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Russell Emerson
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Healthy Pregnancy

(Please read our disclaimer)

The birth of a child is a wonderful thing. In an ideal world a mother-to-be would eat the healthiest diet needed to nourish her baby. Eating fruits and vegetables is very important, but as Scientific American points out, due to soil depletion and the selective breeding of certain varieties of vegetables, today's vegetables often lack nutrients. To compensate for this lack, and as added nutritional insurance, pregnant women and women who may become pregnant are encouraged to take supplements.

A pregnant woman with multiples requires even more healthy calories and nutrients. When Bobbi McCaughey became pregnant with seven babies, her doctors approved the Vitality Pack and advised her to take them three times a day. She did not develop high blood pressure, which is a common side effect of multiple births. Bobbi did deliver her seven bouncing bundles of joy, the first woman in known history to do so. This November the septuplets will turn seventeen.

The March of Dimes recommends pregnant women take prenatal vitamins and omega-3 fatty acids. Omega-3 fatty acids are considered essential because they are vital for human health and only available from the diet. One type of omega-3, DHA, is especially important for the growth and development of a baby's brain.

PubMed notes that by taking omega-3s, a woman may have an easier birth and reduce the risk of postnatal depression. Omega-3 fatty acids are also important for healthy development of baby's brain and eyes.

Melaleuca's Vitality Pack Prenatal contains not only Prenatal Omega-3 in the right dosage, and right ratio of DHA to EPA, but also includes patented Oligo for enhanced mineral solubility. The Prenatal Vitality Pack contains 24 essential nutrients including iodine and 4 sources of calcium.

Avoiding Harmful Chemicals

Environmental Health News tells us that quaternary ammonium compounds or quats are common ingredients used in cleaners and disinfectants. They can also be found in some shampoos, disinfectant wipes, and nasal sprays. A new study found that exposure to quats may affect a woman's ability to become pregnant and also affect the developing baby. We also learn that it can be difficult to determine which products contain quats. Melaleuca does not use quats in any of their products.

It is very important for pregnant woman to avoid caustic household cleaning products, and use only eco-friendly personal care products. Science Daily reports that 99% of pregnant women in the United States test positive for multiple chemicals that are found in such things as personal care products, processed foods and non-stick cookware. Chemicals can cross the placenta and enter the developing baby, increasing the risk of birth defects and other adverse health risks.

Mothers who use lots of household cleaning products when they are pregnant, or shortly after giving birth, raise the risk that their children will develop asthma. The Melaleuca Wellness Guide wisely tells us that the heightened sense of smell and taste during pregnancy gives a woman a great defense for her baby. If it bothers the mother, it will bother the baby. Dangerous substances and baby do not mix well. Substances such as drugs, cigarette smoke, alcohol, and fumes from paint and toxic household cleaners should be avoided. Our wish is that your pregnancy will be filled

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with health and joy.

The rest of the story why Bobbi McCaughey chose Vitality Pack and ProVex-Plus while carrying seven babies can be found in The Melaleuca Wellness Guide in Chapter 1: The Melaleuca Story.

~ Richard M Barry

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Healthy Pregnancy Success Stories

The people below will receive a free copy of The Melaleuca Wellness Guide for submitting their stories.

At my first doctor's appointment (at eight weeks) my doctor told me to take a prenatal vitamin. He was recommending a grocery store or Wal-Mart brand so I bought the Wal-Mart brand. After learning about the Vitality Prenatal Vitamins from Melaleuca I switched immediately. My second trimester was fantastic with no issues. In the beginning of my seventh month, I forgot to order my prenats from Melaleuca. To bridge the gap I still had my old left over Wal-Mart brand in the cupboard, so I took those for the next three days waiting for my Melaleuca delivery. After the third day, I was so completely wiped out and tired, I was sleeping till 10 a.m., had to cancel work appointments and felt awful. Keep in mind I had tons of energy and felt great up until that point. Concerned there was something wrong, I called my doctor and went in for an ultrasound that day because I was worried that there was something wrong with the baby and feeling so awful. Turned out the baby is perfectly healthy. Realizing I had switched my vitamins, it dawned on me that I need to be back on the Vitality Prenatals. I stopped over at my father's house because I knew his fiance had the women's vitamins. I took those for one day until my Prenatals arrived. After getting back on the Melaleuca vitamins, I feel like a million bucks again! My pregnancy is going fantastic and I have all my energy back going into eight months pregnant. I am not canceling anymore appointments and work full days with no problem. I will make sure not to ever be without my vitamins, and have also told my doctor my story! He is now looking into what Melaleuca has to offer. I believe all pregnant women should be on these vitamins, hands down, along with many other products Melaleuca offers to help with a healthy pregnancy! Thanks Melaleuca!

