

Pregnancy with positive attitude vital: Specialist



Rekha Sudarshan, antenatal specialist and psychologist, at a workshop on pregnancy management in Chennai.

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'Eighty per cent of premature deliveries are caused by unnecessary worries and concerns', says Rekha Sudarshan, antenatal specialist and psychologist.

She said that nobody looks at the positive womb experience because mind is a magnet which attracts only negatives at the time of pregnancy.

She said this at a workshop on pregnancy management organised by Life-Cell International in Chennai.

The antenatal specialist said, 'When you get junk food, the first thought which should come to your mind is that will it affect my baby? She advised the pregnant women to eat a variety of food. Rekha said ' you can eat whatever you want, but don't neglect any nutrient from your diet.' She suggested that pregnant women drink half a litre of milk a day and to ensure an early dinner.

She highlighted the importance of breathing exercise and demonstrated a few exercise which ensures smooth delivery. She said that the breathing exercise would create a balance of oxygen and carbondioxide within the body. In addition to that, the specialist provided consultation on how to deal with emotional and mental stress at the time of pregnancy. She advised the participants to adopt a positive attitude towards child birth and post-pregnancy changes.