Maternal Nutrition: Pre-conception and Conception

Prior to conception, both the mother and the father must have a healthy diet. In addition, the mother’s diet during pregnancy will determine many factors in the baby, such as appearance, intelligence, and health, both physical and mental.

Our society is no longer concerned with special feeding for moms and dads before conception, and nutrient-rich foods for mom during pregnancy, nursing, and growth of the baby as once observed in traditional cultures. In a society that pushes processed foods, low-fat and vegetarian diets, health is sacrificed for the gain of convenience and financial gain in treating disease and sickness caused by malnutrition with drugs and surgery.

Society today also blames genetics when problems, deformities, or abnormalities occur with birth, thus pardoning men and women of poor nutrition. However, research proves that malnutrition can cause “defects” that last for several generations.

Babies form from the humus of the earth, thus being created by God. Parents provide building materials to form the temples and souls of the babies for generations to come.

Many factors describe a healthy baby, including birth defect free, broad face, strong bones, straight teeth, clear skin, good eyesight and hearing, strong immune system, rarely getting sick, having healthy and normal bowel movements, nursing well without spitting up, and having no allergies, rashes, or asthma. Healthy babies also have personalities that consist of rarely crying, cheerfulness, frequent smiles, healthy sleeping patterns, babbling, alertness and curiosity, hitting milestones at the right time, showing and receiving love, and playing alone without much attention. These healthy babies grow into responsible, highly functioning adults.

For hopeful parents following a nutrient-rich diet preconception, preparation for baby may only begin six months prior to conception. However, for males and females embracing society’s idea of low-fat, vegan, or vegetarian diets, conception preparation could last two to three years. It is important for the body to recover during this time, thus ensuring a healthy baby and eliminating the need for drugs or surgery. Maternal nutrition is important in preventing congenital deformity, thus forgoing pharmacological chemical treatment and surgery.

Statistics Past and Present

Take a look back:
1955-56—350,000 premature babies
285,000 babies born with congenital malformations
165,000 babies die from fatal disease and birth defects shortly after birth
Congenital malformation accounts for 14% of all infant deaths in USA in 1955-56
Overall, 1% of all births reported had lethal and handicapping malformations.
Take a look at today:
2013 CDC—3% of babies are born with a birth defect of lethal handicapping malformation
In USA, top 5 defects
1. Cardiovascular defects
2. Orofacial defects
3. Gastrointestinal defects
4. Musculoskeletal defects
5. Chromosomal anomalies

In Dr. Lee’s time, the drug and pharmaceutical industry, or drug manufactures, with FDA approval, passed down drugs to the pusher, or rather the medical practitioner resulting in an over-medicated America, which is still rampant today.
Graphs and charts from http://visual.ly/over-medicated-america
- 1:2 Americans are on 1 prescription drug
- 1:4 women take mental health drugs, which are very dangerous before conception and to the fetus while pregnant
- 18% of women child bearing age take antidepressants
Possible side effects associated with antidepressant use prior to or while pregnant:

- Anencephaly
- Tricuspid Valve (Ebstein’s Anomaly)
- Mitral Valve Prolapse
- Transposition of the Great Arteries (TGA)
- Transposition of the Great Vessels (TGV)
- Tetralogy of Fallot (TOF)
- Hypoplastic Left Heart Syndrome (HLHS)
- Hypoplastic Right Heart Syndrome (HRHS)
- Tricuspid Atresia
- Aortic Stenosis
- Pulmonary Atresia (PA)
- Patent Ductus Arteriosus (PDA)
- Coarctation of the Aorta
- Truncus Arteriosus
- Tricuspid Valve Stenosis
- Heart murmur
- Pulmonary Stenosis
- Gastroschisis-abdominal wall defect
- Esophageal Stenosis
- Clubfoot
- Cleft Palate
- Anal Atresia
- Spina Bifida
- Autism
- Omphalocele—intestines form outside of the abdomen wall
- Craniosynostosis—sutures of the skull that close early causing deformed skulls and pressure on the brain
- Antidepressants are a category D drug with side effects of bad withdrawal symptoms, seizures, vomiting, tremors, low blood sugar, infant withdrawal symptoms, and post delivery
- Birth defects such as atrial and ventricular septal defects
- Persistent Pulmonary Hypertension of the Newborn (PPHN)—failure of the systemic circulation and pulmonary circulation to convert from the antenatal pattern to normal circulation resulting in decreased oxygen
70% of prescriptions are no help to patients.