~ Heather

I have taken the Prenatal Pack during my pregnancy and detoxed my home of all the harmful chemicals. I was BLESSED to work and not be on bed rest at all. They were healthy little boys (One month early and weighed 5 lbs 4oz & 5 lbs 12oz) and came home 3 days later! My twin boys are 21 months old now and love to help me clean, they spray the bottles all over themselves and I don't have to worry about anything. Thanks Melaleuca for peace of mind and safe products that work!! I continue to take the Prenatal Vitamins and always will as they are the absolute best.

Also, The Wellness Guide is a must for every home, as it has so much information that is necessary for everyday situations. THANKS again for all your help in sharing ways to better health. May God Richly Bless You,

~ Rachel

I have used Melaleuca through one of my two pregnancies. While I was pregnant, I remember cringing as I was cleaning out my shower before being a Melaleuca customer because of the chemicals that were in the cleaning supplies. I also would get a yeast infection about every month throughout my pregnancy as well as sinus infections. During my second pregnancy, I used the Prenatal Vitamins, cleaning supplies, and body wash from Melaleuca. I loved knowing that my skin would not be absorbing toxic chemicals while I was cleaning that could potentially harm my little one inside me. Also, I didn't have any yeast or sinus infections with this pregnancy, and the only thing that changed from my last pregnancy was using the Melaleuca vitamins and body wash. I was so thankful to be free of that discomfort! Thank you Melaleuca for your wonderful products for

mothers like me!

~ Miriam

Melaleuca FiberWise, Phytomega, ProvexCV, and Vitality Pack have given me back a quality of life that is priceless. In May 2006, at the age of 42, one month after the birth of my son, I had a heart attack, because I have very small veins in my heart. I was a healthy woman that believed in good health care, and lived an active life. I had struggled some during that pregnancy, and communicated those concerns, with the response that I was older. That was very true. I had very routine health care throughout my pregnancy, and as with many of my pregnancies struggled with high blood pressure, but nothing that I was medicated for. The day of my heart attack I was struggling with walking stairs, shortness of breath, and extreme fatigue. Two days prior I did have a very unusual episode that I thought was sunstroke, but know now it was not. On that beautiful sunny May day with my 2 year old daughter and new born son, we walk around a garden park for about 3 hours. Before returning I fed my son, and we drove home. On the drive home I experienced extreme pain in my chest and sweating. On arriving home I was in so much pain that I started to vomit and I was very thirsty. As a result, I went to bed. The pain subsided and the following day was a normal day of routine activity for me. That is when I thought I had sunstroke. But on the evening of my heart attack, two days after my first episode, those same symptoms came back, except I was with friends that encouraged me that this was very serious. My neighbor was a nurse and came to check on me, my blood pressure was extremely high 208/110 and my skin was very clammy. She was very worried and advised my husband to call the doctor, and an ambulance was summoned. I was treated at the hospital and diagnosed with heart disease and left on 6 different medications and one stent. The months following were crazy trying to adjust to medications which left me over medicated some days, unable to care for my family. I had muscle pain, chest pain, shakes, fatigue, 2 additional stents placed, and heart rehab. It was a hard year. I wanted my health back!!! Well... I got pregnant. The doctors told me to go off my medications, that they were extremely dangerous. They continued me on my blood pressure medications, and advised me to abort my baby so I could stay on the medication. Needless to say, by the end of my pregnancy I felt better than ever, and was able to regain my stamina and activity without pain. That is when I was introduced to Melaleuca products. I made deals with my doctors to try the products and see if I had the results they saw when I was on prescription drugs. The results of the Melaleuca products the first 3 months were equal to my prescription drugs, but after 9 months my blood work levels showed an amazing difference. I had better cholesterol levels, better blood pressure levels, and my heart was performing extremely well. Today, I'm healthier than I've been in years. I've been able to shovel snow, run without chest pain and extreme leg pain. My blood pressure is in low normal range, my cholesterol is 165 total, with my LDL lower than when I was on prescription medications and I increased my HDL by 10pts which can be hard to do. Being naturally healthier takes time, you need to be consistent. Prescription medications may be a quick fix, but will leave you with many other health sacrifices. If prescription drugs are so good why are we sicker? Natural alternatives will make you healthier over the long haul. What often happens is people start to feel better and stop taking what has worked, and then they lose their health and the doctors say "Natural alternatives" do not work. I'm not giving up, and the doctors are amazed!!!! Thank you Melaleuca for all your research, and your mission.

~ Deborah

Healthy Pregnancy: Well I'm a little too old to get pregnant but I have a Doberman that we bred in September 2014. She is due Nov 11, 2014. And I have been giving her the women's Vitality, Replenex, and Calcium for bone growth. You see she is 6 human years and that makes her quite old for a first litter. She was bred before but it didn't take. This time I wasn't taking any chances. She is normally about 75 pounds and very athletic.