



The Pregnancy Guide

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Disclaimer - This guide is intended for educational purposes only and does not substitute professional medical advice, diagnosis, or treatment. We recommend consulting your doctor and the YogBirth team to ensure these practices are safely and appropriately personalized for your unique health journey.



YOGBIRTH PREGNANCY GUIDE

A gentle, holistic and science-supported roadmap for a healthy, confident and emotionally grounded pregnancy.

INTRODUCTION

Pregnancy is one of the most significant physiological and emotional transformations a woman experiences. Your body expands, your hormones shift, your nervous system reorganises itself, and your identity evolves as you begin nurturing a new life.



This guide was created to address the most common challenge expectant mothers face today:

“I feel overwhelmed - what is normal, what is not, and what should I actually do?”

The **YogBirth Pregnancy Bible** combines:

- modern obstetric guidance
- traditional yogic and Ayurvedic practices
- evidence-informed holistic care
- emotional and energetic support frameworks

It integrates the best of both worlds:
medical safety and **holistic strengthening**, without contradiction.

The goal is simple:

To help every mother feel informed, supported, and confident throughout pregnancy.

HOW TO USE THIS GUIDE

1. Identify your trimester

Each trimester has its own physiological demands and common symptoms. Navigate to the relevant chapter to understand what your body is experiencing.

2. Look up your symptom

Each condition is presented with:

- What it is
- How it affects pregnancy
- What doctors usually recommend
- Medicines: benefits & risks
- Short-term gains vs long-term complications
- YogBirth's protocol: physical + emotional + lifestyle

3. Use the Daily Foundations + Toolbox

These practices stabilise your hormones, digestion, blood flow, emotional state and nervous system—making every medical intervention more effective.

4. Recognise when medical help is required

Red-flag guidance is highlighted in each complication section.

5. Share it with your partner

Birth is a team experience. The more informed your partner is, the smoother your journey becomes.

THE YOGBIRTH CORE PHILOSOPHY: BODY, MIND, ENERGY

Pregnancy thrives when all three layers of a woman's system are nurtured.

THE YOGBIRTH PHILOSOPHY MIND, BODY & SOUL



1. BODY

Your body undergoes significant physiological adjustments:

- Increased blood volume
- Changes in posture
- Hormonal surges
- Increased nutritional demands

Stability comes from:

- Warm, nutrient-rich meals
- Slow, structured movement
- Breathwork for circulation
- Adequate rest
- Safe strengthening

2. MIND

A mother's mental state directly influences:

- hormones
- immune system
- fetal nervous system development
- uterine relaxation

The YogBirth approach emphasises:

- emotional awareness
- fear reduction
- journaling
- mindfulness
- partner support
- guided relaxation

3. ENERGY

In pregnancy, the energetic system shifts toward:

- protection
- grounding
- expansion in the womb space

Energy is stabilised through: breathwork, Garbha Sanskar, chanting, fetal bonding, warm oil massages and nurturing rituals

When body, mind, and energy align, pregnancy unfolds with more ease, confidence and physiological stability.

Start your Pregnancy Wellness Reset and release stress, fear and exhaustion from the body - [Book your clarity call here](#)

DAILY FOUNDATIONS (Start Today)

These simple practices have the highest impact across all trimesters.

1. Hydration

8–10 glasses of water daily. Add electrolytes or warm water during digestion-heavy days.

2. Warm cooked meals

Support metabolism, reduce bloating, and stabilise blood sugar.

3. Protein intake

Include protein in every meal to support fetal development and maternal energy.

4. Morning sunlight

5–10 minutes outdoors to regulate circadian rhythm and mood.

5. Movement

20–30 minutes daily:

- Walking
- Prenatal yoga
- Gentle stretching

6. Breathwork

Daily 5–10 minutes lowers cortisol and stabilises the nervous system.

7. Sleep routine

Lights off by 10–10:30 PM. Avoid screens in the hour before bed.

8. Emotional grounding

A short nightly check-in:

- What felt good today?
- Where did I hold tension?
- What do I need tomorrow?

9. Partner communication

Weekly reflection:

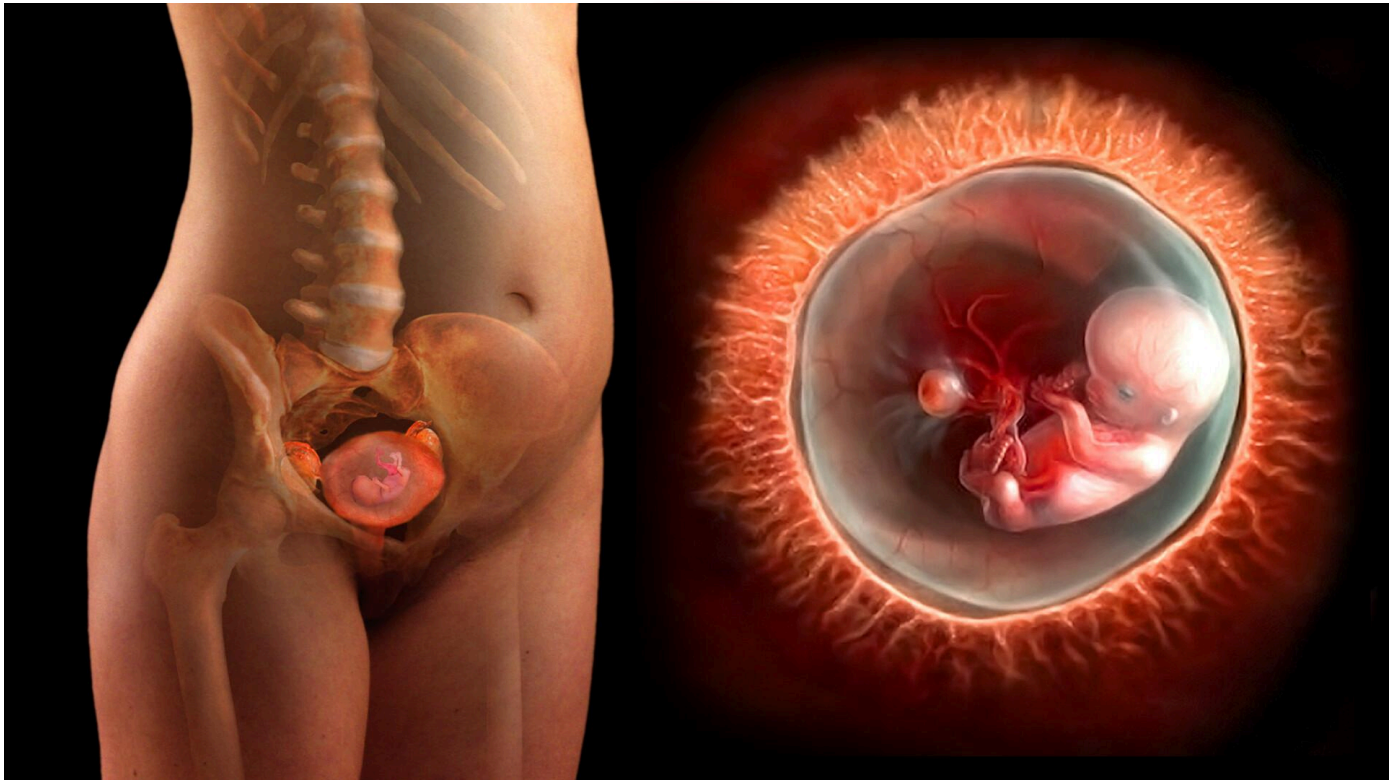
- What support do I need?
- What fears do I want to share?

YOGBIRTH PREGNANCY GUIDE

A calm, clear and emotionally supportive roadmap through pregnancy.

FIRST TRIMESTER (Weeks 1–13)

Your baby's organs are forming. Your body is adjusting. Hormones are high.



Nausea & Vomiting (Morning Sickness)

What it is

One of the earliest signs of pregnancy caused by rising levels of hCG and progesterone, which slow digestion and heighten smell sensitivity. Blood sugar also fluctuates more in early pregnancy, which increases nausea intensity.



How it affects pregnancy

- Reduced appetite
- Difficulty eating balanced meals
- Dehydration risk
- Weakness and dizziness
- Morning or all-day nausea
- Emotional irritability or sadness
- Sleep disruption if nausea peaks at night

Severe untreated nausea can progress to hyperemesis gravidarum, requiring medical attention.

Medicines & procedures: benefits and risks

Doctors typically recommend:

- Vitamin B6 and Doxylamine to reduce nausea and prevent vomiting
- Antiemetics like Ondansetron for severe cases
- Electrolyte solutions to restore hydration
- Diet adjustments, especially smaller meals

Benefits: Help mothers eat better, reduce vomiting episodes, prevent dehydration

Risks: Mild constipation, drowsiness, rarely headaches

Medicines reduce symptoms, but hormonal sensitivity may continue.

What doctors say

“Eat small frequent meals, avoid spicy or greasy foods, stay hydrated with sips of water, and take prescribed medication if needed.” Doctors aim to prevent dehydration and ensure minimum nutrient intake.

YogBirth protocol

- Three ginger methods: Ginger-honey paste, mild ginger tea, or ginger candy to soothe the stomach lining and reduce nausea naturally.
- Stomach-calming breathwork: Bhramari and long-exhale breathing relax the vagus nerve, reducing the nausea reflex and calming hormonal surges.
- Warm, tiny meals every 2–3 hours: Prevents stomach emptiness, which is a major trigger for nausea.
- Morning lemon-honey water: Balances blood sugar and reduces morning sickness intensity.
- Emotional grounding support: Soft affirmations, guided calming tracks and fetal-connection meditations help reduce fear-triggered nausea that often appears with hormonal sensitivity.

Get trimester specific guidance for movement, breathwork and posture - [Book a consultation call with us](#)

Fatigue & Low Energy

What it is

A very common early pregnancy symptom caused by surging progesterone, which slows the entire body so the embryo can implant safely. Blood volume increases rapidly in the first trimester, which also causes tiredness.



How it affects pregnancy

- Extreme tiredness even after full sleep
- Low motivation
- Difficulty concentrating
- Mood changes
- Feeling “drained” by midday
- Lightheadedness

Untreated deficiencies like low iron or thyroid imbalance can worsen fatigue.

Medicines & procedures: benefits and risks

Doctors usually:

- Test iron, B12, vitamin D, thyroid
- Prescribe supplements if levels are low
- Advise hydration and rest

Benefits: Correct hidden deficiencies and improve energy levels

Risks: Minimal; iron tablets may cause constipation

What doctors say

“Your body is working overtime — rest whenever you can. Take your supplements regularly and eat nutrient-rich meals.”

YogBirth protocol

- Morning energy ritual: Soaked raisins, almonds and walnuts supply quick natural energy and steady blood sugar.
- Yoga Nidra: A 10-minute guided rest practice that resets the nervous system, reduces hormonal fatigue and boosts dopamine naturally.
- Balanced meals: Warm meals with protein + complex carbs to prevent energy crashes.
- Breath expansion practices: Gentle diaphragmatic breathing improves oxygen supply and reduces tiredness caused by shallow pregnancy breathing.

Learn safe prenatal yoga tailored to your body and baby's needs - [Schedule your consultation call](#)



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Your Holistic Pregnancy Partner

Constipation & Bloating

What it is

Pregnancy hormones slow bowel movements to allow more nutrient absorption. Meanwhile, the growing uterus compresses intestines, making stool harder to pass.



How it affects pregnancy

- Hard stools
- Pain while passing stool
- Bloating
- Gas buildup
- Rectal discomfort
- Increased haemorrhoid risk
- Feeling heavy or sluggish

Untreated constipation increases the risk of piles and chronic bloating.

Medicines & procedures: benefits and risks

Doctors may recommend:

- Stool softeners like lactulose
- Psyllium husk (fibre)
- Hydration increase
- Probiotics

Benefits: Make stool easier to pass, relieve discomfort

Risks: Overuse of laxatives may reduce natural bowel movement strength

What doctors say

“Drink more water, add fibre, avoid straining, and use stool softeners if needed.”

YogBirth protocol

- Morning digestion drink: Warm water with ajwain, fennel or dry ginger powder promotes natural peristalsis.
- Prenatal constipation-relief yoga: Cat-cow, side bends and modified knee-to-chest movements help gas move and stimulate bowel function.
- Buttermilk with hing and cumin: Improves gut motility, reduces heaviness and prevents stool hardening.
- Warm oil abhyanga on lower belly: Stimulates intestinal movement and reduces discomfort.
- Breath-led relaxation: Constipation worsens when mothers hold tension. YogBirth soothing breathwork softens abdominal muscles and improves bowel movement naturally.