Could 90-95% of these people take this drug due to symptoms of malnutrition?
Who's Fueling the Medication Machine?

THE DRUG COMPANIES
PUSHING OUT NEEDLESS DRUGS WITHOUT PROPER RESEARCH.

Between 1995 and 2004:

2/3 of new drugs on the market were "me-too" drugs - drugs that are extremely similar to existing ones.

The pharmaceutical industry spent 2X more on marketing than research and development in 2008.

- Research and Development: $31.5 billion in spending
- Marketing: $67.4 billion in spending

And they reap the profits:

Reports from 2010 showed 4 out of the top 12 pharmaceutical companies increased profits more than 20% since 08.
Merck had a 65.2% profit increase since 2008, and cut its R&D spending by $368 million last quarter.

THE FDA GETS BIG BUCKS FOR APPROVING NEW DRUGS

FDA

The FDA receives $260 million per year for new drug application fees.

BETWEEN 1987-2004 THE FDA REVIEWED 74 ANTIDEPRESSANT STUDIES:

37 of 38 favorable antidepressant studies were published.

Just 3 of 25 unfavorable studies were published.

11 other unfavorable studies were published, but twisted to seem favorable.
Between 2007-2010, lawsuits forced top drug companies to pay more than $7B for paying doctors to prescribe drugs for unapproved uses.
Before You Accept a Prescription:

Make sure you really need it - healthy lifestyle choices often work better.

Ask your doctor for the generic instead of the name brand.

Legally investigate scientific research on the drug.

For depression, ask about therapy options.

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http://www.cdc.gov/nchs/data/databriefs/db42.htm
http://www.prnewswire.com/news-releases/americas-state-of-
mind-new-report-finds-americans-increasingly-turn-to-medications-to-ease-their-mental-woes-women-lead-the-trend-13
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http://www.guideline.org/mentalandbehavioralmedications_depression.htm
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http://www.stroke.net/health/143094/are_antispsychotics_a_scann_5_myths_about_how_to_treat_depression?page=3
http://www.nytimes.com/2011/03/06/health/policy/06doctors.html?pagewanted=2&_r=1
In current times, these congenital malformations and defects have been explained on a genetic basis, meaning that defective genes, the factors of heredity, cause corresponding defects in development and functions.

But, what are the causes of defective gene expression in the developing baby?

God created the original human, Adam, from the humus of the earth. So our life, health, and the expression of life, must have a cause. We cannot eat dirt to feed, nourish, and energize our bodies. That dirt must be converted into a proper building material. This fuel/food causes us to be healthy, so foods much become our dirt to make the humus of the earth into our human form and function.

Without the proper humus (earth) containing foods, we cannot build the proper human form to function in a healthy and normal way.

Dr. Royal Lee understood this. He also understood how profits drive food manufacturers to sell nutrient-depleted foods to people (no spoilage so the food keeps a long time). The medical model treats symptoms with drugs, the greatest majority of 90-95% due to malnutrition. These drugs create greater nutrient depletion from the human body.

Let’s start in the beginning with pre-conception and conception. What do lack of nutrients cause?

