

8 Lesser-Known Tips for Staying Health During Your Pregnancy

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You already know that taking prenatal vitamins, eating right and [staying physically active](#) during pregnancy is key to keeping yourself and your growing baby healthy. But your body is changing in a lot of ways, which can require special attention. Countless health tips exist for pregnant women, and some of them are nothing more than old wives tales. However, there are a number of lesser-known pregnancy tips that are definitely worth trying to keep yourself in peak health during all three trimesters.

Wear Maternity Compression Leggings

Edema, also known as water retention, is common during pregnancy and causes swelling in the ankles, feet and legs. [Maternity compression leggings are designed](#) to provide the support you need without being too constrictive. Compression leggings will help increase blood flow so there is less swelling and legs feel less tired. For the best level of comfort, the leggings should be made with a soft, breathable fabric that has a supportive top that can be folded down or pulled up over your belly.

Submerge Yourself in Water

Another way to deal with pregnancy edema is to submerge yourself in water. Doctors at the Mayo Clinic note that this can help [temporarily reduce the swelling](#). Swimming is also a great low-impact workout that can be done in your third trimester.

Sleep on Your Left Side

Trying to find a comfortable sleeping position during pregnancy can be difficult, especially if you used to sleep on your stomach. Experts have discovered that the best position for pregnant women is [sleeping on the left side](#). This position helps to reduce pressure on the inferior vena cava vein that returns blood to the heart. With less pressure on the vein, blood circulation is improved to the heart and the fetus.

Get Massaged All Over

Pregnant women need little convincing to follow this advice. Massage provides a number of benefits during pregnancy including stress relief, reduction of edema and muscle pain relief. It's important to find a therapist that is certified in prenatal massage techniques. They will understand how to soothe different pregnancy aches and pains as well as what can and can't be used on the skin. And don't forget the feet. Foot massages are a proven way to reduce swelling.

Talk Therapy

One of the less fortunate side effects of pregnancy is mood swings that can sometimes manifest into depression. Your mental health is just as important as your physical health, which is why talk therapy is so important. Find a confidant that can be your go-to soundboard anytime you're feeling overwhelmed, nervous, anxious or stressed. If you are beginning to feel depressed talk to your doctor so they can provide professional guidance.

Up Water Consumption to 12 Cups

Staying hydrated is even more important once you're pregnant. Upping your water intake to 12 cups a day can help you avoid constipation, hemorrhoids and bladder infections, all of which can become more common during pregnancy.

Change Your Bra

Other than your belly, the breasts are the second most affected body part during pregnancy. As early as the first few weeks after conception breasts can become sore and tender to the touch. A surge of estrogen and progesterone, increased blood circulation and thickening of the fat tissue will cause breasts to become larger. As the pregnancy progresses the nipples will also change in anticipation of breastfeeding. One of the easiest and most effective ways of dealing with soreness is to get a bra that is the right cup size and provides ample support without an underwire. Sports bras are a go-to option because they are less constrictive while still being supportive.

Change Your Shower Routine

Itchy skin is another side effect many women aren't prepared for during pregnancy. The unpleasant sensation is caused by the skin stretching and an increase in estrogen. A few simple changes to your daily shower routine can make a world of difference. First, use lukewarm water instead of hot water. Switch to a soap-free cleanser that's more gentle on the skin. Once you're done showering apply an ample amount of lotion all over.

Pregnancy is one of the greatest miracles in life that less than half of people get to experience. Being prepared to keep yourself healthy all around will make the miracle a lot more enjoyable.