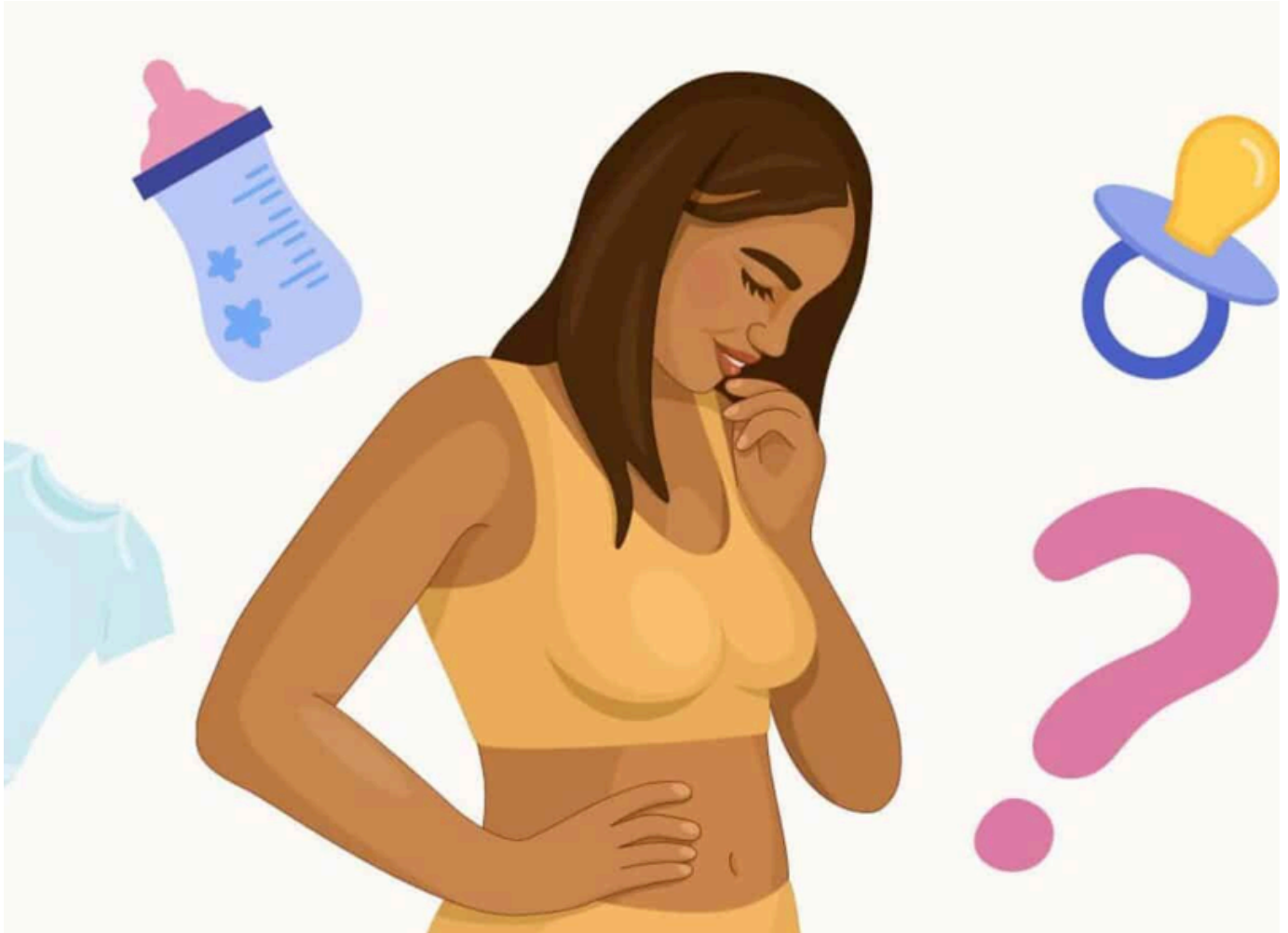


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First-trimester Anxiety & Fear of Miscarriage

What it is

A highly common emotional response caused by hormonal fluctuations, new pregnancy uncertainty, and fear of losing the pregnancy. Increased progesterone can heighten sensitivity, while low blood sugar and fatigue worsen emotional reactivity.



How it affects pregnancy

- Constant worry or “overchecking” symptoms
- Difficulty sleeping
- Heart palpitations
- Feeling disconnected from joy
- Overthinking worst-case scenarios
- Fear of movement or eating something “wrong”
- Emotional crying spells

If prolonged, anxiety can increase cortisol, which affects digestion, sleep and overall well-being.

Medicines & procedures: benefits and risks

Doctors may suggest:

- Early ultrasound for reassurance
- Counselling for high anxiety
- Mild pregnancy-safe anti-anxiety medication (rare, only if needed)

- Blood tests to check hormone levels

Benefits: Offers reassurance, reduces panic, stabilises emotions

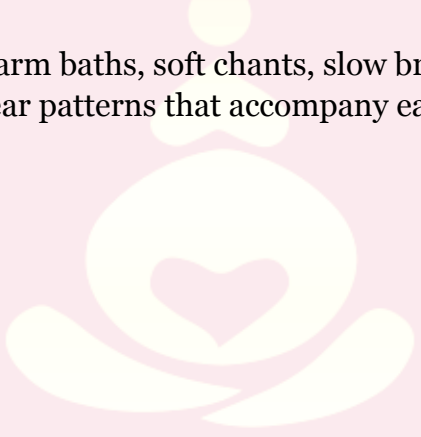
Risks: Medical reassurance is temporary — root emotional triggers must still be addressed

What doctors say

“Anxiety is normal — most pregnancies are healthy. Rest, avoid Google, and contact us if you see concerning symptoms.” Doctors focus on reassurance and ruling out physical causes.

YogBirth protocol

- Safety breath for emotional grounding: Inhale 4 counts, exhale 6 counts to signal safety to the nervous system and reduce panic waves.
- Fetal-connection meditation: Helps mothers shift from fear to bonding by gently connecting with their baby through breath and intention.
- Affirmation and journaling practice: Releases intrusive thoughts and replaces them with trust-based narratives.
- Partner involvement: We teach simple supportive scripts partners can use to help mothers regulate emotionally.
- Nervous system reset rituals: Warm baths, soft chants, slow breathing and womb-holding practices calm the subconscious fear patterns that accompany early pregnancy.

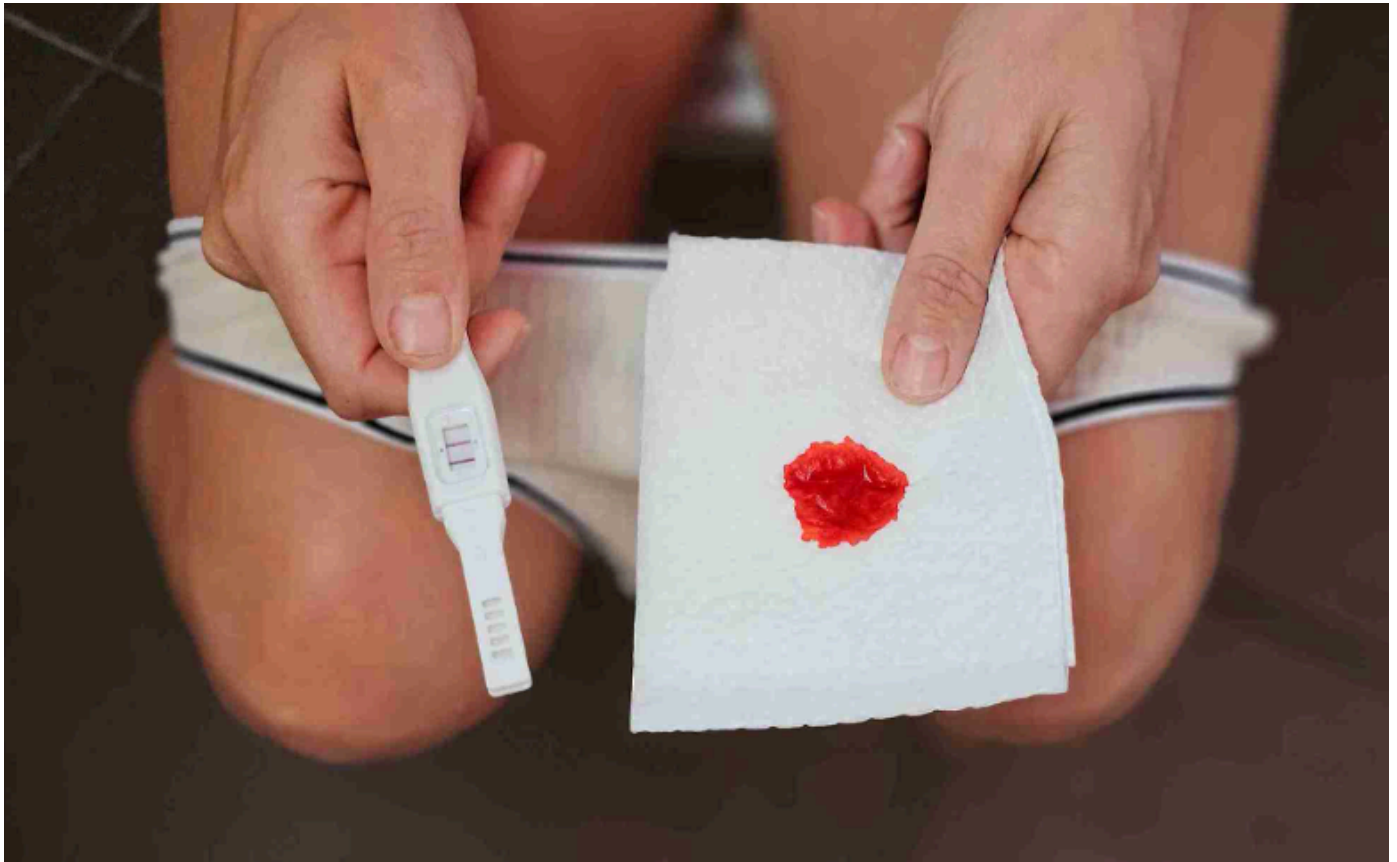


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Spotting or Early Pregnancy Bleeding (Always require doctor assessment first)

What it is

Light spotting or bleeding can occur in early pregnancy due to implantation, cervical sensitivity, hormonal adjustments or — in some cases — early pregnancy complications.



How it affects pregnancy

- Fear of miscarriage
- Panic or emotional overwhelm
- Physical restlessness
- Difficulty sleeping
- Increased anxiety with every bathroom visit

Most spotting is harmless, but it must be evaluated.

Medicines & procedures: benefits and risks

Doctors may perform:

- Ultrasound to check baby's heartbeat
- Progesterone supplements to support early pregnancy
- Hormonal blood tests (hCG, progesterone)
- Rh injection if the mother is Rh-negative

Benefits: Confirms pregnancy health and provides immediate medical support

Risks: None major when doctor-guided; ultrasound provides clarity

What doctors say

“Take rest, avoid intercourse and heavy movement, and monitor the bleeding. Come in immediately if bleeding becomes heavy or painful.”

YogBirth protocol (AFTER doctor approval only)

- Complete physical rest: No yoga, no walking, no stretching until medically cleared.
- Womb-calming breathwork: Slow deep breathing to reduce uterine tension and emotional shock response.
- Guided emotional reassurance: Fear intensifies uterine tightness — YogBirth uses grounding meditations to restore safety.
- Partner support scripts: Helps your partner soothe your nervous system, reducing mental and physical stress.
- Warmth and hydration practices: Warm fluids and gentle nourishment support recovery without straining the body.

Food Aversions & Smell Sensitivity

(Not separately detailed in original text; refer to nausea section for practical tips.)

Early UTIs / Increased Urination

(UTIs and infections are covered in cross-trimester infections — see Cross-Trimester Complications: Infections in Pregnancy for full guidance.)

Struggling with nausea, fatigue or first-trimester fear?

