The Trash

- **Food Allergies or Intolerances**
 - Gluten
 - Dairy
 - Soy
 - Egg
 - More.....
 - IgE vs. IgG Mediated
 - Gut, Hygiene and Food Intolerance

Diseases Linked to Gluten and/or Cow's Milk

- Allergies
- Constipation
- Ear Infections
- Crohn's Disease
- Heart Attack
- Diabetes
- Multiple Sclerosis
- Prostate Cancer
- Depression
- Schizophrenia
- Cancer
- Fibromyalgia
- Eczema

Throw Out The Trash

- **Unnecessary Medication**
 - Birth Control Pills deplete B vitamins
 - Antibiotics kill necessary gut flora (and may alter placental microbiome)
 - Acetaminophen-liver damage. Link to ADHD and Autism?
- **Mercury and Heavy Metals**
 - Dental amalgams-(*NEVER remove during conception or pregnancy)
 - High Fructose Corn Syrup contains Mercury
 - Arsenic in rice, chicken
 - Lead in many toys and household products, as air and ground

Throw Out The Trash

- **Pesticides and Chemicals**
 - 250+ chemicals found in cord blood EWG study
 - 99% of pregnant women have flame retardants, pesticides, plasticizers in their blood.
 - BPA-endocrine disruptor alters sex organs in animals , impairs fertility, linked to obesity, depression, behavior problems
 - Pesticides-cancer, ADHD, ASD lower IQ, asthma
 - Lifelong fetal effects possible from first day of conception
 - These compounds DO cross the placenta
 - Drycleaning solutions
 - Household cleaners-especially scented

Transform Your Space

- **Use Nutrient Rich Foods**
 - Healthy Fats for Fetal Brain Growth including Omega 3
 - Ample Protein
 - Fiber Rich Carbohydrates (think starchy vegetables, fruits, legumes) for energy, vitamins and minerals
- **Add Antiinflammatory Compounds**
 - Spices
 - Plant foods
- **Promote good flora**
 - Yogurt, natural sauerkraut, miso, kimchee, pickles etc.

Healthy Diet Basics

- Organic
- Whole Foods- unprocessed, without artificial ingredients
- Plant heavy-vegetables (non-starchy), fruits, nuts, seeds, legumes every day
- Ample in healthy fats
- Low in sugar and processed carbohydrates
- Moderate in animal protein from clean living animals
- Fermented foods

Calcium

- 1300mg daily
- Bone development
- Heart Regulation
- Blood clotting
- Neurotransmitter communication
- Needs Vitamin D, Magnesium and Zinc

Iron

- 27mg
- Oxygen transport
- Red blood cell production
- Hormone synthesis
- Storage Iron
- Best with high Vitamin C foods

Choline

- 500mg
- Brain development
- Especially important in prenatal period
- Egg yolks, wheat germ, meat

Omega 3s

- 2-3g
- Required for brain and Central Nervous system
- Improves cognition
- Supports vision
- Low levels linked to preeclampsia, premature birth
- DHA 97% in brain
- Ratio of Omega 6 to Omega 3 matters. 4:1 ideal

Folate

- 800mcg
- Critical for growth of fetal spinal cord and placenta
- DNA synthesis, repair, cell division, detoxification
- Food forms first
- MTHFR mutation
- Folate/folic acid/folinic/5 MTHF
- Dark leafy greens, legumes, nuts, seeds

Vitamin D

- 1000-2000IU
- Pervasive deficiency in US
 - Lower maternal weight
 - Less skeletal mass
 - Possible link to Autism
- Immune system
- Improved blood sugar
- Lowers blood pressure
- Testing >50
- Fatty foods-egg yolk, fatty fish, liver

Probiotics

- Generational impact
- Support
 - Gut health
 - Detoxification
 - Immune function
 - Lower incidence of Gestational diabetes
- Lack
 - Depleted by antibiotics
 - C-section-increased eczema
 - Higher incidence of colic, reflux, diarrhea

Iodine

- 150mcg
- Essential for brain development
- Synthesis of thyroid
- Salt from processed foods is not iodized
- Supplemental iodine or from sea vegetables, kelp, eggs

Vitamin A

- Controversial in prenatal care due to potential toxicity-but newer studies contradict this
- Vision
- Bone health
- Immune function
- Fat soluble
- Cod Liver oil, butter, eggs, whole milk

Rethinking our Daily Meals

	<ul style="list-style-type: none"> • TYPICAL • High Carb. Low protein, coffee • Chips, donut • Sdw or wrap, chips, fruit, soda or sugary drink • Cookies, candy, chips, • Pasta, potato or rice, meat or chicken, corn 	<ul style="list-style-type: none"> • OPTIMAL • High protein, low carb • Fruit or veg with protein • Protein, veggies, fruit, water, whole grain • Plant foods! • Moderate protein, veggies, whole grain or starchy veg
Breakfast		
Snack		
Lunch		
Snack		
Dinner		

