

PREGNANCY CONDITION PROTOCOL

Supplementation Regimen:

- **Prenatal Pak, 1 packet morning and night**
 - Optimal 2 Whole Food Vitamin Mineral, 2 capsules
 - Optimal EFA, 1 capsule
 - Optimal Iron, 1 capsule
 - Optimal BonePlus Calcium, 1 capsule
 - High CFU Probiotic, 1 capsule
 - Optimal 1 Digest-A-Meal, 1 capsule



Nutrition Regimen:

- **Consume high amounts of the following foods:**
 - Vegetables: carrots, sweet potatoes, pumpkin, spinach, cooked greens, tomatoes and red sweet peppers
 - Fruits: cantaloupe, honeydew, mangoes, prunes, bananas, apricots, oranges, and red or pink grapefruit
 - Dairy: fat-free or low-fat yogurt, skim or 1% milk, soymilk
 - Grains: ready-to-eat cereals/cooked cereals
 - Proteins: beans and peas; nuts and seeds; lean beef, lamb and pork; salmon, trout, herring, sardines and pollock
- **Avoid the following foods:**
 - Unpasteurized milk and foods made with unpasteurized milk
 - Hot dogs and luncheon meats (unless they are heated until steaming hot before serving)
 - Raw and undercooked seafood, eggs, and meat
 - Sushi made with raw fish (cooked sushi is safe)
 - Refrigerated pâté, meat spreads, and smoked seafood

Exercise Regimen:

- **3 Training Sessions Weekly:**
 - **Phase 1: The First Trimester**
 - Uneven Squats, 2 sets 8-12 repetitions
 - Modified Push-up Shoulder Taps, 2 sets 8-12 repetitions
 - Bent Over Rows, 2 sets 12-15 repetitions
 - Bicep Curls, 2 sets 12-15 repetitions
 - **Phase 2: The Second Trimester**
 - Sumo Squat, 2 sets 8-12 repetitions
 - Alternating Shoulder Press, 2 sets 8-12 repetitions per side
 - Pull Throughs, 2 sets 8-12 repetitions
 - Kegel Exercise, 2 sets 15-20 repetitions
 - **Phase 3: The Third Trimester**
 - Thruster, 2 sets 8-12 repetitions
 - Band Pull Aparts, 2 sets 20 repetitions
 - Wall Mountain Climbers, 2 sets 8-12 reps per side
 - Kegel Exercise (Slow), 2 sets 15-20 repetitions