

Infinity Treatment and Healthy Delivery

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Abstract

In this paper, I have proposed the ideas about how to have Healthy infinity and to have a healthy, nice, keen baby. In this proposal, from herbal methods has been get ideas more.

Keywords: Herbal.Medicine, Pregnancy, Cucumber, Kiwi, peaches, fetal brain, Quinoa, Ovary, Maca, Dates, Cinnamon, Five finger plant, Artichoke, Ginger, Wild Yam Plant, Sage plant, Black Seed, Raspberry, Cinnamon, Pomegranate, Indian Ginseng.

1. Introduction

If you have a lack of sperm or eggs, we suggest you read herbal remedies to strengthen ovaries in this article.

2. Herbal Medicine

Also, we will tell you the most effective and productive methods to strengthen sperm and egg in this article. Traditional medicine has examined the practical solution for this very acute problem and in this article, you will get to know the final result of these tests and the most important herbal medicines to strengthen sperm and eggs, increase the desire the desire for pregnancy and increase sexual desire.

3. Classification of Herbal. Medicine for Pregnancy:

3.1 Cucumber:

When you decide to get pregnant, because cucumber is rich in water, it increase fertility and ovulation rate in woman.

4.Benefits of Eating Cucumber During Pregnancy:

Although cucumber is not very suitable for Pregnancy, but we explain a list of its general health benefits so that you can make the best decision about it during pregnancy: It is low in calories: Eating cucumber does not make you worry about obesity. Vitamin K: Vitamin K is essential for bone health and strengthening. Cucumber is also good for having Vitamin B, folic acid and manages; It has benefits for the heart and brain. We talked about the abundance of water in cucumber. By eating it, you don't have to worry about dehydration. Strengthening the transparency of the skin: If you are in the first trimester of pregnancy, we recommend you to eat cucumber to increase the collagen of your skin. When you decide to get pregnant, because cucumber is rich in water, it increases fertility and ovulation rate in women. Preventing body swelling: Cucumbers are diuretics, so they prevent body swelling.

Mood Important: The B Vitamin in cucumber make you feel good, which is also good for the brain and improves your mood. Fetal Growth: Cucumber with Vitamin B3, B2, B1, C, Folic Acid, Zinc, Potassium, Magnesium and Iron.; It is suitable for fetal growth and preventing development disorders. Prevention of constipation: Cucumber is high in fiber. If you are not constipated during pregnancy, you will be safe from hemorrhoids during pregnancy. Increasing body immunity: Because it is rich in antioxidant, cucumber increase the body's immunity and prevent infections.

5. Kiwi in Pregnancy:

Kiwi is in the top category of fruits in terms of Vitamins, micro-nutrients and minerals. Vitamins C, A, E, K and Potassium, Iron, Copper, Magnesium, Phosphorus. Compared to other fruits, kiwi fruit (especially dry kiwi) has low amounts of fat high amount of fiber. So, it is recommended in diets. The tastes of kiwi is very compatible with the taste of pregnant woman, kiwi that is not hard has a tempting taste for women. Float: A medium kiwi with about 17 mg of folate (or Vitamin B9) is a good source of this vitamin that pregnant women should include in their diet. Although research sources do not know exactly how folate (or its synthetic form of folic acid) works in preventing neural network defects, its usefulness cannot be hidden in statistical data. This defect occurs four to six weeks after fertilization. Therefore, it is better to take it as supplement one month before pregnancy. Medical experts recommend a daily intake of four hundred milligrams of folic acid (which includes folate), which makes it even more beneficial to add two kiwis.

Vitamin C: One medium kiwi has sixty-four milligrams of Vitamin C. Vitamin C is useful for mothers because it increases

the pregnancy of Iron absorption. During and after pregnancy, Iron absorption is very important to prevent anemia. In order to supply the Iron needed by the fetus, it is necessary to make sure that the mother's body has sufficient amounts of iron in her body. In fact, Iron helps in the formation of the nervous network, which causes the brain to gain better control over the body's organs. Calcium: This mineral is not only related to the repair and growth of bones and teeth. It needs enough calcium to ensure the development of the baby's muscles and heart. A medium kiwi contains 23.5 mg of calcium. You can put this fruit (as dry or fresh fruit) in the salad. Especially for those whose stomachs are sensitive to lactose and are looking for a non-dairy source, kiwi is a good source of the mineral calcium.

Vitamin A and Zinc: With the beginning of the second trimester, the need for Vitamin A, Zinc, Calcium, Iron, Iodine and Omega-3 fatty acids increase. Eating a kiwi meets some of the needs. An average kiwi contains 2.76 mg of Vitamin A and 0.097 mg of Zinc. Vitamin K: A medium kiwi contains 27.8 mg of Vitamin K. This vitamin helps blood clot. As the time of delivery approaches, a person should be sure that his body does not need this vitamin.

6. Properties and Side Effects of Peaches in Pregnancy + Permissible Amount of Consumption.

To better understand the nutritional value and potential benefits of this fruit for pregnant woman., pay attention to the nutrients and their amount in one peach.

Calories: 40 kcal,
Carbohydrates: 7.8 grams,
Fat: 0.4 grams,
Fiber: 2.3 grams,
Iron: 0.4 mg,
Magnesium: 8.06 mg,
Potassium: 281 mg,
Protein: 0.86 grams,
Vitamin A: 489 IU,
Vitamin C: 5.49 mg.

