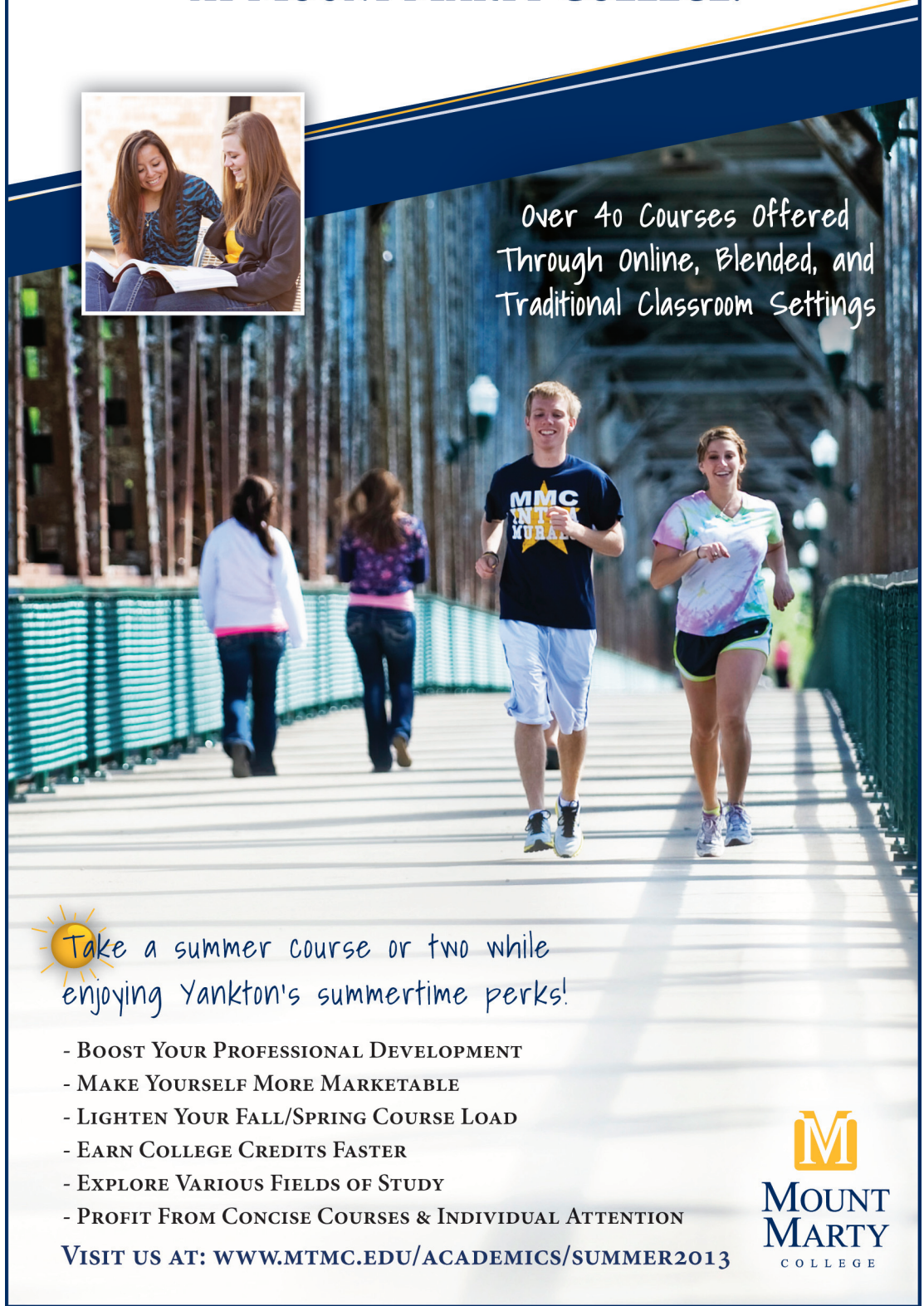


A generation ago, weight gain was limited to 8-10 lbs. It was soon discovered that moms and babies were undernourished so the magic number became 24.

There are other no-no's that you should be aware of when you're pregnant. One is Alcohol. It causes problems with the development of your baby's nervous system. Caffeine is another. It has been linked to birth defects. This can be found in coffee, cola, black and green teas and chocolate (Boo). As well, try to limit your preservative intake including aspartame (refer to my earlier issue of Kids-First); your baby will thank you later. Be very cautious using any type of drugs or medications. All have adverse effects on your baby. I should be emphatic here - all

The use of herbs such as red raspberry leaves makes for a good uterine tonic and helps prevent miscarriage, anaemia and aids in fighting infection. Peppermint tea will help with digestion

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