Book a call and get access the required support - [Click here to access](#)

- **1:1 Pregnancy Diet Review Call** (understand what to eat for nausea, constipation and fatigue)
- **First-Trimester Yoga Therapy Class** (safe, calming and restorative)
- Planning your next pregnancy? Explore the **VIP Fertility Flagship Programme**

Not sure whether your current lifestyle is good for your baby? [Take this 90-second Pregnancy Quiz and discover how your lifestyle is shaping your baby's health and wellbeing](#)

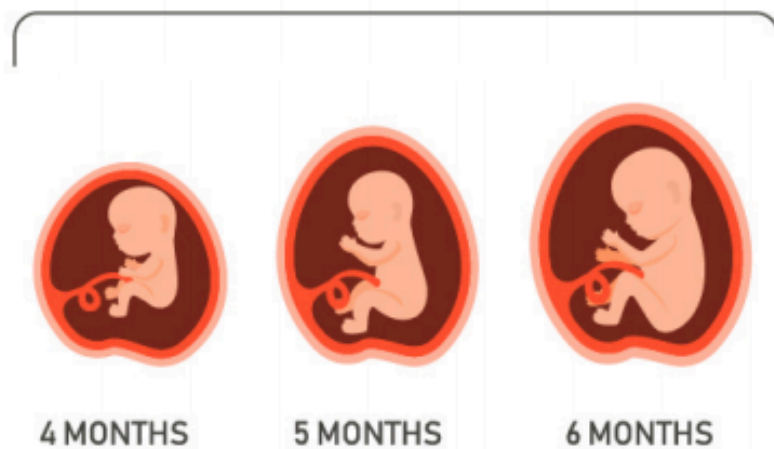
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SECOND TRIMESTER (Weeks 14–27)

Many mothers feel more energetic in this trimester, but mechanical and metabolic issues increase as the baby grows.

EMBRYONIC DEVELOPMENT

II Trimester



Back Pain, Sciatica & Postural Strain

What it is

As the uterus grows, the centre of gravity shifts forward, increasing pressure on the lower back and stretching pelvic ligaments. The sciatic nerve can become compressed, causing sharp radiating pain down the legs.



How it affects pregnancy

- Lower-back stiffness
- Pain while walking or sitting
- Shooting pain down the legs
- Difficulty sleeping
- Fatigue due to constant discomfort
- Limited mobility

Untreated back pain can worsen pelvic misalignment, affecting labour positioning.

Medicines & procedures: benefits and risks

Doctors may recommend:

- Physiotherapy to correct posture
- Magnesium supplements
- Heat therapy for pain relief
- Support belts to stabilise pelvis
- Pregnancy-safe pain relief if severe

Benefits: Reduces inflammation, improves mobility

Risks: Long-term dependency on belts or pain medication if underlying posture is not corrected

What doctors say

“Improve posture, avoid long standing, use heat or physiotherapy, and strengthen your back and hip muscles.”

YogBirth protocol

- Prenatal spinal release sequence: Cat-cow, side stretches and seated pelvic tilts improve flexibility and reduce nerve compression.
- Sciatica-relief yoga: Modified pigeon pose, supported child's pose and hip-opening movements to relieve pressure on the sciatic nerve.
- Warm sesame oil abhyanga: Deeply nourishes tissues, reduces inflammation and relaxes tense muscles.
- Posture correction guidance: YogBirth teaches mothers how to sit, sleep and stand safely to prevent nerve flare-ups.
- Breath-led movement: Breathing techniques that soften pelvic tension and prevent stress-induced tightening.

Leg Cramps (Mostly Second & Third Trimester)

What it is

A painful tightening of the calf or foot muscles, usually happening at night. It occurs because the growing uterus reduces blood flow to the legs, and the body's increased nutrient demands may create mild mineral imbalances.



How it affects pregnancy

- Sudden night-time pain
- Sleep disruption
- Walking difficulty
- Morning soreness
- Anxiety around bedtime
- Reduced mobility in severe cases

Untreated cramps can worsen swelling and fatigue.

Medicines & procedures: benefits and risks

Doctors may suggest:

- Calcium and magnesium supplements
- Electrolyte drinks
- Gentle stretching exercises
- Adequate hydration

Benefits: Restores mineral balance, reduces cramps

Risks: Overuse of supplements can cause digestive upset

What doctors say

“Stay hydrated, stretch your calves before bed, wear supportive footwear, and take supplements regularly.”

YogBirth protocol

- Warm oil calf massage: Massaging calves and feet with warm sesame oil every night improves circulation, relaxes muscles and prevents night cramps.
- Potassium-rich foods: Raisins, bananas, lentils and coconut water naturally correct electrolyte imbalance.
- Prenatal stretching sequence: YogBirth teaches safe calf stretches, ankle rotations and hamstring release movements to reduce muscle tightness.
- Breath-led relaxation before sleep: Reduces muscle tension caused by stress, which often triggers cramps.



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Heartburn & Acidity

What it is

A burning sensation in the chest or throat caused by relaxed digestive valves (due to progesterone) and upward pressure from the growing uterus.

Experiencing heartburn, pelvic discomfort or breathlessness? [Click here to book a call and join our therapeutic prenatal movement sessions here](#)



How it affects pregnancy

- Burning in chest or throat
- Bitter taste
- Trouble sleeping
- Reduced appetite
- Nausea
- Bloating

Untreated acidity increases dehydration, nausea, and sleep issues.

Medicines & procedures: benefits and risks

Doctors may recommend:

- Antacids
- Pregnancy-safe acid reducers
- Dietary modifications

Benefits: Quick relief, reduces burning

Risks: Overuse of antacids may interfere with nutrient absorption

What doctors say

“Avoid spicy, oily and large meals. Don’t lie down after eating. Use antacids if needed.”

YogBirth protocol

- Cooling digestive drinks: Fennel seed tea, coriander-infused water or gulkand milk soothe the

digestive tract and reduce acid buildup.

- Meal-timing practices: Eat smaller warm meals, avoid late dinners, and stay upright for 20–30 minutes post meals.
- Prenatal yoga for digestion: Gentle left-side supported lying, cat-cow and seated heart-opening poses improve digestion and reduce reflux.
- Breathwork for acidity relief: Sitali or long-exhale breathing calms the solar plexus and reduces heat in the body.



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Blood Sugar Instability & Gestational Diabetes Screening

What it is

A rise in blood glucose due to pregnancy hormones creating insulin resistance. This is a natural physiological change, but in some mothers, it becomes significant enough to require medical guidance.



How it affects pregnancy

- Increased thirst
- Fatigue
- Dizziness
- Frequent urination
- Baby growing larger than usual
- Higher risk during labour if untreated

If blood sugar remains uncontrolled, it increases risks for both mother and baby.

Medicines & procedures: benefits and risks

Doctors conduct:

- OGTT (glucose tolerance test)
- Regular sugar monitoring
- Dietician consultations

If needed:

- Metformin or insulin injections

Benefits: Helps maintain safe glucose levels for mother and baby

Risks: Medication timing must be followed carefully for stability

What doctors say

“A balanced diet, regular monitoring, and consistent meal timing are the keys. Medication may be necessary — it is very safe in pregnancy.”

YogBirth protocol

- Low-GI and balanced plate method: Protein + fibre + healthy fats to reduce spikes. YogBirth provides personalised meal frameworks that feel nourishing and not restrictive.
- 10-minute post-meal walking: Helps muscles absorb sugar naturally and reduces the need for medication in many cases.
- Stress-reduction breathwork: High cortisol increases blood sugar — YogBirth breathwork helps stabilise both.
- Prenatal yoga for insulin sensitivity: Movements that activate large muscle groups help improve glucose utilisation naturally.

Swelling (Edema) and Varicose Veins

What it is

Fluid retention in hands, feet and ankles due to increased blood volume, hormonal changes, and pressure from the expanding uterus on blood vessels.



How it affects pregnancy

- Difficulty wearing rings or shoes
- Tightness in fingers and feet
- Reduced mobility
- Sleep discomfort
- Increased fatigue

In rare cases, sudden swelling may be a sign of preeclampsia.

Medicines & procedures: benefits and risks

Doctors will:

- Check blood pressure
- Test urine protein
- Rule out preeclampsia
- Recommend elevation and hydration

Benefits: Ensures swelling is not caused by a serious medical condition

Risks: None with correct monitoring

What doctors say

“Elevate your feet, avoid long-standing hours, drink plenty of water, and monitor sudden swelling.”

YogBirth protocol

- Modified legs-up posture: Gentle elevation on pillows (not full inversion) improves lymphatic drainage safely.
- Warm abhyanga massage: Sesame oil massage supports circulation and reduces fluid retention.
- Hydration + potassium balance: Buttermilk, coconut water and potassium-rich foods reduce water retention naturally.
- Prenatal foot and ankle movements: Circular ankle rotations and calf stretches improve lymph flow.

Pelvic Girdle Pain (PGP)

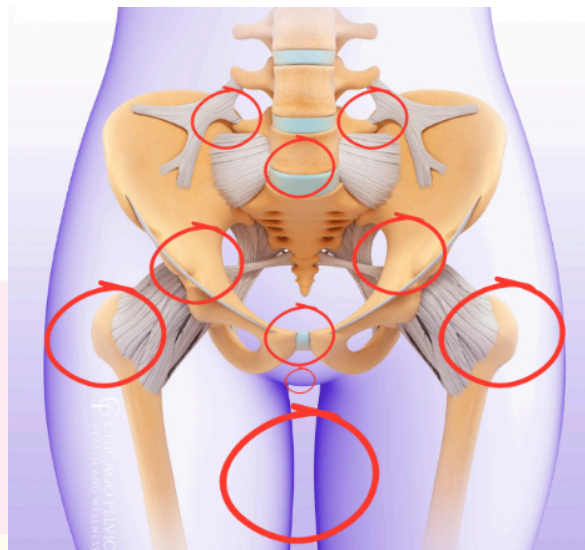
What it is

A deep, sharp or aching pain around the pelvic joints due to loosening ligaments and increased pressure from the growing baby. Hormones like relaxing make pelvic joints softer, which can create instability.

How it affects pregnancy

- Difficulty walking
- Pain when turning in bed
- Pain climbing stairs
- Clicking sounds in pelvis
- Lower back pressure
- Reduced mobility

Untreated PGP can worsen during labour and postpartum.



Medicines & procedures: benefits and risks

Doctors may:

- Recommend pelvic support belts
- Suggest physiotherapy
- Prescribe pain relief if necessary

Benefits: Helps stabilise pelvis and reduce pain

Risks: Relying only on belts without strengthening can weaken pelvic muscles over time

What doctors say

“Strengthen your pelvic floor and glutes, avoid wide-leg movements, and use supportive belts if needed.”

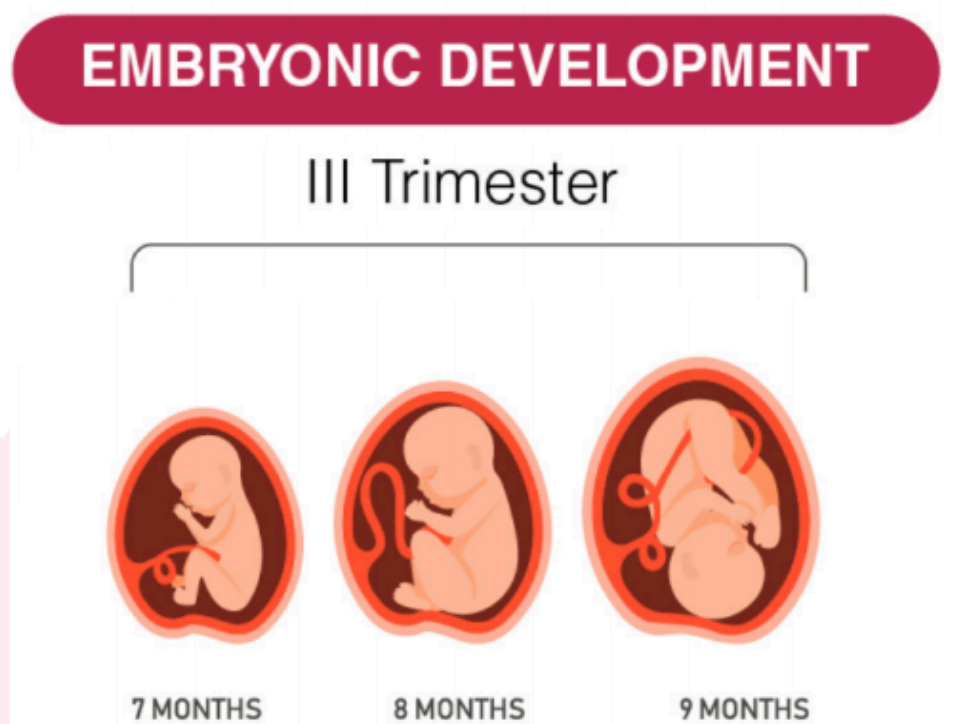
YogBirth protocol

- Pelvic stability yoga: Safe strengthening poses for glutes and inner thighs to support the pelvic bowl naturally.
- Gentle hip mobility exercises: Help realign pelvis and reduce stiffness without overstretching ligaments.
- Warm oil massage along sacrum: Releases tension in lower back and sacroiliac joints.
- Correct movement education: We teach how to turn in bed, get up, and walk safely without triggering pain.

