

HONEYMOON BABIES ARE BECOMING MORE FREQUENT,  
BUT THERE ARE HEALTH ISSUES TO CONSIDER.

# baby boom

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As careers and lifestyle choices take a priority in busy lives and people marry later, biological clocks are ticking. This has given rise to couples attempting to start a family as early as the honeymoon. There are a number of things to consider. Bodies need preparation for conception, ideally for four months.

The human body is fairly resilient and most pregnancies are without major problems and babies are born well. But why take a chance when a small amount of effort can mean a lot.

It is a very good idea to come off the contraceptive pill about six months before conception. The body is likely to be deficient in nutrients as an effect from the pill and hormone status and reproductive health can be affected.

Where possible, both prospective mother and father should be off all medication around four months before conception. Always consult a doctor before coming off any prescribed medication. Both should go for a general check up to test blood pressure, STDs, and immunity to rubella.

Often around the time of the wedding diets have been improved and perhaps some excess kilos shed. Weight is a big factor when attempting to conceive; a healthy weight for both is ideal.

Where possible eat organic food; it should be packed with vitamins and minerals, be rich in fibre, protein and complex carbohydrates and low in saturated fats, sugars, salt, tea, coffee and chemical additives.

THERE ARE A NUMBER OF VITAMINS AND MINERALS THAT ARE ESSENTIAL IN PRE-CONCEPTION CARE. THESE ARE:

**VITAMIN A** Deficiency can result in fertility problems or a tendency to miscarry.

**VITAMIN B1** Essential for maintaining pregnancy and preventing abnormalities.

**VITAMIN B2** Deficiency can lead to infertility.

**VITAMIN B3** Important for normal growth of the foetus and the central nervous system.

**VITAMIN B6** Has been shown to increase the chances of conception.

**VITAMIN B9** Folic acid, very important, deficiency can lead to neural tube defects.

**VITAMIN B12** Enhances fertility in both sexes, and is required to ensure adequate sperm count and motility. The B vitamins should always be taken as a group or complex because an excess in one can disguise a deficiency in another.

**VITAMIN C** Necessary for the production of sex organs, pregnancy needs a rich supply.

**VITAMIN D** Necessary for the growth of bones, teeth and calcium absorption.

**VITAMIN E** Essential for fertility, necessary to ensure conception and a healthy pregnancy.

**ESSENTIAL FATTY ACIDS** Required for the development of the baby's brain, eyes and nervous system.

**CALCIUM** Required for baby's bones and the uterine muscle tone.

**ZINC** The most important mineral for detoxification and reproductive health for both partners.

**MAGNESIUM** Important for muscle tone and hormonal balance.

**IRON** For baby's bloodstream, brain, bone and eye development.

**CHROMIUM** Important for blood-sugar control.

A naturopath will advise on the best individual formula; over the counter products are not as high in their dosage and therefore not always as beneficial.

Regular exercise is very important for pre-conception, probably already a part of pre-wedding preparation. Alcohol should be avoided during this period, if possible. This abstinence will lead to a glowing complexion for the big day as well as healthy insides.

Although it may seem like a lot to consider, keep in mind these are positive steps for the health of the pregnancy and the child.