

PREGNANCY

AN OVERVIEW OF
COMMON CHANGES
TO EXPECT THROUGH
THE TRIMESTERS

FIRST TRIMESTER

- BREAST TENDERNESS
- MOOD CHANGES
- FOOD AVERSION
- MORNING SICKNESS
- HEADACHES
- INSOMNIA
- FATIGUE
- UTERINE CRAMPING

SECOND TRIMESTER

- CONSTIPATION
- LEG CRAMPING
- RESTLESS LEGS
- BLOOD SUGAR CONCERNS
- BLOOD PRESSURE CONCERNS

THIRD TRIMESTER

- FATIGUE
- INSOMNIA
- LOW BACK PAIN
- PUBIC SYMPHYSIS PAIN
- HEARTBURN
- BRAXTON HICKS

These are common concerns throughout pregnancy - but there is plenty to be done to alleviate the discomfort and improve quality of life while pregnant!

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