



Trim Healthy Podcast with Serene & Pearl

Episode 376 ~ Empowering Your Baby's Future: The Transformative Impact of Healthy Eating and Exercise for Moms

Air Date 4/10/24- [Watch Here](#) ~ [Listen on iTunes](#) ~ [Listen on Spotify](#)

Quotables

- “A well-built physique is more than vanity. It shows discipline, dignity, and dedication. It requires patience, passion, and self-respect. It cannot be bought, stolen, or inherited. It cannot be held onto without constant work.” –Arnold Schwarzenegger
- “If you don’t want your child to start life at the start of the queue for all those chronic diseases then you should not eat sugar while pregnant.” –David Gillespie
- “Protein is the builder of everything, it’s brick and mortar. It’s necessary to build everything in your growing baby as well. So, your body needs the protein more than ever before, and the baby needs it so deeply as well.” –Serene
- “If you have a sugar or devitalized food craving while pregnant, giving into it constantly harms your baby and it harms you.” –Pearl
- “Any extreme is not healthy for the baby or you. S and E Meals are fine periodically through pregnancy, but we strongly advise lots of XO’s consistently to ensure you and your baby are getting enough nutrients. Balance is so important!” –Pearl

Kiana’s Question:

“I’m 22, and just had my first baby 2 months ago. I’m consistent with the Trim Healthy lifestyle. Your podcast has been a huge blessing for me and helped me be more cheerful and see things more positively. What effects do eating and exercise have on pregnancy and when my baby is born? Is it possible to prevent babies from having colic? Or is it unavoidable? Do babies need to have protein at every meal too?”

Pearl and Serene Answer- After we have completed ***Trim Healthy Wisdom***, we are planning to do a whole book on the reproductive years (***Trim Healthy GROW***) including how to rock your pregnancies, and how to feed your baby from infancy through toddlerhood... through it all. It is likely still 2-3 years away, so we are going to start by answering the questions!

Let's start with addressing a baby's health and how eating affects this not just in utero but how it has long-lasting effects after the baby is born. How a mother eats while her baby is in utero influences the rest of the child's life... this includes their immune system, healthy bacteria in their gut, longevity, and even their fertility. High blood sugar while pregnant, as an important example, has implications for not only a mother's health but significantly affects the health of the human growing inside her.

About Protein- Protein should be front and center during pregnancy. It is the most important time to get it in. It helps regulate a mother's blood sugar, but it also helps sustain the health of the baby. When you're pregnant, you require so many nutrients to nourish a new life. If you're not getting enough nourishment from your diet, your body will use your own stores and give it to the baby. If you are depleted in dietary fats, protein, or carbs your body will supply these things to the baby and expend your own stores. If you are not getting enough protein, for example (at least 25 – 30 grams per meal), your body will take from your bones, teeth, and muscles (especially the glutes) and supply it to the baby. If you do not get Omega 3s in her diet, (best sources are fish or mercury-tested fish oil and grass-fed meats) your body will also pull it from your glutes where it is stored and give it to your growing baby (glute flattening can begin with inadequately nourished pregnancies.)

Protein is the builder of everything, it's brick and mortar for a mother. It's necessary to build everything for a growing baby as well. During pregnancy, the increase in blood that is required should be noted. Blood is primarily made of protein! Even for non-pregnant women in their reproductive years... it is incredibly important to replenish your body with protein, considering the amount of consistent blood loss that occurs during your period.

David Gillespie, author of [Sweet Poison](#), says:

"If you don't want your child to start life at the start of the queue for all those chronic diseases then you should not eat sugar while pregnant. Studies have shown that excess sugar consumption suppresses the immune system and wreaks havoc on your hormones, both are vital during pregnancy—repeated blood sugar spikes stress your internal organs as well as those of your sweet baby on board. Keeping sugar and blood sugar-spiking carb choices in your diet during pregnancy increases your risk of complications including gestational diabetes. A pregnancy fueled by sugary choices brings a greater risk of preeclampsia, cesarean delivery, premature delivery... and infant hypoglycemia."

