



Zechsal and pregnancy

During pregnancy, the female body needs more magnesium. This means that many women could benefit from using Zechsal products, both during and after pregnancy.

Why extra magnesium?

If their bodies contain (too) little magnesium, pregnant women are at greater risk of problems during pregnancy. These can include Braxton Hicks contractions, cramps, restless legs, mood swings and insomnia. So it should come as no surprise that they need 20% to 40% more magnesium!

Research has shown that women with a good magnesium balance are less at risk of toxemia of pregnancy. There are also indications suggesting that magnesium assists in preventing miscarriages, and that extra magnesium taken by mothers increases the birthweight of their infants.

Finally, post-natal depression after pregnancy lies in wait for some women. It can be caused by psychosocial factors, as well as disrupted thyroid function or hormonal imbalances. Vitamin and mineral stocks can become severely depleted as a result. And this is where magnesium, the body's main regulator of these vitamins and minerals, steps in once again. Women, who during pregnancy make sure that they maintain their magnesium balance, are less likely to be affected by postnatal depression.

Why Zechsal magnesium?

Zechsal products are fully natural and contain high concentrations of magnesium. They are absorbed through the skin, which in itself has a number of advantages when compared to taking tablets:

- High degree of biological availability
- No chemical substances or bulking agents
- Reduced chance of stomach/intestinal problems

Use and dosage

Use and dosage depend on the individual, but it is almost impossible to take in too much magnesium. Recommended dosages are based on averages and the recommended daily allowance (RDA). Be aware of what your body needs and adjust your dosage accordingly. It would be fine to use less than the below recommendations, but the same applies to the occasional use of more. Find out what works best for you and take it from there.



First three months of pregnancy

Enjoy a foot spa (containing 125 g magnesium crystals) twice a week. On the remaining days, apply 10 to 15 sprays of oil. Apply body cream as needed. It can only benefit your skin!

Months four to six

Enjoy a foot spa three times a week. On the remaining days, apply app. 15 sprays of oil. Apply body cream as needed.

Tip: the body cream is great for applying to your belly. It makes the stretched skin supple and smooth, while providing you with extra magnesium at the same time.

Until time of birth...

Enjoy a foot spa three times a week. On the remaining days, apply 15 to 20 sprays of oil. Apply body cream as needed.

If you still suffer from cramps, insomnia or Braxton Hicks contractions, use a little more magnesium oil. An occasional bath containing 1 kg of magnesium crystals is incredibly relaxing and pleasant. The abdominal area and the feet are ideal for the absorption of magnesium oil, but apply to your calves too if you suffer from cramps in this area.

Tip: if you are considering a water birth, add magnesium crystals to the birth pool. Previous experiences have been very positive!

Side effects?

The use of Zechsal is harmless. As a precaution, do not use in conjunction with medication. Wait half an hour after taking medicine. Also be careful if you have extremely low blood pressure or a very slow heartrate. This is because magnesium lowers the blood pressure in most cases.

As a disadvantage of magnesium oil, it may cause a skin reaction among some users. Most people find that this problem solves itself with some perseverance, although it can be quite persistent. If you are affected, try applying it to other parts of the body or dilute it with water. If the problem continues, rather take in magnesium by means of foot spas/baths and the body cream.

Questions

Please email or call us if you have any further questions. If in doubt, consult your GP or obstetrician.

For more information, please visit our website at www.zechsal.eu or call 0598-626810. We will gladly answer your questions or provide additional details.