

Acid Reflux

~~Papaya Enzymes, Digestive enzymes with HCl, or Apple Cider Vinegar before your meal.~~

One Over the counter antacid that some pregnant women find helpful is Tums. It is safe in pregnancy. However, n if taken too freely can cause an overabundance of calcium, leaving calcium deposits on the placenta. While in my experience I have never seen a low birth weight baby or any other apparent harm this is what is reported about placental calcification, I have seen many placentas with calcium deposits, fibrous spots, and infarcts (dead spots).:

Risks of placental calcification

- An ageing **placenta** does not work as well as it should, and this could mean not getting enough oxygen and nutrients to the baby. **Deposits of calcium** in the **placenta** could cause parts of the **placenta** to die or be replaced with fibrous tissue –which is unhelpful tissue in the **placenta**.

Some foods that you might find more tummy friendly are:

Steel cut oats: These can be cooked or soaked overnight in water or milk and then eaten as a "cold cereal". You can add a little maple syrup. If dairy isn't bothering you, you can also add a little milk. Another good way to prepare them is to soak a mixture of oats and raw almonds in water or milk and serve with ripe berries, or cinnamon and agave.

Quinoa or short grain brown rice. Both are nutty flavored and can be filling and have protein.

Fresh Ginger in food or ginger tablet can help with acid.

Aloe Vera is good for healing the stomach.

Ripe bananas (never green). Bananas are slightly alkaline so they help some people with acid.

Watermelon or cantaloupe (yay spring!)

Fennel is very helpful to some

Skinless chicken (not fried!)

Celery, cauliflower, asparagus

Parsley, potatoes, leafy greens, green beans