



WATER AND PREGNANCY

While it is always a good idea to keep the body hydrated, there are certain times when changes in the body call for more water. One of these times is during pregnancy. Water can be the answer to alleviating many side effects of pregnancy, aid in preparing the body for these physiological changes, and just overall make mommy and baby healthier.

Water is an important player in pregnancy. The fluid acts as the body's transportation system, and carries nutrients through the blood to the baby. Also, flushing out the system and diluting urine prevents urinary tract infections, which are common in pregnancy.

Perhaps the biggest reason to drink water, however, is to keep the body hydrated. Dehydration in pregnant women can be very serious. Hormones change the way women store water during pregnancy, so they begin to retain water (which needs replenishment), and drinking plenty of water assists that. Much of that water is used in the amniotic sack. Amniotic fluid alone needs to replenish itself every hour by using roughly a cup of water stored in the body. Replacing that water will ensure the unborn baby is protected within the womb.

Since the blood volume increases to nearly double by the eighth month of pregnancy, it is necessary to drink even more water to compensate. Thicker blood can lead to hypertension and other cardiovascular problems.

As dehydration can cause contractions, lack of water in the third trimester can also cause premature labour. Premature labour can have many health risks to the newborn baby. However, some cases of premature labour have been stopped just by giving the mother enough water to re-hydrate her body.

Pregnant women should be sure to drink at least eight 8 glasses of water each day, which is in addition to the normal intake of other recommended foods. The benefits of drinking water during pregnancy include healthier skin, less acne, washing away of unnecessary sodium, less chance for pre-term labour or miscarriage and better bowel movements. Drinking water can, believe it or not, also help prevent that nausea known as morning sickness, as doctors recommend drinking plenty of fluid between meals.

Drinking water for health benefits of the mother and baby are evident. Doctors in fact ask mothers to steer clear of diuretics like caffeine and alcohol, so water is the obvious alternative for fluid intake. Also, since doctors often 'prescribe' exercise in pregnant women, fluids will be lost through perspiration. As we know, pregnant or not, those fluids also need to be replaced.

Now that we know how important it is to drink water during pregnancy, let's take a look at some contaminants that, when found in excess in water supplies, could have devastating effects. A popular misconception is that chlorinated tap water can cause miscarriages and other problems with pregnancy. There is no evidence to substantiate this perception. Research has shown that high levels of Nitrate can cause blue baby syndrome and lead can cause slow mental development. That said, since

water is so crucial to not only the mother, but the new baby as well, it is vital to make sure drinking water is safe!

It is highly recommended that pregnant mothers consume at least eight glasses of water a day. Rand Water purifies the water through a conventional purification process, resulting in water that is safe to drink for all consumers including pregnant mothers. Your tap water will satisfy your daily requirements, and meets the SANS 0241 water quality specifications.