**VITAMIN A**

<table>
<thead>
<tr>
<th>Lack of Vitamin A Causes</th>
<th>Drugs that deplete Vitamin A or cause malabsorption of Vitamin A</th>
<th>Treating Vitamin A Deficiency</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Infertility of female</td>
<td>• Cholesterol lowering drugs-class X teratogenic drug</td>
<td>• Cataplex A</td>
</tr>
<tr>
<td>• Degeneration of male seminiferous tube</td>
<td>• Stomach acid reducers-result in lowered bile release and malabsorption</td>
<td>• Cataplex ACP</td>
</tr>
<tr>
<td>• Infertility of the egg</td>
<td>• Stress also depletes vitamin A, which leads to adrenal fatigue causing weak or stopped contractions during labor.</td>
<td>• Tuna Oil</td>
</tr>
<tr>
<td>• Premature degeneration of the egg</td>
<td>Deficiencies of iron, zinc, protein, and thyroid hormone all will decrease vitamin A conversion for use in the body.</td>
<td>• Cod liver oil</td>
</tr>
<tr>
<td>• Early resorption of fetus</td>
<td>An increase in vitamin E and fat in the diet will cause increases in vitamin A conversion to its usable form.</td>
<td>• Chlorophyll complex</td>
</tr>
<tr>
<td>• Spontaneous abortions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Still birth</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Defects of eyes, diaphragm, kidney, ureters, heart, lungs, aortic arches, hydrocephalus, abnormal rhythm and rate of heart.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### B Vitamins

<table>
<thead>
<tr>
<th>Lack of Vitamin B&lt;sub&gt;1&lt;/sub&gt; and Thiamin Cause:</th>
<th>Drugs that Deplete B vitamins</th>
<th>Treating Vitamin B Deficiency</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Formation of seminiferous tubules</td>
<td>• Oral contraceptives</td>
<td>• Eat lots of eggs for proper amino acids.</td>
</tr>
<tr>
<td>Lack of Vitamin B&lt;sub&gt;2&lt;/sub&gt; and Riboflavin Cause:</td>
<td>• Blood pressure drugs</td>
<td>• Reduce stress, emotional biochemical, and physical/structural.</td>
</tr>
<tr>
<td>• Protruding tongue</td>
<td>• Aspirin</td>
<td>• Organically Bound Minerals</td>
</tr>
<tr>
<td>• Shortened nose</td>
<td>• Corticosteroid</td>
<td>• Orchex</td>
</tr>
<tr>
<td>• Cleft palate</td>
<td>• Anti-diabetic drugs</td>
<td>• Cataplex B &amp; G</td>
</tr>
<tr>
<td>• Short limbs</td>
<td>• Antidepressants</td>
<td>• Drenatrophin</td>
</tr>
<tr>
<td>• Defects in urogenital septum, cardiovascular system and cerebrum, eyes, and diaphragm herniations</td>
<td>• Bronchodilators</td>
<td>• Drenamin</td>
</tr>
<tr>
<td></td>
<td>Worry, stress, working, and not enough rest, bring on adrenal fatigue.</td>
<td>• Arginex</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Algaplex</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Protefood for amino acid tryptophan is precursor of serotonin</td>
</tr>
<tr>
<td>Lack of Vitamin B&lt;sub&gt;3&lt;/sub&gt; Causes:</td>
<td></td>
<td>• B&lt;sub&gt;6&lt;/sub&gt;-Niacinamide and tryptophan aid in formation of epithelial cells and kidney filtration.</td>
</tr>
<tr>
<td>• Marginal vein formation in limbs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Blood coagulation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Amputation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lack of Vitamin B&lt;sub&gt;5&lt;/sub&gt; Causes:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Toxemia</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Folic Acid

**Lack of Folic Acid B<sub>12</sub> needed for production of new DNA and RNA Causes:**
- Birth defects
- Spina bifida
- Cleft palate
- Absence of kidney
- Malformation of urethra
- Skeletal abnormalities
- Depression of blood cell formation
- Adrenal malfunction
- Lack of intestinal epithelia formation
- Heart and lung defect
- Thyroid enlargement
- Gut and Psychology Syndrome (GAPS***)-manifests as symptoms of autism, ADHD/ADD, dyslexia, dyspraxia, or obsessive-compulsive disorder
- Arthritis
- Asthma and allergies
- Bipolar disorder
- Depression
- Skin and digestive ailments
- Kidney problems
- Schizophrenia
- Autoimmune disorders