Produce

<ul style="list-style-type: none"> • Tomatoes • Broccoli • Kale • Spinach • Carrots • Cauliflower • Beets • Onions • Garlic • Peppers-all colors 	<ul style="list-style-type: none"> • Berries, berries, berries • Cantaloupe • Peaches • Raisins • Dates • Cranberries • Bananas • Pineapple • Citrus
--	---

Nuts and Seeds

Can be eaten whole, as butters, flours or made into nut milks or cheeses

- Almonds
- Cashews
- Walnuts
- Pecans
- Pine Nuts
- Brazil Nuts

Legumes

- Lentils
- Black Beans
- Garbanzo
- Kidney
- Navy

Animal Protein

Ideally Pasture Fed

- Eggs
 - Beef, buffalo, bison
 - Turkey
 - Chicken
 - Pork
 - Salmon and other low Mercury fish
- www.nrdc.org/health/effects/mercury/guide.asp

Fats, Oils, Vinegars and Sweeteners

- | | |
|--|--|
| <ul style="list-style-type: none"> • Butter (if not dairy free) • EV Olive oil • Coconut oil • Sesame oil • Nut or seed oils • Cacao butter • Spectrum Organic Spread • Mayonnaise | <ul style="list-style-type: none"> • Balsamic Vinegar • Apple Cider Vinegar • Rice Vinegar • Raw Honey • Molasses • 100% Maple syrup |
|--|--|

Grains

- Quinoa
- Oatmeal
- Wild Rice
- Brown rice
- Amaranth
- Buckwheat
- 100% Buckwheat Soba Noodles
- Explore Asian Bean Pasta

Extras

- Nutritional Yeast
- Kombu
- Cacao Powder
- Herbs and Spices: turmeric, cumin, rosemary, oregano, curry powder, cayenne, sea salt, nutmeg, cinnamon, cloves, allspice, ginger, thyme, paprika, chili powder, coriander
- Potato Starch, Tapioca Starch, Arrowroot
- Xanthan or Guar Gum

Fermented Foods

- Common in other cultures
 - Sauerkraut
 - Kimchee
 - Miso
 - Kvass
 - Kefir
 - Yogurt
- Provide enzymes, probiotics and nutrients for proper digestion
- REAL PICKLES, Zukay or local brands in produce section

Bone Broths

- Similar to stock but with longer cooking time and addition of acid
- Acid helps pull minerals from bones
- Gelatin provides collagen and other nutrients for healthy skin and muscle
- Recipe is very flexible.
- Nourishing Traditions recipe
thenourishingcook.com/go-primal-stock-up-on-stock/

Got Calcium?

- Almonds
- Broccoli
- Kale
- Bok Choy
- Milk
- Navy Beans
- Orange
- Unhulled Sesame Seeds
- Blackstrap molasses
- Fish with bones

These Are a Few of My Favorite Things...

- Avocados
- Berries
- Nut butters (no sugar)
- Kale Chips especially Nacho Cheese Flavor
- Hummus and bean dips
- Creamy Vegetable Soups made with bone broth
- Veggie chips
- Dates and other dried fruits
- Pine nuts
- Garlic

On The Go

- Lara, rise or Pure bars
- Brad's Kale chips
- Calbee or TJ Snap Pea crisps
- Organic beef or Turkey Jerky
- Terra Sweets and Beets
- SuperSeedz
- Danielle's Chips
- Trail Mix-nuts, seeds, dried fruit
- Organic fruit
- Individual Hummus
- Go Picnic boxed lunches

Breakfast Ideas

- Oatmeal with nuts and dried fruit
- Nut flour muffins
- Eggs-veggie omelet, scrambled, HB etc. with fruit or veg.
- Pasture fed sausage with sweet potato hash browns
- Banana and nut butter
- Tahini oatmeal "cookie"

Milk sub if desired

Lunch ideas

- Turkey, shredded lettuce and carrots on a GF bread with avocado "mayo". Veggie chips, banana,
- Hummus, grape tomatoes, baby carrots, corn chips, berries
- Vegetable and bean rich salad with olive oil and balsamic, quinoa
- Grilled vegetables with roasted chicken and soba noodles
- Leftover dinner in a container, or on 1/2 a GF wrap

Water or milk sub

Dinner ideas

- Italian white bean, spinach and turkey soup with grilled veggies
- Chicken and Quinoa in the crockpot
- Taco night: lettuce, tomato, peppers and onions, taco meat, corn tortilla (non-GMO)
- Roast chicken and sauteed broccoli with wild rice
- Coconut salmon with asparagus and brown rice
- Creamy vegetable soup with steak and baked potato

The Clean Home

- Toxin free
- Nourishing
- Supports Detoxification
- Promotes good immune function
- Enhances gut function
- Reduces inflammation