Not sure how your daily habits are impacting your baby's growth? [Take this 90-second Pregnancy Quiz and discover how your lifestyle is shaping your baby's health and wellbeing](#)

THIRD TRIMESTER (Weeks 28–Delivery)

Baby gains most weight; body prepares for labour. Emotional intensity commonly increases.



Breathlessness & Sleep Disturbance

What it is

As the uterus grows, it pushes up against the diaphragm, reducing lung expansion. Hormones also relax chest muscles, making breathing feel shallower. Sleep gets affected by discomfort, acidity and frequent urination.

Get guided breathwork and relaxation practices to calm your nervous system -
[Schedule a consultation call](#)



How it affects pregnancy

- Shortness of breath
- Difficulty lying flat
- Frequent waking
- Anxiety at night
- Lower energy
- Poor focus

Untreated sleep disruption increases stress and fatigue.

Medicines & procedures: benefits and risks

Doctors may:

- Check iron levels
- Check thyroid
- Monitor for respiratory issues

Benefits: Ensures no underlying medical cause

Risks: None with proper assessment

What doctors say

“Sleep on your left side, use pillows for support, and avoid heavy meals at night.”

YogBirth protocol

- Side-sleeping setup: Pillow under belly, between knees and behind back improves diaphragm space and reduces breathlessness.
- Yoga Nidra before bed: Deeply relaxes nervous system and promotes restful sleep.
- Night breathing ritual: Slow 4–6 breathing reduces chest tightness and supports easy breathing.
- Guided body-scan techniques: Help mothers fall asleep faster and reduce nighttime anxiety.

Labour Anxiety

What it is

A very common fear of childbirth involving concerns about pain, uncertainty, medical interventions, or loss of control. Emotional and hormonal changes intensify this anxiety in the third trimester.



How it affects pregnancy

- Difficulty sleeping
- Increased heart rate
- Overthinking worst-case scenarios
- Reduced oxytocin production
- Lower confidence

Unmanaged labour fear can affect labour progress.

Medicines & procedures: benefits and risks

Doctors provide:

- Birth plan discussions
- Education on pain relief

Benefits: Reduces fear through knowledge

Risks: Limited emotional integration — fear may still persist internally

What doctors say

“Attend childbirth classes, prepare mentally, and communicate your concerns.”

YogBirth protocol

- Labour breathwork training: Hee-breath, candle breath and wave breathing reduce fear and help manage contractions effectively.
- Pain-reduction movement tools: Labour positions, hip squeezes and partner-supported techniques build body confidence.
- Partner training sessions: Teach partners how to support, soothe and coach the mother during labour.
- Emotional release rituals: Guided fear-releasing practices to clear subconscious anxiety.

Perineal Tightness & Fear of Tearing

What it is

Tightness in the pelvic floor muscles and fear around childbirth stretching the tissues. Hormone relaxin helps soften tissues, but tension, fear and poor posture can keep the perineum rigid.



How it affects pregnancy

- Discomfort in pelvis
- Fear of vaginal birth
- Difficulty relaxing hips
- Tightness during movement
- Anxiety during internal exams

If untreated, tension increases the risk of tearing.

Medicines & procedures: benefits and risks

Doctors recommend:

- Perineal massage from 34 weeks
- Warm compresses during labour
- Guided pushing techniques

Benefits: Improves elasticity and reduces tearing risk

Risks: Incorrect massage technique may cause discomfort

What doctors say

“Practice perineal massage, prepare mentally, and learn how to push slowly and steadily.”

YogBirth protocol

- Hip-opening yoga sequences: Butterfly pose, supported squats and side-lying hip releases increase perineal mobility safely.
- Guided perineal massage: We teach correct technique, oils, pressure and timing for maximum benefit.
- Warm sesame oil compress: Softens tissues and reduces soreness.
- Fear-release breathwork: Relaxes the pelvic floor, allowing muscles to open more naturally during birth.

Braxton Hicks / False Labour Contractions

(Covered as concept in index — practical guidance: track contractions, hydrate, change position, rest; seek advice if regular/painful before 37 weeks — see Preterm Labour Risk in Cross-Trimester Complications.)

Perineal Varicosities, Haemorrhoids & Pelvic Pressure

(Included under pelvic pressure/varicosities in index — related guidance appears across constipation and swelling sections: increase fibre, hydration, sitz baths, warm oil massage, adjust pushing technique.)

Reduced Fetal Movements (Monitoring)

(Detailed guidance appears in Cross-Trimester sections about fetal movements and IUGR; primary instruction: daily kick counts from 28 weeks, contact clinician if sudden decrease.)

Preterm Labour Warning Signs

(See Cross-Trimester: Preterm Labour Risk for full details on symptoms, investigations and YogBirth protocol.)

Preparing for labour? [Click here to book a consultation call with us](#)

- **Third-Trimester Yoga & Labour Prep Class** (breathing, positions, partner tools)
- **Pregnancy Diet Check** — swelling, digestion, iron and calcium optimisation
- Want long-term reproductive healing? Learn about the **VIP Fertility Flagship Programme**

Not sure if you are on the right track? [Take this 90-second Pregnancy Quiz and discover how your lifestyle is shaping your baby's health and wellbeing](#)

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CROSS-TRIMESTER COMPLICATIONS (Can occur any time)

These conditions can appear in any trimester. Each requires medical supervision AND internal healing support.

Gestational Diabetes (GDM)

What it is

A condition where pregnancy hormones cause insulin resistance, leading to higher-than-normal blood sugar levels. It typically develops after 24 weeks.



How it affects pregnancy

- Excessive fetal growth
- Increased amniotic fluid
- Tiredness and dizziness
- Increased hunger and thirst
- Higher risk of C-section
- Baby may have low sugar after birth

Uncontrolled GDM can affect the baby's long-term metabolic health.

Medicines & procedures: benefits and risks

Doctors will recommend:

- OGTT test for diagnosis
- Dietician guidance
- Blood sugar monitoring
- Insulin injections or metformin if diet alone isn't enough

Benefits: Maintains maternal and fetal safety, reduces complications.

Risks: Insulin must be timed carefully; diet must be consistent.

What doctors say

“Monitor sugar levels, follow a balanced diet, stay active, and take medication if recommended.”

YogBirth protocol

- Structured meals using the Balanced Plate Method: Protein + fibre + healthy fats at each meal to prevent sugar spikes.
- 10-minute post-meal walk for every meal: A clinically proven method to reduce glucose levels naturally.
- Breathwork for cortisol reduction: Stress raises insulin resistance. YogBirth’s slow-exhale and alternate-nostril breathwork stabilises hormones.
- Prenatal yoga for metabolic control: Activates large muscle groups to improve insulin sensitivity.



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Preeclampsia & High Blood Pressure

What it is

A pregnancy-specific condition involving high blood pressure and possible organ involvement (usually kidneys). It typically appears after 20 weeks.



How it affects pregnancy

- Headaches
- Swelling in face and hands
- Visual disturbances
- Upper abdominal pain
- High BP readings
- Protein in urine

If untreated, it can become life-threatening.

Medicines & procedures: benefits and risks

Doctors will:

- Monitor blood pressure
- Test urine protein
- Prescribe BP medication
- Advise early delivery if condition worsens

Benefits: Protects mother's organs and baby's oxygen supply.

Risks: Delivery may occur earlier than planned.

What doctors say

“Avoid stress, monitor BP regularly, reduce salt intake, and follow medication strictly.”

YogBirth protocol (Used alongside strict medical supervision)

- Deep calming breathwork every day: Lower-cortisol breathwork reduces sympathetic activation that worsens BP.
- Warm nourishing meals: Helps stabilise metabolism and reduces inflammation.
- Left-side sleeping practice: Improves blood flow to placenta and reduces BP load.
- Gentle prenatal yoga: Reduces nervous system tension without raising heart rate.

Placenta Previa (Low-Lying Placenta)

What it is

A condition where the placenta lies close to or covers the cervix. Many cases resolve naturally as pregnancy progresses.

How it affects pregnancy

- Spotting
- Bleeding after activity
- Fear and emotional stress
- Restrictions on exercise and intercourse

Untreated or severe cases may require C-section.

Medicines & procedures: benefits and risks

Doctors may:

- Advise pelvic rest
- Conduct serial ultrasounds
- Recommend hospital monitoring for heavy bleeding
- Plan a C-section if placenta does not move

Benefits: Reduces risk of dangerous bleeding.

Risks: Physical inactivity may cause stiffness and emotional fear.

Experience customised pregnancy movement therapy for your unique concerns -
[Schedule your consultation call](#)



Medicines & procedures: benefits and risks

Doctors may:

- Advise pelvic rest
- Conduct serial ultrasounds
- Recommend hospital monitoring for heavy bleeding
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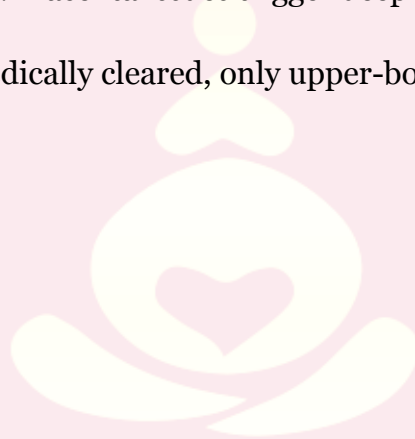
Risks: Physical inactivity may cause stiffness and emotional fear.

What doctors say

“No intercourse, no lifting, no yoga, no deep bending. Monitor bleeding carefully.”

YogBirth protocol (post medical clearance only)

- Complete rest during active bleeding: No yoga or movement until doctor approves.
- Womb-calming breathwork: Reduces uterine tension and emotional fear.
- Emotional reassurance sessions: Placenta issues trigger deep fear — YogBirth helps mothers shift to trust and calm.
- Pelvic-free movement: Once medically cleared, only upper-body gentle yoga is used.



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IUGR (Intrauterine Growth Restriction)

What it is

A condition where the baby is smaller than expected due to reduced placental efficiency, maternal health conditions, or inadequate fetal oxygen supply.



How it affects pregnancy

- Slow fetal growth
- Reduced fetal movements
- Lower amniotic fluid
- Increased monitoring
- Higher chance of early delivery

IUGR babies need careful tracking.

Medicines & procedures: benefits and risks

Doctors will:

- Do frequent ultrasounds
- Monitor doppler blood flow
- Prescribe aspirin in some cases
- Advise high-protein diet
- Plan earlier delivery if growth drops further

Benefits: Ensures baby receives maximum support.

Risks: Early birth may be required.

What doctors say

“Eat more protein, rest more, monitor fetal movements, and come for frequent scans.”

YogBirth protocol

- High-protein meal structuring: Lentils, sprouts, paneer, eggs and shakes to boost fetal growth.
- Fetal-position yoga (safe post clearance): Side-lying positions and gentle heart-opening improve placental circulation.
- Oxygenation breathwork: Deep diaphragmatic breathing increases oxygen supply to the placenta.
- Stress-reduction support: Calm mothers have better uteroplacental blood flow — YogBirth uses guided meditations to maintain emotional safety.



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Preterm Labour Risk

What it is

Labour that begins before 37 weeks. It may occur due to infections, cervical issues, stress, multiple pregnancies, or unknown causes.



How it affects pregnancy

- Back pressure
- Cramping
- Spotting or watery discharge
- Anxiety
- Hospital monitoring
- Activity restrictions

Requires immediate medical attention.

Medicines & procedures: benefits and risks

Doctors may use:

- Tocolytics to stop contractions
- Steroid injections to mature baby's lungs
- Antibiotics for infections
- Bed rest in some cases

Benefits: Buys crucial time for baby's development.

Risks: Medication side effects; emotional stress.

What doctors say

“Monitor contractions, avoid heavy activity, and report any leaking or bleeding.”

