

The Facts About Pregnancy & Alkaline Water



In recent years there have been many questions raised about the safety of drinking alkaline water during pregnancy, for both mother and baby. This article has been written to help answer these questions. World renowned authorities on Health & Wellness were contacted and in-depth research was conducted in order to find out if drinking alkaline water during pregnancy is hazardous or beneficial. "When a woman gets pregnant, she loses quite a bit of alkaline minerals to the fetus. The fetus stays in a water bag (placenta) for 9 months, until the water breaks. During that time, the fetus receives nutrients through the umbilical cord for energy and growth. When the nutrients are burnt, they create acidic wastes, which the fetus must discharge into the placenta. Since the mother's blood vessels are not connected to the fetus' blood vessels, her blood vessels cannot carry out the wastes that the fetus makes.

In the early stage of the pregnancy, mother's body loses alkaline minerals to the placenta to make sure that the adequate amounts of alkaline minerals are there to neutralize all the acidic discharges from fetus for the next 9 months. This causes her blood to become acidic rather suddenly, which is the cause of morning sickness, as discovered by Japanese doctors. This is why drinking alkaline water immediately relieves morning sickness. If the mother had adequate alkaline reserve, i.e., plenty of alkaline mineral supply in the form have enough alkaline minerals to neutralise all the acidic discharges from the fetus during the pregnancy. Otherwise, the baby's chance of having jaundice upon birth is very high.

Before a woman becomes pregnant, she should drink ample amount of alkaline water to avoid morning sickness and have a healthy baby. Without enough alkaline minerals, the woman ages considerably during pregnancy and may experience all kinds of post-delivery problems, such as those mentioned above. I know a woman who lost her teeth after delivery, because she lost so much calcium to the newborn during pregnancy.

Pregnancy is a major cause of osteoporosis among women. Lack of alkalinity brings about many diseases; over acidity creates solid wastes such as cholesterol, fatty acid, uric acid, kidney stones, plaques, etc. Excess acid thickens the blood, which slows down the blood circulation, and poor blood circulation invites all kinds of pain and diseases. From the time we are in our mothers' womb to the time we die, our lives go through a constant balancing act of acid and alkaline. Acid leads to pain and sickness and eventual death; alkaline leads to health and longevity. Even with diet and exercise, acidity usually wins. We need an external boost of alkalinity to offset the imbalance of excess acid. The best alkaline booster is alkaline water."

Contributed by Sang Whang, author of Reverse Aging

The best alkaline water comes directly from nature. Unlike Alkaline Ionizers that produce acidic waste water and emit harmful ionizing radiation, AOX produces antioxidant alkaline water naturally without side effects.



*Breastmilk is highly recommended for babies and it has been tested to be mildly alkaline... for best alternative, **mix milk powder with AOX Antioxidant Alkaline Water***



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7 TIPS For Pregnancy



1. Make every bite count

It takes about 55,000 extra calories to make a healthy baby. That might seem like a lot, but it's only 300 extra calories a day (the equivalent of a glass of low-fat milk, a slice of bread and an apple), and that's only in the last two trimesters. Calorie needs don't budge an inch in the first trimester when your baby grows no longer than a green bean. Your vitamin and mineral needs, however, have skyrocketed. For example, folic acid, the B vitamin that helps prevent birth defects, is more important than ever. That means: 1) Focus on "real" foods — colorful fruits, vegetables, whole grains, legumes and nonfat milk; 2) Little room for extra chocolate cake; and 3) Take a moderate-dose multivitamin and mineral that contains at least 400mcg of folic acid to cover your bases on the days when you don't eat perfectly.

2. Consume ample calcium-rich foods

As most people know, calcium helps build bones in the baby and prevent bone loss in the mom. Calcium also helps prevent pregnancy-induced high blood pressure and is important for normal functioning of nerves and muscles.

3. Focus on iron-rich foods

Protein-rich foods, like extra-lean meat, chicken without the skin, fish, or cooked dried beans and peas, are important sources of iron. This mineral is one of the most difficult nutrients to get enough of during pregnancy, yet is critical for maintaining normal oxygen supply to the baby, for normal development and growth, and for preventing premature delivery. Make sure you include several iron-rich foods in the daily diet, cook in cast iron pots, and take a multivitamin that includes iron.

4. Consume fish

The fats in fish, called omega-3 fats, are essential for brain and vision development in the baby. Babies whose mothers consumed ample omega-3s, in particular DHA (97% of the omega-3s in the brain are DHA), score higher on IQ tests later in life, while low intake is associated with developmental delays. Omega-3s also might help prevent preterm births, as well as allergies and asthma later in life.

5. Food items to be avoided during pregnancy

- unpasteurized products.
- Certain fishes like exotic, shark, swordfish or fishes high in mercury.
- Caffeine, soda, chocolate. Less caffeine is better for the baby.
- Raw eggs.
- Undercooked meats.

6. Watch out for weight gain

Excess body weight entering pregnancy or accumulated during pregnancy can affect whether a woman conceives and also might increase the risks for pregnancy complications, such as gestational diabetes, pre-eclampsia, stillbirth, very-preterm birth and cesarean delivery. Many women are entering pregnancy overweight, gaining too much during pregnancy, and then not losing the weight after the baby is born — a pattern that contributes to this country's #1 health problem — obesity.

7. Get enough fluid

Getting enough nourishing fluids, like AOX antioxidant alkaline water, is important during pregnancy to prevent constipation and provide for the expanding blood volume that carries oxygen and nutrients to both the mother and baby. (please see reverse page for more information on the benefits of drinking AOX antioxidant alkaline water)

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