

# Ella's Monthly Cycle

A call to be informed about your pregnancy, birthing and parenting choices....

Are you planning on being pregnant, pregnant or have children?... You can choose almost everything to do with your care and the care of your children. We cannot assume that mainstream recommendations are best and safest; it is up to you to learn about your options. Some areas that you have a choice in include: Your pregnancy and birth carer, home birth or hospital birth, Doppler or pinards?, ultrasound or not?, glucose tolerance test, GBS screening, blood tests, labour positions, water or land?, siblings at birth, antibiotics?, cannula?, CTG or intermittent monitoring?, pain management, vaginal exams?, coached or physiological pushing, immediate or delayed cord clamping, skin to skin contact, vitamin K injection/oral/not at all, vaccination, baby wearing, co-sleeping, breast or bottle.... we've all got a lot to think about...

## Spotting... some health information ... ~

At this time of the year, everyone is worried about getting sick and worried that their children may get sick. This month's 'Spotting' will help you understand your bodies' immunity and how to improve it.

### Immune system

Your immune system is responsible for keeping your body safe from foreign bodies such as virus' and bacteria. In order to build up immunity to these things your body must be exposed to them. This is what happens with chicken pox for example. Generally if you get chicken pox then you won't get it again because your body has identified the foreign body and created antibodies to overcome it. If you get exposed to chicken pox again, your immune system remembers how to make the antibodies to fight it before you develop symptoms. Alternatively, the flu virus mutates yearly so each year it looks different and the body does not have antibodies so you may get sick, the risk of getting very sick with the flu can be reduced if you have a strong healthy immune system that can quickly produce antibodies to overcome the flu before the symptoms become too severe

### Improving your immunity

1. Keep warm & get enough sleep
2. Avoid sugary foods. Sugar requires nutrients to digest which takes them away from the immune system
3. Eat enough protein. Protein foods include nuts, eggs, legumes and beans. Your body uses protein to make antibodies
4. Take in enough nutrients from food including fruit and vegetables.
5. Supplement with Vitamin C, Zinc and Vitamin B complex.



## Events for your diary

### Noga Night @ Yoga & Beyond

'Noga (not yoga) Night' is run monthly at 'Yoga and Beyond' (Unit 1,2nd floor, Transit way business centre 1002-1010 Canley vale rd Wetherill Park 2164). The next Noga Night will be on **Friday August 7<sup>th</sup> at 7pm**. This will be a **panel discussion** with various health professionals to answer all your emotional, spiritual, physical and mental health questions. The Panel will include a Naturopath, Midwife, Nurse, Counsellor, Sports Physiologist, and more to be announced. Everyone is welcome, cost is \$15. A healthy supper is provided. Contact the Ella May Centre to register for this event.

### Home Birth Rally Canberra

Homebirth Australia is hosting a MAJOR rally in Canberra (outside Parliament House) on Monday September 7 from 11.30am. There has been much discussion about the potential outlawing of homebirth and the continued lack of equity for women choosing homebirth. More details will soon be on the HBA website [www.homebirthaustralia.org](http://www.homebirthaustralia.org) For now just jot the date in your diary and plan to be there. email [justine.caines@bigpond.com](mailto:justine.caines@bigpond.com)

### Pregnancy & Parenting Network

If you are looking for a network of mothers, fathers and midwives to discuss issues and questions around pregnancy and parenting, come along to the Pregnancy and Parenting Network run once a month at **27 Hart st Dundas Valley**. The next get together is on **Thursday the 9<sup>th</sup> of July from 10-12am**. The **topic of discussion this month is 'baby wearing'**. Call Jane Palmer on 02 9873 1750 to let her know you'll be coming- see you there! See [www.pregnancy.com.au](http://www.pregnancy.com.au) for more info.