YogBirth protocol (ONLY with doctor clearance):

- Womb-softening breathwork: Reduces uterine tension and supports emotional calm.
- Guided rest practices: Helps reduce stress-triggered contractions.
- Partner support techniques: Support reduces cortisol, improving maternal relaxation.
- Upper-body-only yoga (if allowed): Gentle movements to maintain circulation without stressing the uterus.



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Anaemia (Iron / B12 / Folate Deficiency)

What it is

A deficiency of haemoglobin caused by increased blood volume during pregnancy. Iron, B12 or folate deficiency are the most common causes.

How it affects pregnancy

- Fatigue
- Breathlessness

Untreated anaemia affects both mother and baby.

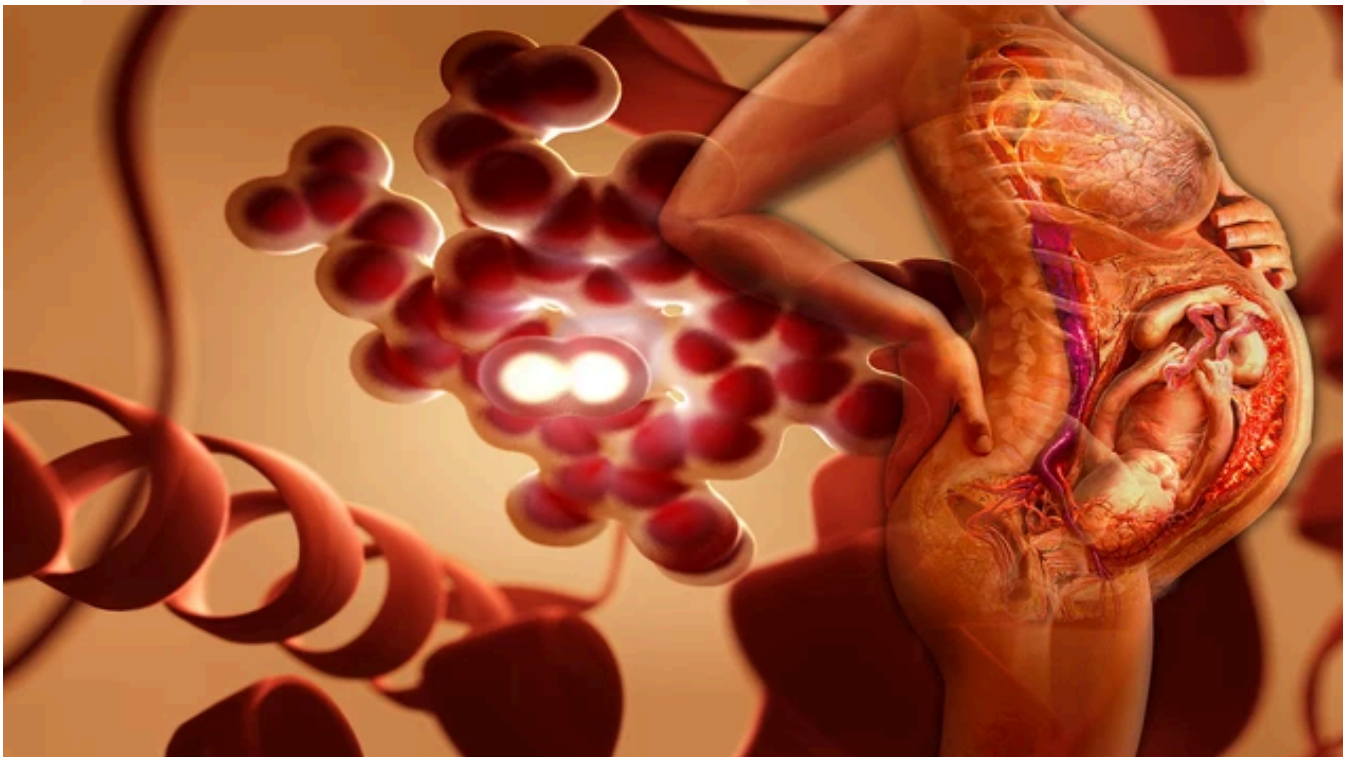
Medicines & procedures: benefits and risks

Doctors will:

- Test iron, ferritin, B12 and folate
- Prescribe iron supplements
- Recommend diet changes

Benefits: Boosts oxygen supply and energy.

Risks: Iron tablets may cause constipation.



What doctors say

“Take iron regularly, pair with vitamin C, avoid tea/coffee near supplement time.”

YogBirth protocol

- Ayurvedic iron-boosting foods: Drumstick soup, black raisins, jaggery, spinach with lemon.
- Warm digestive drinks: Help iron absorption and prevent constipation from tablets.
- Gentle yoga for circulation: Improves oxygen delivery to cells.
- Womb-nourishment visualisation: Reduces anxiety and improves energy perception.

Thyroid Disorders in Pregnancy

What it is

Thyroid hormones control metabolism. In pregnancy, both hypo- and hyperthyroidism can affect fetal development and maternal energy.

How it affects pregnancy

- Fatigue
- Mood swings
- Heart palpitations
- Increased miscarriage risk (if untreated)

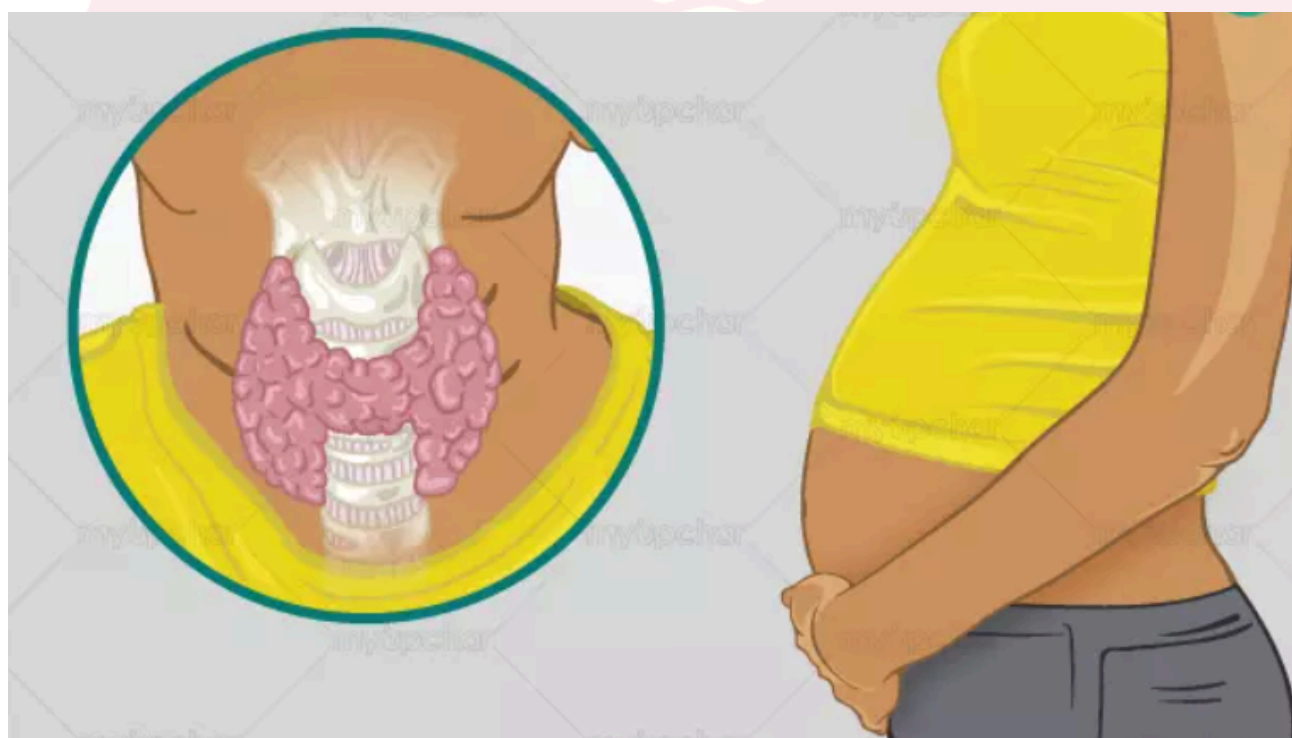
Medicines & procedures: benefits and risks

Doctors will:

- Test TSH, T3, T4
- Prescribe thyroid medication
- Monitor frequently

Benefits: Keeps hormones stable for baby's brain growth.

Risks: Incorrect dose can cause symptoms; requires monitoring.



What doctors say

“Take thyroid medication on empty stomach, same time daily. Monitor levels every 4–6 weeks.”

YogBirth protocol

- Warm easy-to-digest meals: Supports metabolism without overloading digestion.
- Stress-reduction breathwork: Chronic stress interferes with thyroid conversion — YogBirth helps rebalance this.
- Prenatal yoga for metabolic support: Gentle sequences that improve circulation and regulate the nervous system.

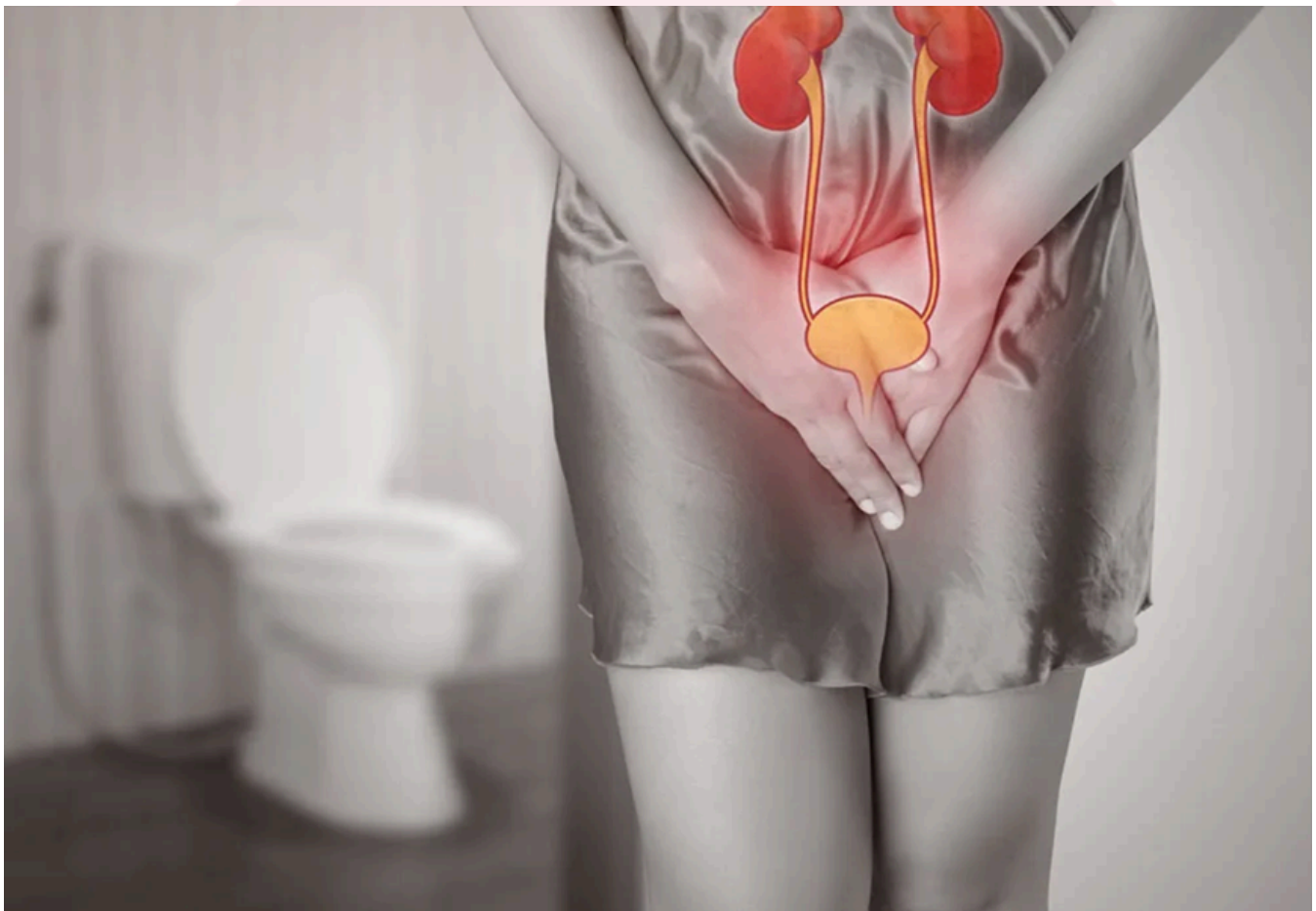
Infections in Pregnancy (UTI, Vaginal, Viral)

What it is

Urinary tract infections, vaginal infections, or viral illnesses are more common due to lowered immunity in pregnancy.

