AMMA MIDWIVES
Moffett Midwifery Alliance Professional Corporation

Probiotics in Pregnancy

Probiotics help with digestion:

Pregnant women are notorious for having gas, constipation and heartburn. Probiotics help to break down proteins, carbohydrates and fats and can help decrease gas, bloating and constipation. Because probiotics help your food digest faster, the food moves out of your stomach quicker which means that there is less chance of stomach acid rising up to your throat which is what causes "heartburn".

Probiotics enhance your nutrient absorption:

Probiotics have been shown to help your body absorb your nutrients better. This means that you can receive more nourishments from your food which can result in more energy during pregnancy. This will also help to reduce the amount of pounds that you gain due to unnecessary fat. Whatever you take in, so does your baby. If you are getting essential nutrients from your food, it helps in the healthy development of your baby as well.

Probiotics strengthen your immune system:

80% of your immune system is in your gut. It is made up of the hard working good bacteria that lines your intestines and helps to fight off dangerous bacteria you eat. Because pregnancy reduces your immune systems ability to fight off infection, having a daily dose of probiotics helps you to strengthen your immune system. Having a strong immune system means that you need less medications (and their side effects) which can affect the baby.

Probiotics help fight vaginal and urinary tract infections:

Pregnant women are more susceptible to these infections because of the hormone-related changes to the bacteria in the gut. Yeast gets a 'boost' from estrogen so it can grow very fast. Yeast infections usually do not harm the baby, but they can be quite uncomfortable for you. If you have a bacterial vaginal infection (bacterial vaginosis) however, you are at risk of premature delivery. Any kind of infection requires treatment. With a yeast infection, you may take anti fungal medication. With bacterial vaginosis, it is recommended that you treat it with antibiotics. Antibiotics can destroy your natural 'good' bacteria which can then lead to the development of yeast infections. You can avoid the nuisance of a yeast infection by using probiotics on a regular basis throughout your pregnancy and postpartum.

Probiotics protect your baby:

Babies who are born vaginally receive their first exposure to bacteria during delivery. By helping to prevent yeast infections by taking a probiotics regularly, the baby will be exposed to 'good' bacteria during the birthing process.