

MAGIC SQUARE

PREGNANCY DISCOMFORTS & REMEDIES

Complete the Magic Square at bottom of page by matching the Discomfort Clues with the Remedy Answers

DISCOMFORT CLUES

- A Abdomen pain caused by pulling or stretching round ligaments around uterus
- B Backache when spine supports the weight of uterus and baby
- C Breast tenderness when milk glands enlarge and fat tissue increases
- D Constipation caused by slower moving bowels to allow more nutrients to be absorbed for growing baby.
- E Dizziness caused when progesterone dilates blood vessels so blood pools in legs, decrease in blood pressure.
- F Dehydration causes low blood volume to increase oxytocin which triggers premature labor.
- G Edema causes normal swelling in face, hands, feet from water retention needed to process the filtering & production of amniotic fluid
- H Fatigue caused by energy baby needs to grow, hormones, or low iron
- I Gums bleed from increased blood circulation and hormones
- J Headaches caused by tension, congestion, constipation
- K Heartburn when progesterone relaxes all soft tissues allowing acidic fluids to rise from stomach to throat
- L Leg cramps caused by pressure from heavy uterus
- M Nasal congestion caused by hormones that increase mucus production and membranes to swell
- N Nausea from increased hormones and empty stomach
- O Sleeping difficulties from uncomfortable positions
- P Urination frequency is caused by uterus pressing on bladder

REMEDY ANSWERS

- 1 Empty as needed, avoid tight clothing
- 2 Move around often when standing, lay on left side, eat every 2 hours
- 3 Use soft toothbrush, floss, get dental check-up
- 4 Increase fiber, drink prune juice, walk, drink warm liquids in morning.
- 5 Have good posture, walk, apply heating pad, wear low heels
- 6 Eat smaller meals, avoid spicy, fatty, sugary foods
- 7 Cut back on salt, drink plenty of fluid, sit with feet up, avoid sleeping on back
- 8 Eat crackers 15 minutes before getting out of bed. Try BRATT diet: banana, rice, applesauce, toast, tea.
- 9 Wear larger, cotton bras with firm support both day & night.
- 10 Rest in darkened room, do relaxation exercise in neck, shoulder area.
- 11 Danger, go to hospital for IV fluid
- 12 Drink warm milk before bed, take warm bath or shower, use pillow between legs & tuck under abdomen.
- 13 Use saline solution, apply warm, wet cloth to face, use humidifier
- 14 Take catnaps, go to bed early, pace daily activities
- 15 Elevate legs, walk daily, massage cramp, apply heat to sore area.
- 16 Slowly bend toward cramp, take warm bath

A	B	C	D
E	F	G	H
I	J	K	L
M	N	O	P

Add the numbers in each row in both directions.

MAGIC NUMBER = _____

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A 16	B 5	C 9	D 4
E 2	F 11	G 7	H 14
I 3	J 10	K 6	L 15
M 13	N 8	O 12	P 1

Add the numbers in each row in both directions.

MAGIC NUMBER = 34