**Drugs that Deplete Folic Acid**
- Antacids: ulcer meds
- PPIs
- Antibiotics
- Anticonvulsants
- Diabetic drugs
- Corticosteroids
- Aspirin
- Cholesterol lowering drugs
- Oral contraceptives
- NSAids

**Treating Folic Acid Deficiency**
- Folic Acid B<sub>12</sub>
- Calcifood wafers
- Cataplex B<sub>12</sub>
- Protofood
- e-Poise
- Chlorophyll Complex
- Eat lots of pasture-raised eggs containing tryptophan, the precursor of serotonin, needed for heart and pancreas development, suckling reflex, and wellbeing of mother and baby.

***The baby gets his or her first inoculation of gut flora from the mother’s birth canal during childbirth. One third of US deliveries are C-section. The mother’s use of antibiotics while pregnant can predispose the child to the above nutrient depletion. Also the use of antibiotics in treating childhood fevers and infections predispose the child to the above nutrient depletion.***

Bacteria contribute to healthy body fat, mood, memory, and metabolism. Gut flora imbalance can impact mental health resulting in anxiety and depression. Good gut flora promotes healthy immune cells, guiding them on which pathogens to fight.
VITAMIN C

Lack of Vitamin C Causes:
• Increases odds of miscarriage
• Decreases sperm count

Drugs that deplete Vitamin C:
• Oral Contraceptives
• Diuretics
• Aspirin
• Corticosteroids

Treating Vitamin C Deficiency:
• Cataplex C
• Cataplex ACP
• Cyruta Plus

VITAMIN E

Lack of Vitamin E Causes:
• Cloudy lens
• Blindness
• Microcytic anemia
• Low Hematopoiesis
• Failure of egg to implant in uterus
• Early death of embryos
• Decrease in elastic fibers of heart

Drugs that Deplete Vitamin E:
• Cholesterol lowering drugs
• Acid reducing medication (lowers bile production)

Treating Vitamin E Deficiency:
• Cataplex E
• Cataplex E₂
• Wheat germ oil
• Immuplex

POTASSIUM

Lack of Potassium Causes:
• Reduced output of estrogen and progesterone causing infertility and/or fetal death

Drugs that Deplete Potassium:
• Antacids
• Antibiotics
• Antifungal drugs
• Corticosteroids
• Aspirin
• Antiviral drugs
• Bronchodilators
• Calcium channel blockers
• Laxatives

Treating Potassium Deficiency:
• Catalyn
• Calcifood
• Organically Bound Minerals
VITAMIN K

**Lack of Vitamin K Causes:**
- Subdural hemorrhage and death
- Shortened fingers
- Cupped ears
- Flat nasal bridge, nose, and jaw

**Drugs that Deplete Vitamin K**
- Laxatives
- Cholesterol drugs
- Antiepileptic drugs
- Antibiotics

**Treating Vitamin K Deficiency**
- Chlorophyll perials
- Gastrex

IRON

Iron-80% of the world’s population lack enough iron. There is a 6-month store of iron in the baby’s liver if provided by the mother.