How it affects pregnancy

- Burning urination
- Fever
- Pelvic discomfort
- Foul discharge
- Preterm labour risk (if untreated)
- Emotional stress



Medicines & procedures: benefits and risks

Doctors will recommend:

- Antibiotics or antifungals (pregnancy-safe)
- Urine tests
- Hydration guidance

Benefits: Fast and effective resolution.

Risks: Untreated infection is far more dangerous than medication.

What doctors say

“Hydrate well, finish your medication course, report fever or severe pain.”

YogBirth protocol

- Hydration boosters: Coconut water, warm water and barley water support urinary system health.
- Immune-strengthening foods: Vitamin C–rich fruits, tulsi infusion and warm soups.
- Lower abdominal relaxation practices: Stress worsens immunity; YogBirth uses breathwork and guided relaxation to support healing.
- Gentle movement for circulation: Improves lymphatic flow without straining the body.

Get a personalised pregnancy nutrition and supplement roadmap based on your trimester, energy levels, and blood reports. [Book your guidance call here](#)



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Pregnancy Tests and Scans

A simple guide for every mother

Pregnancy comes with routine tests and scans that help doctors see how you and your baby are doing.



Here is a clear, easy explanation of what happens in each trimester, why it is done, and what the names mean.

FIRST TRIMESTER (Weeks 1 to 13)

Your baby is very tiny but growing fast. This phase focuses on checking your basic health and early baby development.

1. Blood Tests (Usually around 6 to 10 weeks)

These help your doctor understand your overall health.

They check:

- Haemoglobin — to see if you are anaemic
- Blood group & Rh type — important for pregnancy safety
- Thyroid levels — low or high thyroid affects energy and baby's development
- Vitamin levels (B12, D) — only if needed
- Infection screening — HIV, Hep B, syphilis, rubella immunity

Simple meaning:

These tests make sure your body is strong enough for pregnancy and there are no hidden problems.

2. Urine Test

Checks for:

- Infection

- Sugar
- Protein (important for blood pressure issues later)

3. NT Scan (Nuchal Translucency Scan) — Done at 11 to 13.6 weeks

This is a special ultrasound.

It measures:

- The fluid at the back of your baby's neck

What it means:

A normal measurement means baby is developing well.

A higher measurement may increase the risk of chromosomal issues — but it is not a diagnosis.

4. NB Check (Nasal Bone Check) — Done during NT scan

The doctor looks for:

- Your baby's nasal bone (small nose bone)

What it means:

If the nasal bone is present, it supports low risk of certain genetic conditions.

If it's not clearly seen, doctors may recommend additional testing.

Easy difference between NT and NB:

- NT = neck fluid measurement
- NB = checking if the nose bone is visible

Both together give a clearer picture.

5. NIPT (Non-Invasive Prenatal Test) — Optional, from 10 weeks onward

A simple blood test from the mother.

It tells the risk of conditions like Down syndrome with very high accuracy.

Meaning:

It does NOT harm the baby and does NOT confirm a disease — it only gives a risk level.

SECOND TRIMESTER (Weeks 14 to 27)

Your baby's organs and body parts are fully forming now. This trimester focuses on checking baby's structure and mother's sugar levels.

1. Anomaly Scan (Also called Level 2 Scan) — Done at 18 to 22 weeks

This is the most detailed ultrasound in pregnancy.

It checks:

- Baby's heart
- Brain
- Kidneys
- Spine
- Hands and feet

- Placenta location
- Amount of amniotic fluid

Meaning:

It shows how your baby is forming and confirms if everything is growing well.

2. Glucose Test (Diabetes Test) — Done at 24 to 28 weeks

You drink a glucose (sugar) drink and the doctor checks how your body handles sugar.

Meaning:

It helps detect gestational diabetes, which is common and treatable.

3. Routine BP, Weight & Urine Tests

Done at every visit to make sure:

- Blood pressure is normal
- No swelling or protein in urine
- Weight gain is healthy

4. Repeat blood tests if needed

To recheck:

- Iron
- Haemoglobin
- Vitamin levels

THIRD TRIMESTER (Weeks 28 to Delivery)

This phase focuses on baby's growth, position, and preparing for labour.

1. Growth Scans — Usually around 28, 32 and 36 weeks

The doctor checks:

- Baby's weight
- Position (head down or breech)
- Amniotic fluid
- Placenta location
- Blood flow (Doppler)

Meaning:

These scans confirm that baby is growing well and getting good oxygen and nutrients.

2. GBS Test (Group B Strep Test) — Done at 35 to 37 weeks

A simple vaginal swab.

Meaning:

If positive, you get antibiotics during labour to protect the baby from infection.

3. NST (Non-Stress Test) — Late third trimester if needed

Baby's heartbeat is monitored for 20 to 40 minutes.

Meaning:

Shows if baby is comfortable and moving normally.

4. Routine BP and Urine Checks

To look for:

- Preeclampsia
- High BP
- Late infections

Not sure which tests need to be done? [Click here to get personalised guidance on the tests and scans](#)



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How is the baby's gender determined?

(For awareness and education)



1. Ultrasound Scan

- Gender can sometimes be seen during the **Anomaly Scan (18 to 22 weeks)**, when the baby's organs and body parts are clearly formed and visible on ultrasound.
- Accuracy depends on baby's position and technician experience
- This is a visual observation, not a medical necessity

2. NIPT (Blood Test)

- NIPT can identify fetal chromosomes
- Technically, it can detect sex chromosomes early
- In many countries, disclosure of gender is legally restricted

Important points to know:

- Gender cannot be reliably seen in the first trimester
- Accuracy depends on baby's position and movement
- In many countries, including India, disclosure of baby's gender is **legally prohibited**

Simple meaning:

Gender identification happens only when the baby's body is developed enough to be seen clearly, which is why it is done in the mid-pregnancy stage.

Not sure whether your daily habits are supporting your baby's growth? [Take this 90-second Pregnancy Quiz and discover how your lifestyle is shaping your baby's health and wellbeing](#)

COMPLICATIONS YOU MAY HEAR ABOUT



Amniotic Fluid Index (AFI)

AFI measures the amount of fluid around your baby.

Low AFI (Oligohydramnios):

- Less fluid than expected
- Can be linked to dehydration, placental issues, or late pregnancy
- Managed with hydration, rest, monitoring, and sometimes early delivery

High AFI (Polyhydramnios):

- More fluid than expected
- Can be associated with diabetes or baby's swallowing issues
- Usually monitored closely with diet control and scans

Simple meaning:

Amniotic fluid protects your baby and allows movement.

Both low and high AFI can often be managed safely with timely care and guidance.

CHECKLIST FOR MOTHERS

Your simple daily guide for a safer, calmer and healthier pregnancy

1. When in doubt, ask your clinician

Never hesitate to call or message your doctor if something feels unusual, new or worrying. Early clarity prevents stress.

2. Nourish your body daily

- Drink enough water through the day
 - Eat warm, cooked meals
 - Include protein in every meal (dal, eggs, paneer, lentils, nuts, yoghurt)
- These three basics stabilise energy, hormones and digestion.

3. Keep your body gently active

Aim for:

- 20 to 30 minutes of walking, prenatal yoga or stretching
- 5 to 10 minutes of calming breathwork

Movement keeps circulation strong, reduces swelling and supports emotional balance.

4. Protect your sleep and rest

- Follow a simple bedtime routine
 - Sleep on your left side from mid-pregnancy
 - Take short naps when your body needs them
- Good rest supports your baby's growth and your mental health.

5. Begin tracking fetal movements from 28 weeks

- Notice your baby's daily pattern
 - Do a kick count at the same time each day
- Any sudden decrease in movements should be reported quickly.

6. Prepare for labour early

- Practise labour breathing techniques
 - Learn comfortable labour positions
 - Involve your partner in support skills
- Preparation reduces fear and builds confidence.

7. Stay aware of red-flag symptoms

Report immediately if you notice:

- Heavy bleeding
- Sudden swelling of face or hands
- Severe headache or blurred vision

- Reduced or no baby movements
- Chest pain, severe breathlessness or fainting
- Leaking fluid or painful, regular contractions before 37 weeks

8. Keep your emotional well-being in check

- Use grounding breathwork when anxious
- Talk openly with your partner
- Avoid overwhelming online information

A calm mind supports your baby's developing nervous system.

9. Take supplements exactly as prescribed

Iron, calcium, folic acid, DHA, vitamin D and B12 should be taken on time for best absorption and effect.



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Supplements in Pregnancy (Clinician-Guided + Trimester-Wise Explanation)

YogBirth ensures supplements are taken safely, systematically and with the **least side effects**. All supplements are started only after reviewing **your blood reports**, medical history and trimester needs.



FIRST TRIMESTER SUPPLEMENTS (Weeks 1–13)

Goal: Support early brain and spine development, prevent miscarriage risk, stabilise energy and hormonal balance.

1. Folic Acid (Folate)

- **Why:** Crucial for the baby's brain, spinal cord and neural tube formation.
- **When:** Ideally 1–2 months before conception, continued until 12 weeks.
- **Dosage:** As prescribed (usually 400–500 mcg).
- **How to take:** Empty stomach or with water, not with calcium or iron.
- **Avoid:** Tea or coffee within 1 hour — reduces absorption.



2. Vitamin B12

- **Why:** Supports fetal brain development, prevents maternal fatigue, protects nerves.
- **Who needs it more:** Vegetarians/vegans, women with thyroid issues or anaemia.
- **How to take:** With breakfast for best absorption.

3. Vitamin D

- **Why:** Essential for the baby's bone development and the mother's immunity + mood stability.
- **Signs of deficiency:** Fatigue, body aches, low mood.
- **How to take:** With a fatty snack (nuts, ghee, milk).



4. Iron (if needed)

- Usually started only if bloodwork shows deficiency.
- **Why:** Supports early placenta development and prevents early fatigue.
- **How to take:**
 - Take **away from calcium**
 - Pair with Vitamin C (lemon water)
 - Take after meals to avoid nausea
- **Avoid:** Tea/coffee 1 hour before and after.

5. DHA (Omega-3)

- **Why:** Supports fetal brain, eye and nervous system development.
- **How to take:** With meals to prevent belching.
- **Best trimester effect:** Reduces early inflammation + supports brain development.



