

Good nutrition: solving the riddle of eclampsia (toxemia of pregnancy) and lowering risk of birth defects in newborns

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Abstract

For hundreds of years eclampsia has been a puzzling illness for conventional medicine. This condition is managed as an emergency with diuretics, salt restriction, drugs to lower blood pressure and obstetrical therapy designed to bring about immediate delivery of the child.

Since the 1920s there has been a wealth of evidence that eclampsia is an easily preventable nutritional deficiency disease. High protein diets, liberal salt intake, and avoidance of any restriction of weight gain has been used to successfully manage thousands of pregnancies. Women on such a program have very low risk of eclampsia, anemia, premature separation of the placenta, severe infections in the lungs, kidneys and liver, low birth weight babies, premature babies and miscarriages. Midwives instructed in high protein diets have been able to treat eclampsia patients with prompt reversal of symptoms and no need for emergent deliveries.

Cystic fibrosis is conventionally believed to be a genetic disorder. However, 35% of children dying of selenium deficiency Keshan disease have evidence of cystic fibrosis changes in their pancreases. Providing mothers of cystic fibrosis children with selenium during pregnancy seems to prevent the development of cystic fibrosis disease in the newborn.

Many infertile couples have been able to have children when nutritional deficiencies in the parents were corrected. There is evidence that risk of birth defects is lowered when good nutrition is provided prior to conception and throughout pregnancy.

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