**Lack of Iron Causes:**
- Smaller, shorter babies
- Lower IQ
- Blood anemia
- Low blood oxygen

**Drugs that Deplete Iron**
- Antibiotics
- Coricosteriods
- Aspirin
- Cholesterol drugs
- Thyroid drgus
- Ulcer drugs

**Treating Iron Deficiency**
- Ferrofood
- For-Til B₁₂
- Chlorophyll Complex
- Cataplex B₁₂

IODINE

**Lack of Iodine Causes:**
- Cretinism
- Dwarfed stature
- Mental retardation

**Drugs that Deplete Iodine**
- None found but foods bleached with chlorine and fluoride may deplete iodine

**Treating Iodine Deficiency**
- Prolamine Iodine
- Min-tran
- Iodomere

SELENIUM

**Lack of Selenium Causes:**
- Improper thyroid function

**Drugs that Deplete Selenium**
- Oral contraceptives
- Steroids
- Anti-seizure meds

**Treating Selenium Deficiency**
- Cataplex E
- Cataplex E₂
- Immuplex
CONCLUSION

Shoshone Native American, Sacajawea, lived between the years of 1788-1812. She was married at the age of 13, gave birth to her son in 1805 at the age of 17, and 54 days later, set off to guide the over 3700-mile Lewis and Clark expedition with her infant son strapped to her back.

During pregnancy, Shoshone women’s diets consisted of raw bone marrow, which they believed formed the proper blood formation for the baby, and raw brain, for the growth and development of the baby’s brain, to provide the best possible intelligence and to survive the environment.

They typically nursed their babies for two years. When the baby was ready for solid foods, first foods consisted of raw bone marrow then boiled meat, which mothers first chewed into a mush, spit out, then mixed with raw bone marrow or raw brain to feed the baby.

The chart below compares the newborn diet of today, with breastfeeding and formula. How do modern prenatal dietary standards compare to that of Sacajawea?

The newborn diet from the past greatly varies from the newborn diet of the present. Let’s compare formula versus breastfeeding.

<table>
<thead>
<tr>
<th>Formula</th>
<th>Breastfeeding</th>
</tr>
</thead>
<tbody>
<tr>
<td>No DHA</td>
<td>Rich in brain building Omega-3 and DHA AA</td>
</tr>
<tr>
<td>Doesn’t adjust to infant’s needs</td>
<td>Automatically adjusts to baby’s needs</td>
</tr>
<tr>
<td>No cholesterol</td>
<td>Rich in cholesterol</td>
</tr>
<tr>
<td>Not completely absorbed</td>
<td>Nearly completely absorbed</td>
</tr>
<tr>
<td>No lipase</td>
<td>Contains fat digesting lipase</td>
</tr>
</tbody>
</table>

**Proteins**

<table>
<thead>
<tr>
<th>Protein Type</th>
<th>Formula</th>
<th>Breastfeeding</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hard to digest casein</td>
<td>No completely absorbed</td>
<td>Easily digestible whey</td>
</tr>
<tr>
<td>Not completely absorbed</td>
<td></td>
<td>Absorbed more completely</td>
</tr>
<tr>
<td>No lactoferrin</td>
<td></td>
<td>Lactoferrin for intestinal health</td>
</tr>
<tr>
<td>No lysozyme</td>
<td></td>
<td>Lysozyme-an antimicrobial</td>
</tr>
<tr>
<td>Low in brain building proteins</td>
<td></td>
<td>High in brain building proteins</td>
</tr>
<tr>
<td>Lacks-sleep inducing proteins</td>
<td></td>
<td>High in sleep-inducing proteins</td>
</tr>
</tbody>
</table>

**Carbohydrates**

<table>
<thead>
<tr>
<th>Carbohydrate Type</th>
<th>Formula</th>
<th>Breastfeeding</th>
</tr>
</thead>
<tbody>
<tr>
<td>No oligosaccharides</td>
<td></td>
<td>Rich in oligosaccharides (increase GI health)</td>
</tr>
</tbody>
</table>

**Immune Boosters**

<table>
<thead>
<tr>
<th>Immune Booster Type</th>
<th>Formula</th>
<th>Breastfeeding</th>
</tr>
</thead>
<tbody>
<tr>
<td>No live white blood cells</td>
<td></td>
<td>Millions of living white blood cells</td>
</tr>
<tr>
<td>Has no immune benefit</td>
<td></td>
<td>Rich in immunoglobulins</td>
</tr>
</tbody>
</table>

Infants are not allergic to human milk proteins.