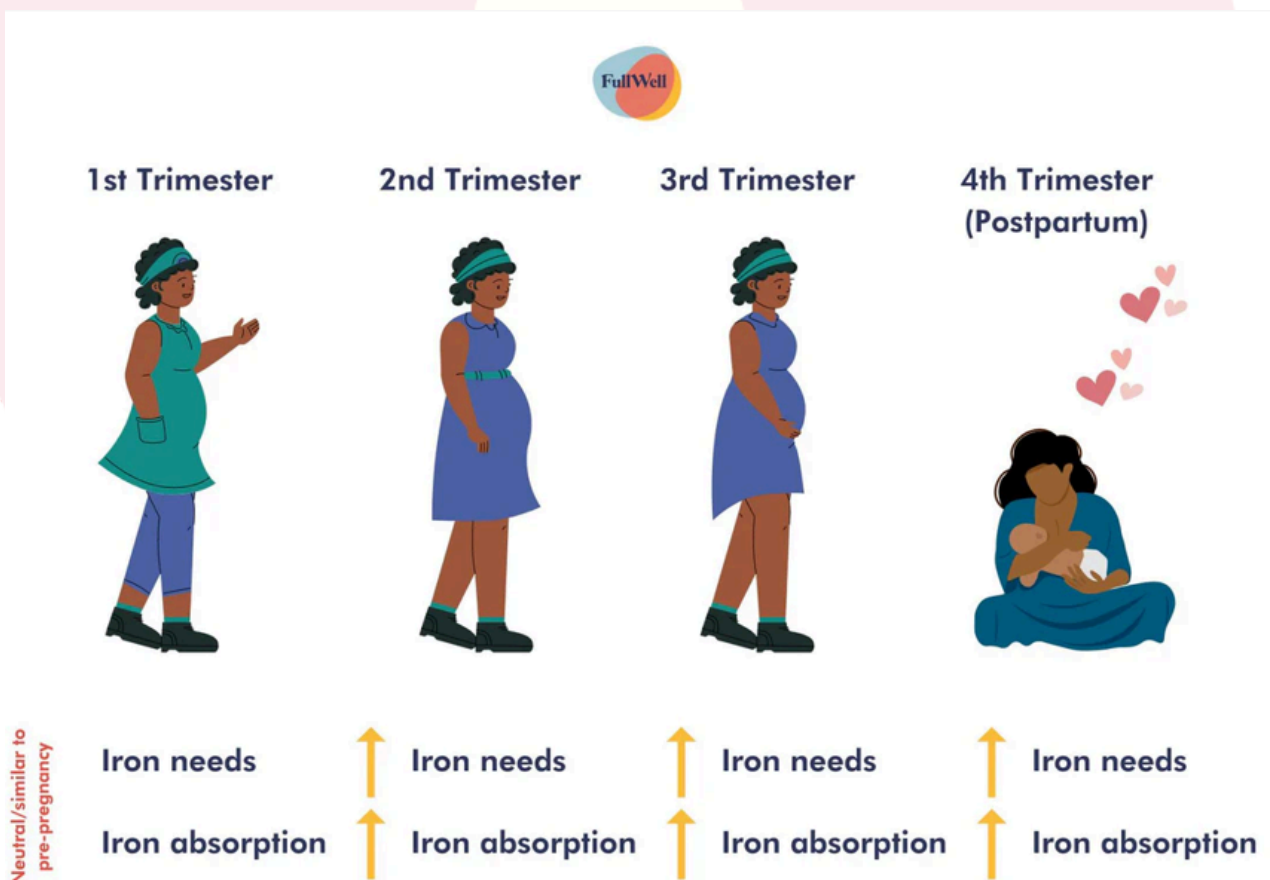
SECOND TRIMESTER SUPPLEMENTS

(Weeks 14–27)

Goal: Support rapid fetal growth, blood formation, placenta development and prevent gestational diabetes + fatigue.

1. Iron (Regular Intake)

- **Why:** Blood volume is expanding; anaemia risk increases now.
- **Key benefits:**
 - Improves energy
 - Supports placenta growth
 - Protects mother from breathlessness and dizziness
- **How to take:** After lunch OR evening meal to reduce nausea.



2. Calcium

- **Why:** Baby's bones, teeth and muscle development depend on it.
- **Mistake women make:** Taking calcium with iron — this reduces absorption of both.
- **Correct timing:**
 - Calcium **after breakfast or dinner**
 - Iron **after lunch**

3. Vitamin D (Continued)

- Required for proper calcium absorption.
- Prevents leg cramps, bone pain and low energy.

4. DHA (Continued)

- Crucial for brain growth — the baby's brain develops fastest in this trimester.
- Helps reduce inflammation and supports emotional stability.

5. B12 (If required)

- Supports healthy blood formation alongside iron.
- Prevents nerve pain, tingling and extreme fatigue.

6. Probiotics (If clinician suggests)

- **Why:** Helps with constipation, acidity, bloating and digestion.
- **Ideal for:** Women with history of IBS, constipation or GDM risk.

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Want to know the right supplements based on your pregnancy conditions? [Click here to get a personalised guidance](#)

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THIRD TRIMESTER SUPPLEMENTS

(Weeks 28–Delivery)

Goal: Support final brain development, build iron stores for labour, prevent cramps, swelling, and labour complications.



1. Iron (Most Important Supplement in 3rd Trimester)

- **Why:**
 - Prevents anaemia
 - Prepares for blood loss during delivery
 - Reduces risk of postpartum fatigue
- **Best timing:** After lunch with lemon water OR after an early dinner.

2. Calcium (Strengthens mother + baby)

- **Why:**

- Supports baby's bone and tooth formation
- Prevents muscle cramps and back pain
- Helps prevent high blood pressure

- **Timing:** Night OR morning — never with iron.

3. DHA (For brain & eye growth + preventing early labour)

- **Why:**

- Supports final brain development
- Improves sleep and mood in late pregnancy
- May reduce risk of preterm birth

- **Timing:** With a meal.

4. Vitamin D (Final boost)

- Supports the immune system and muscle function.
- Helpful for reducing back pain and fatigue.

5. B12 (If anaemia or weakness persists)

- Enhances energy levels + supports nerve health.
- Helps prevent postpartum depression risk.

6. Vitamin C (Natural or supplement)

- **Why:**

- Enhances iron absorption
- Supports immune strength
- Helps reduce swelling

- **Sources:** Lemon water, citrus fruits, amla.

Unsure if your nutrition, posture, sleep or stress habits are affecting your baby?
[Take this quick 90-second Pregnancy Quiz and get clarity with simple, actionable guidance.](#)

SUPPLEMENT ABSORPTION RULES (Simple YogBirth Protocol)

These rules ensure **maximum absorption** and **minimum side effects**:



Iron

- Take after lunch OR early dinner
- Pair with Vitamin C
- Avoid tea/coffee for 1 hour

Calcium

- Take morning or night
- Never with iron
- Take after meals

Vitamin D

- Take with fatty foods — ghee, nuts, milk

B12

- Take in the morning to boost energy

WHEN SUPPLEMENTS ARE ADJUSTED

Doctors adjust supplements when:

- ✓ Fatigue increases
- ✓ Haemoglobin drops
- ✓ Ferritin levels fall
- ✓ Thyroid values fluctuate
- ✓ Blood sugar changes
- ✓ You develop swelling or cramps
- ✓ You are carrying twins or have placenta-related issues



YogBirth personalises supplement timing based on:

- Digestion
- Nausea pattern
- Meal timings
- Sleep cycle
- Sugar stability
- Symptoms

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YogBirth – General Pregnancy Diet Chart (Trimester-wise)

Simple, safe, nourishing and digestive-friendly meal guide

FIRST TRIMESTER DIET (Weeks 1–13)

Goals: Reduce nausea, stabilise blood sugar, support early fetal development, prevent constipation, protect thyroid.

Morning (Empty stomach)

- Warm water boiled with **coriander + fennel + a pinch of dry ginger**
Helps nausea, improves digestion and reduces bloating.
- Thyroid tablet after 30–45 minutes (if applicable).



Breakfast (Light + warm + protein-based)

Choose ONE:

- 1 egg (scrambled/omelette with pepper) + 1–2 sourdough toasts
- Moong dal chilla + mint–coriander chutney
- Vegetable poha
- Wheat paratha with vegetables (add coriander + fennel seeds)
- Rice dosa / Moong dosa (avoid heavy fermentation)

With breakfast:

- Soaked nuts: **3 almonds + 1 walnut**

Mid-Morning Snack (Anti-nausea + hydration)

Choose ONE:

- Tender coconut water (½ glass)
- 1 fruit (pomegranate preferred)
- Steamed apple/pear with cinnamon
- 1 handful ghee-roasted makhana



Lunch (Balanced plate for blood sugar + thyroid)

Choose ONE:

- 90–100 gm rice (white/brown) + 75 gm vegetables + 75 gm dal/pulses
- 1–2 chapatis (ghee-brushed) + dal + sabzi
- Dal khichadi with vegetables
- 1 omelette + rice + vegetables

After lunch:

- **Chaas (buttermilk)** — thin, with a pinch of ginger powder.



Evening Snack (Light + mineral rich)

Choose ONE:

- Lemon water (salt or salt-sugar mix)
- Roasted pumpkin + sunflower seeds

- Roasted chana
- Dried amla 3–4 pieces

Dinner (Very light + digestible)

Choose ONE:

- Moong soup
- Dal khichadi
- Moong chilla
- Vegetable + moong bean soup

Avoid:

Tomato rice, pav bhaji, heavy wheat meals, fried foods.

Bedtime

- Warm milk + 1 drop ghee (improves sleep, constipation and calcium absorption)

Foods to prefer:

Beetroot, carrot, ash gourd, palak, drumstick, banana stem, okra, ivy gourd, pear, apple, guava, pomegranate.

Foods to limit:

- Wheat maximum 3× weekly
- Ragi (finger millet), peanuts, cauliflower, cabbage
- Idli only 1× weekly (pair with coconut chutney instead of sambar)



SECOND TRIMESTER DIET (Weeks 14–27)

Goals: Support growth, prevent GDM, control acidity, reduce cramps, improve energy, prevent anaemia.



Morning Drink

- Warm water boiled with **coriander + fennel + dry ginger**
(Excellent for acidity and digestion)

Breakfast (Warm + cooked + protein focused)

Choose ONE:

- 2 dosas + coconut chutney
- 2 idlis + coconut chutney
- Wheat vegetable paratha + butter
- Besan chilla (2) + mint chutney
- Wheat upma with vegetables
- Tender coconut water on days with acidity



Dry Fruit Set (Daily)

- 4 almonds (soaked)
- 2 walnuts
- 2 cashews
- Fig ½ + 10 black raisins + 1 date (all soaked; water can be consumed)
- Pumpkin seeds + black sesame seeds (dry roasted)



Mid-Morning

- Whole fruit + dry fruits
- Protinex (if prescribed)

Lunch (Balanced + anti-GDM)

Choose ONE:

- 2 chapatis + 1 katori dal + roasted veggies
- 1 bowl rice + dal + vegetables
- 2 ragi rotis + sprouts curry
- Moong dal + vegetable bhaji



Before lunch:

- 1 pomegranate (improves haemoglobin and placenta blood flow)

After lunch:

- Chaas (always)

Evening Snack (Light + fibre rich)

Choose ONE:

- Roasted makhana
- Roasted chana
- Hummus sandwich
- Fruit after 1 hour of lunch

Dinner (Very light for acidity)

Choose ONE:

- Soup + grilled veggies
- Vegetable rice
- Moong dal khichadi
- Wheat upma with tofu



Before Bed (if hungry)

- Steamed apple or pear with cinnamon

Foods to include (2nd trimester focus):

- Green gram (moong bean), chickpeas, lentils
- Drumstick, beetroot, carrot, zucchini
- Kiwi, dragon fruit, pomegranate
- Ghee in small amounts
- Low-fat milk

Foods to avoid:

- Paneer, cheese
- Brinjal
- Excess urad dal
- Refined foods: maida, bakery items
- Carbonated drinks
- Excess tea/coffee (limit to 1 cup, add cardamom + rose petals)

THIRD TRIMESTER DIET (Weeks 28–Delivery)

Goals: Improve fetal growth, prevent swelling, support labour preparation, prevent acidity, maintain stable energy.



Morning Drink

- Warm coriander–fennel water
(Excellent for swelling + BP support)

Breakfast (Soft + easy to digest)

Choose ONE:

- Moong dal dosa
- Upma with vegetables
- Paratha with ghee + mint chutney
- Egg + 1 toast
- Poha

Mid-Morning

- Fruit + soaked dry fruits
- Tender coconut water (reduces acidity + swelling)



Lunch (Very balanced + anti-swelling + anti-acidity)

Choose ONE:

- Rice + dal + sabzi
- Chapati (2) + dal + sabzi
- Khichadi + vegetables
- Sprouts curry + rice

Add:

- 1 pomegranate before lunch
- Chaas after lunch



Evening Snack

Choose ONE:

- Lemon water + roasted seeds
- Roasted chana
- Steamed fruits



Dinner (Lightest meal of the day)

Choose ONE:

- Dal khichadi
- Moong soup
- Vegetable rice
- Soft roti (1) + sabzi



Avoid:

Heavy meals, wheat-heavy dinners, fried food, tomato-based rice.

