

Supporting Normal Blood Pressure in Pregnancy

Exercise

Has a huge impact - if you need help getting started check out:

<https://bodyreadymethod.com/>



Pain in pregnancy is getting in the way?

Check out our website for recourses on OT, PT or chiropractic care.

Talk to your provider about which options may be most helpful to you:

<https://fertilityandmidwifery.com/#services>

<https://fertilityandmidwifery.com/resources/#friends>

Nutrition

Green leafy vegetables are high in nitrates and potassium, which helps the blood vessels relax and make space for the extra blood volume in pregnancy!



Other foods known to be helpful for blood pressure include beets, almonds, berries, kiwi, bananas, beans, generally foods that are dark green or purple in color.



Want a consult with a nutritionist?

Check out:

<https://rinehold.com/>

<https://realfoodforpregnancy.com/>

Low Dose Aspirin

81mg of Aspirin daily helps prevent pre-Eclampsia and is considered pregnancy safe



Herbs / Supplements

The following may or may not help support normal blood pressure but are generally consider safe for pregnancy



Dandelion Root Tea
Hawthorn
Passionflower
One clove garlic daily
2 grams Calcium
500mg magnesium citrate
1,000mg Vit C
400 IU of Vit E

*Please note, herbs may interact with other medications, esp. those take for blood pressure

Stress Management and Mental Health Support

Your emotional well-being matters and can play a role in reducing risk for high blood pressure for pregnancy!

Consider deep breathing exercises, prayer, counseling

Talk to your provider at your next visit about ways we can support your mental wellbeing



See our website for a wide range of resources:

<https://fertilityandmidwifery.com/counselors-friends-of-fmcc/>

<https://fertilityandmidwifery.com/friends-of-fmcc-additional-resources/>