



NUTRITIONAL AND HERBAL SUPPORT FOR BLOOD PRESSURE REGULATION

Though your blood pressure may become somewhat elevated during pregnancy, it should be your goal to regulate your blood pressure so that your body can continue to properly nourish your growing baby. In addition to getting moderate exercise (swimming, walking, cycling, dancing, working out at the gym, etc.), drinking plenty of water and salting your food to taste, the following may be helpful in regulating your blood pressure. If you experience dizziness, visual disturbances, ringing in your ears, headaches or nausea, please call your midwife.

- Use relaxation techniques every day – meditation, soaking in a tub of warm water, remember to take deep breaths, take regular breaks at work, do what you can to reduce stress in your daily life.
- Avoid eating strong spices
- Eat any of the following foods daily:
 - Watermelon
 - Buckwheat
 - Raw garlic
 - A whole cucumber
- The following herbal remedies may help:
 - Passion flower tincture – 15 drops three times a day
 - Skullcap infusion – steep 1 oz. in 1 qt. boiling water for 8 hours, strain and drink 2 cups a day