

The Guide 5



BEYOND
ORGANIC

Neurological
Health
Foundation

Pregnancy Kitchen
Science To Table

Eat Clean

- o Eat only whole, organic foods beginning preconception and throughout your pregnancy.

Drink Pure

- o Drink pure water, if filtered consider Berkey or Radiant Life.
- o Avoid additives such as refined sugar, aspartame, saccharin, sucralose, and monosodium glutamate.

Avoid Toxins

- o To reduce pesticide exposure, eat organic whole real food.
- o Consume the highest quality seafood from the cleanest natural source.
- o Avoid canned foods to reduce exposure to bisphenol-A (BPA), an endocrine or hormone disruptor.
- o Avoid household cleaners and garden pesticides.

Take a High-Quality Prenatal Vitamin

- o Begin your high-quality prenatal vitamins three months before conception, if possible.
- o Folate, Vitamin D, and probiotics are key to healthy fetal growth.
- o Take a high quality probiotic with billions of CFUs.

Cook Clean

- o Prepare and cook meals at home as much as possible.
- o Cook with pure water.
- o Use cookware, foodware, and drinkware made of steel, glass or ceramics.