Before Bed

- Warm milk + pinch of nutmeg or ghee (improves sleep + calms uterus)

Foods to prioritise:

- Foods that stabilise BP + swelling: coriander water, chaas, banana stem
- Iron-friendly foods: beetroot, raisins, jaggery, spinach, drumstick
- High-protein foods: lentils, eggs, moong, chickpeas

Foods to limit:

- Too much wheat
- Fried foods
- Coffee/tea late evening
- Very spicy foods (worsen acidity)



YOGBIRTH YOGA AND BREATHWORK GUIDE

(Trimester Wise)

First Trimester

a) **Birth Dog Pose -**

- Strengthens Lower Back
- Prepares for increasing weight



b) **Bridge Pose -**

- Improves Posture
- Promotes blood circulation to baby
- Boosts digestion



c) **Butterfly Stretch Pose -**

- Relieves tension from lower backs and hips
- Makes sitting for long hours comfortable



d) **Taadasan** -

- Stretches whole body
- Boosts vitality
- Improves breathing



e) **Cow Stretch** -

- Releases back tension



f) **Cat Stretch Pose** -

- Stretches the back
- Stabilizes the core
- Keeps the spine healthy



g) **Puppy Pose** -

- Rectifies slouching posture
- Improves breathing and lung capacity
- Reduces neck and shoulder pain



h) Reclined Hero Pose -

- Reduces anxiety
- Calming and Meditative



i) Viparit Karni -

- Reduces ankle swelling
- Relieves heaviness and fatigue



Breathwork

a) Left Nostril Breathing -

- Bust your stress
- Makes you calm like a moon



b) Right Nostril Breathing -

- Activates the digestive fire and nervous system
- Makes you feel energized like a Sun



Second Trimester

a) Camel Pose -

- Improves Posture
- Improves breathing



b) Gate Pose -

- Reduces anxiety
- Opens the hip joint



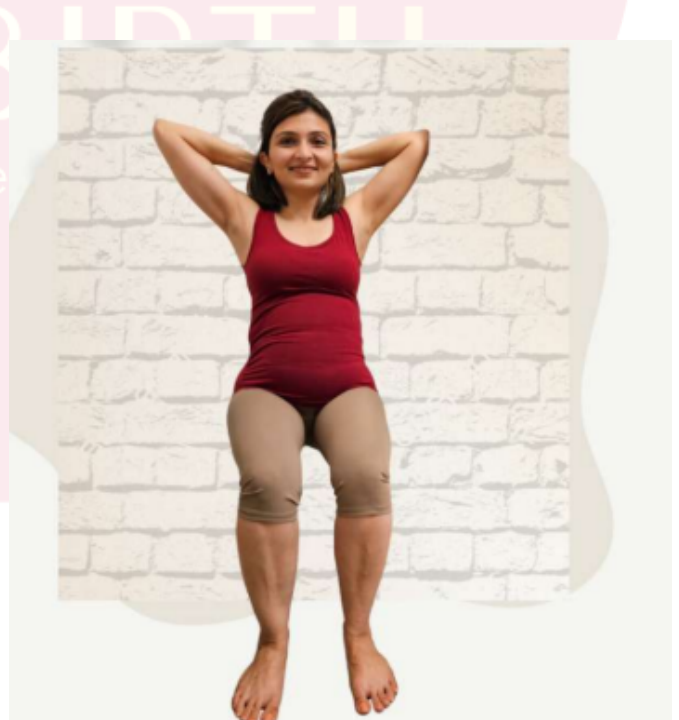
c) Head to knee pose -

- Reduces anxiety
- Boosts blood circulation in the groin



d) Wall Squat -

- Strengthens lower body and core muscles
- Prepares for increasing weight



e) Reverse Warrior -

- Improves breathing by stretching intercostal muscles
- Opens hip joints



f) Resolved Head to Knee -

- Stimulates abdominal organs
- Opens hip joints
- Improves breathing by stretching intercostal muscles



g) Side angle on Chair -

- Improves breathing by stretching intercostal muscles
- Stretches adductors - easing childbirth



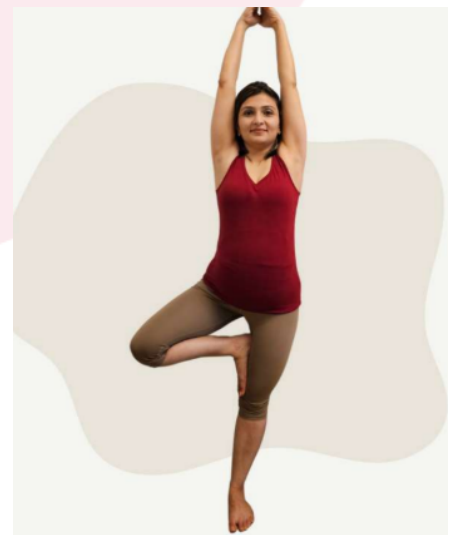
h) Spinal Twist -

- Releases tension
- Alleviates tightness from back



i) Tree Pose -

- Improves balance and coordination
- Opens hip joints



Breathwork

a) Humming Bee Breath -

- Buzzes off hypertension and anxiety



b) Yogic Breathing -

- Stretches whole body and boosts vitality



Third Trimester

a) Warrior B Pose -

- Prepares body for additional Body weight
- Improves strength and stability
- Help's in body's changing center of gravity



b) Downward Dog Pose -

- Reduces back pain
- Improves blood circulation
- Makes sitting comfortable



c) Goddess Pose -

- Opens up hip flexors
- Strengthens lower body



d) Warrior A Pose -

- Prepares body for additional weight
- Improves strength and vitality
-



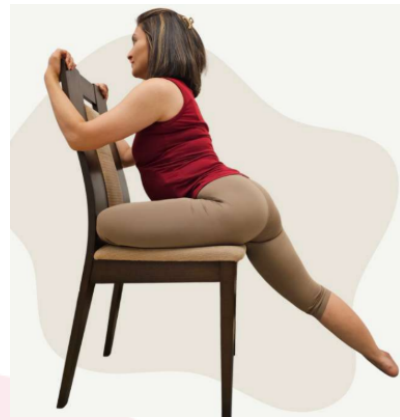
e) Malasan Pose -

- Improves digestion
- Strengthens knees
- Activates Pelvic Floor



f) Pigeon Pose -

- Opens the hip joint easing the process of child birth
- Releases sciatica pain



g) Knee Push Ups -

- Improves posture
- Boost lactation



BREATHWORK

Hee Labour Breath -

- Smile and breath your labour pain away



Candle Breath -

- Feel a state of Zen
- Release stored tensions



THE YOGBIRTH TOOLBOX

Breathwork

Breathwork in pregnancy directly affects your nervous system, oxygen supply and hormone balance.

- Calms cortisol, helping prevent spikes in blood sugar and blood pressure.
- Improves oxygen flow to placenta and reduces muscle tension, nausea and fear.

Yoga Therapy

YogBirth follows trimester-specific yoga therapy designed for real pregnancy problems.

- Poses release back pain, open the hips and improve pelvic alignment.
- Builds strength for labour while keeping movements safe, gentle and guided.

Ayurveda

Ayurveda helps harmonise digestion, immunity and emotional balance.

- Warm, cooked meals support metabolism and prevent bloating, acidity and constipation.
- Gentle herbs like Shatavari (doctor-approved) nourish reproductive tissues and calm the mind.
- Abhyanga (warm oil massage) improves circulation, reduces swelling and promotes relaxation.

Garbha Sanskar

A YogBirth signature pillar — nurturing the baby's mental and emotional development.

- Uses chanting, stories, affirmations and mindful bonding to create a positive womb environment.
- Helps mothers build connection, reduce anxiety and increase oxytocin naturally.

PLANNING & NEXT STEPS

How to choose what to do first

- Start with the Daily Foundations — they stabilise hormones and digestion immediately.
- Look at your trimester-specific concerns and find your condition in the guide.
- Follow the doctor's treatment for safety + YogBirth protocol for comfort and healing.
- Add breathwork and yoga therapy as emotional and physical support tools.

Strengthen your body and calm your mind through trimester-wise prenatal yoga —
[Book a call with us and join our upcoming batch](#)

Final Word From YogBirth

Pregnancy is not meant to be overwhelming, isolating or painful.

It is one of the most profound transitions a woman experiences — a physical, emotional and spiritual rebirth.

You are not expected to navigate this alone.

At YogBirth, our purpose is to ensure that every mother feels informed, supported and held throughout her journey.

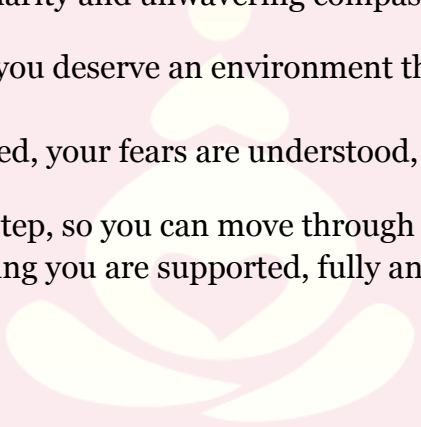
We are here to:

- support your body with safe, science-backed movement and functional prenatal practices
- stabilise your mind with evidence-informed emotional tools and grounding techniques
- strengthen your energy system with time-tested yogic and Ayurvedic wisdom
- hold your heart with empathy, clarity and unwavering compassion

You are growing a new life — and you deserve an environment that feels safe, steady and nurturing.

Where your questions are answered, your fears are understood, and your experience is honoured.

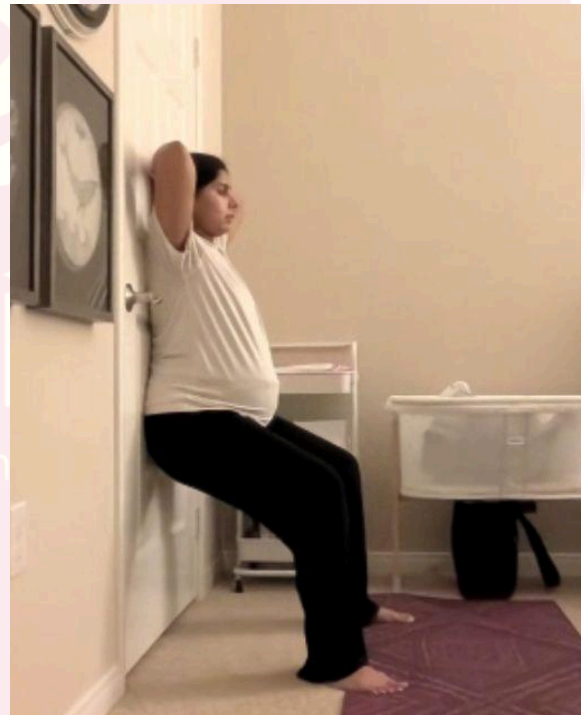
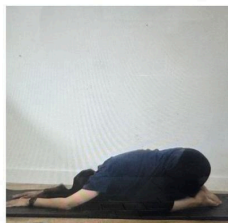
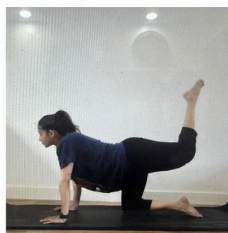
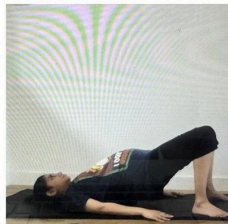
YogBirth walks with you at every step, so you can move through pregnancy with confidence, comfort and the quiet joy of knowing you are supported, fully and completely.



YOGBIRTH
Your Holistic Pregnancy Partner

Testimonials

We have gently supported many mothers just like you through their fertility and pregnancy journeys, helping them feel safe, confident, and deeply cared for.



It would be our honour at YogBirth to walk beside you too and support you with the same love, wisdom, and commitment.

We'd be honoured to support your journey.

We also support women in the fertility stage and conduct dedicated fertility healing and preparation sessions. Please share this link with someone who you care for - [Click here](#)

REAL EXPERIENCES FROM OUR YOGBIRTH COMMUNITY

Thank you Yogbirth team for all your efforts, this is the time when you really need support mentally and physically with all the changes happening. Especially when you don't feel like yourself at all. The meditation sessions have helped me boost my self confidence and also made me more emotionally stable to handle mood swings. Breathing has helped me feel calm and powerful. And the asana sessions make me feel stronger and push myself more!



Overall our experience in 2nd pregnancy and post that have been with ease and calm. We truly feel blessed and can't thank Angel Aman and Zo Pro Max enough for being with us and guide us in this beautiful journey. Pehle bht darr tha when we got to know about unplanned Pranava arrival hehe specially as Neena went through lot of emotions post first baby. Physically, emotionally you guys made us stronger.



Want to know more from our community? - [Click on the link here](#)

Join the YogBirth Community

- Join VIP holistic pregnancy coaching from trim 1 to 3 and get covered till post Partum: live customised sessions - [Click here to book a call and join the live sessions](#)

- Already crossed 30 weeks and just need labor preparation? [Join using this link](#)

Mothers across the world learn daily from our guidance on:

- ✨ Prenatal yoga
- ✨ Garbha Sanskar
- ✨ Breathwork for calm and balance
- ✨ Pregnancy nutrition
- ✨ Emotional strength and confidence
- ✨ Labour preparation
- ✨ Fertility healing

A supportive community, gentle wisdom, and care for you and your baby.

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