The whole cultural norm around moms getting whatever they want should be questioned. No shaming. And we don't need to be extremely strict, but it should be communicated. If you have a craving, giving into it constantly harms your baby and it harms you. If you tell yourself "This is my time" and you splurge all the time, it will take a toll on your baby and you.

There are great alternatives to sugar during pregnancy such as stevia, erythritol, and xylitol. If these do not sit well with your mindset then in *moderation*, maple syrup, and raw honey are also suitable options.

While you do have to ensure that your blood sugar doesn't spike too high during pregnancy, the other danger is that it goes too low! Studies have shown that babies need a constant supply of

glucose. How do you get that? Gentle carbs. Sweet potatoes and healthy grains are the way to get those gentle carbs to you and your baby.

S and E Meals are fine periodically through pregnancy, but we strongly advise lots of Crossovers (XO) Meals consistently to ensure you and your baby are getting enough nutrients. Balance is so important. Both diet and exercise can change your pregnancy and can change the health of your baby.

About Colic- In some ways, even healthy foods can cause some colic for a baby. Whenever you're introducing a new food to a baby... even from breast milk, they'll often have some kind of tummy discomfort. For instance, broccoli is a common offender. Due to it being a fermentable fiber, it releases specific bacteria that can cause some colic. Fennel tea can be helpful if you're eating peas and broccoli. But be careful about avoiding foods... going off this and off that... to help prevent colic. It can be confusing, frustrating, and limiting to try to identify all those things that cause it! All the restrictions can steal some of your joy. Sometimes there's just going to be colic! It's hard to avoid when your baby's microbiome is becoming more diverse at about 3 – 6 months of age... they're going to have a little gas. It's part of the human process.

Best First Foods- Take this one naturally. Everyone's child is different. A recommendation that we could start with is not to feed them solids too early, because of the incredible nutrients that they gain from breastfeeding. A baby's immune system is deeply strengthened by his or her mother's milk. Perhaps give them some tasters but keep them on breastmilk for a longer rather than shorter time if that's possible. Keep in mind, however, that different children want solid foods at different ages. Some are not ready until after they're close to a year, some well before that. Just be sure not to force solid food on them if they're thriving on breast milk alone.

Serene's Tips

- Don't start with bananas! That doesn't end well (it can lead to constipation).
- Soft boiling pasture-raised eggs can be a great first food. You'll eat the egg whites (not the baby), but the warmed egg yolk is rich and full of vitamins (6-minute boiled egg), with a pinch of mineral salt is one of the best first baby foods.
- Bone broth in their sippy cup is gut-healing and full of minerals (and can help prevent allergies).
- Goat's milk or raw cow's milk kefir
- Mango and coconut oil blended with baobab and mineral salt.
- Avocado and sweet potatoes.
- Bone broth mixed with sweet potatoes and grass-fed butter.
- Whole milk yogurt, little bits of cheese (for when they're able to grab), grass-fed butter.
- DON'T start with grains or rice.
- You can blend up any healthy, whole food that the family is having for a meal. (This is what Pearl and Serene's mom did.)

If nursing is not possible:

- [Weston A. Price Formula](#) is great for babies that don't latch.
- [Lact-Aid](#) - Small tube to help the baby feed if they're struggling.

Digging Deeper

[Video with David Gillespie](#) - Author of Sweet Poison



PRODUCT SPOTLIGHT

TH Baobab Boost Powder

Welcome a multi-talented, multi-tasking, multi-vitamin, and mineral one-of-a-kind supplement into your life. This ultra-low net carb powder is like a daily “multi” but is 100% real food! That’s why we call it Baobab Boost because this amazing fruit is grown on the majestic

Baobab tree boosts your nutrition in every area. Its citrus and sherbet-tasting dried flesh has five times the fiber of oats, and higher antioxidant levels than any food on the planet (8 times that of the super berry Acai, and more than both blueberries and pomegranates combined!) It has more than twice the calcium of milk, double the magnesium and iron of spinach, and is loaded with six times the potassium of bananas.

Benefits:

- Nutritional Booster
- Antioxidant King

Suggested Uses:

- Smoothies
- Sippers
- Bars
- Soups

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