7. Properties and Side Effects of Peaches in Pregnancy

It is not bad to know that vitamin C is one of the essential vitamins for the proper development of the fetus and health of the mother during pregnancy. This Vitamin helps in the proper formation and growth of bones, teeth and other vital tissues. Dietary fiber in peach also helps maintain the health of the digestive system in pregnant women. In addition, the Iron and Potassium content of this fruit are also essential nutrients for pregnant women. Below are some of the properties and side effects of peaches during pregnancy. We will also tell you its effect on the health of the mother and the fetus, along with the possible harms of using it.

7.1 Peaches Are Rich in Vitamin C for Pregnant Women and Fetuses

The maximum is seven milligrams per 100 grams. Most pregnant women are prone to Iron deficiency and vitamin C is very important for Iron absorption and reducing the risk of anemia in pregnant women. Vitamin C is also very important for the formation of fetal tissue and is one of the essential vitamins for the

formation of bones, teeth, blood vessels, cartilage and muscles.

7.2 Properties of Peaches in Pregnancy to Prevent Mood Changes

In some pregnant mothers, mood changes such as depression, discomfort, anxiety and mood swings are seen, which potassium consumption in peaches can significantly prevent muscle cramps and prevent early uterine contractions. In this way, eating peaches during pregnancy can make you feel better and reduce the mental pressure of this period. The high potassium content of peaches, especially during pregnancy, also helps maintain the optimal balance of fluids in the body of the mother and baby, and is very useful for dealing with common pregnancy problems.

7.3 The Role of Phosphorus and Its Effect on Fetal Ossification

"Phosphorus" is necessary to maintain the strength and integrity of bones. This nutrient not only helps the baby develop strong bones, but also maintains good bone integrity for the mother during pregnancy and beyond. Peaches contain about 20 mg of phosphorus per 100 grams.

7.4 The Properties of Peaches in Pregnancy for The Fetal Brain

Folic acid is necessary for the development of the brain and spine of the fetus in the first stages of pregnancy. With 4 micrograms of folic acid in 100 grams of peaches, this fruit is one of the best sources of folic acid.

7.5 Peaches Beta-Carotene and Its Role in Pregnancy

One of the properties of peaches during pregnancy is to help strengthen the mother's immune system. Beta-Carotene improves the immune system of the mother and fetus and is very beneficial for the health of both.

8. What Is the Benefit of Consuming Quinoa During Pregnancy?

During pregnancy, you should choose a diet that contains a lot of protein, vitamins and minerals. Quinoa is the key to getting all this mineral into your system. Quinoa is the best food for pregnant women, providing them with an array of all the nutrients in a beneficial food form. If you are looking for a healthy source of protein during pregnancy, Quinoa is the best choice for you. This nutritious grain, which looks like a grain, contains 8 grams of fiber per cup and can replace rice or pasta in many of your favorite recipes. In addition, you can sometimes replace the Quinoa with milk in the breakfast meal and turn your breakfast into a bomb of protein, fiber and Iron.

9. Quinoa Consumption During Pregnancy and Fetal Development

A large number of women suffer from a lack of minerals during menstruation, so the return of minerals to the body after that period is vital, and because quinoa is rich in all kinds of minerals, it can have a special place in the diet of pregnant women. Quinoa can provide all the essential amino acids needed by pregnant women and compared to meat, soybeans and beans, the properties of Quinoa are more obvious and it is kind of a complete

protein that is also rich in fiber and Iron. The fiber in quinoa helps improve digestion and reduce the risk of constipation during pregnancy by improvement bowel movements. The magnesium in quinoa is helpful in reducing high blood pressure in pregnant women.

The Iron in quinoa helps to treat anemia during pregnancy by increasing the production of red blood cells. Calcium in quinoa prevent osteoporosis. Also, Vitamins, minerals and proteins in quinoa seeds are very useful for the development of the fetus. The use of quinoa seeds during pregnancy has no restrictions and prohibitions, and this wonderful substance can be used in various recipes.

10. Properties of Turmeric in Pregnancy

Among the most important properties of turmeric in pregnancy, we can mention anti-inflammatory properties, reducing internal inflammations, treating reducing internal inflammations, treating local body swellings, strengthening women's uterus, controlling blood flow, preventing infections, strengthening bones and choosing other properties. Pregnancy can refer to uterine contractions and abnormal bleeding, premature birth and miscarriage.

11. Benefits of Melon in Pregnancy

There Are Many Health Benefits of Eating Melon During Pregnancy.

11.1 Prevent Neural Tube Defects:

The baby's neural tube, which goes to brain and spinal cord, is formed during the first trimester. On a daily basis, the consumption of folic acid and melon strengthens vitamins B9 and helps to prevent any neural tube defects in babies. This is one of the most important benefits of melon during pregnancy.

11.2 Improving the Immune System:

Melon is one of the fruits containing "carotenoids" that act as antioxidants and prevent the formation of free radicals in the body. Carotenoid helps to form new cells and improve the immune system of mother and baby. Also, the presence of vitamin C in this fruit can strengthen the mother's immune system and make the body more resistant to various disease.

11.3 Strengthening and Health of The Baby's Vision:

In the first trimester of pregnancy, the baby's eyes begin to grow and its blood vessels are completely completed by the end of pregnancy. During this time, consuming a good source of Vitamin A, such as melon, greatly reduces the risk of any eye abnormalities in the fetus. Melon fruit is rich in vitamins and minerals that can help you a lot during pregnancy. Among these materials, the following can be mentioned: Vitamin C that makes your body resistant to a wide range of infections. Vitamin A, the importance of which is not hidden to anyone, can prevent congenital disorders and functional defects in them.

Vitamin K, which plays an important role in reducing nausea during pregnancy and helps in blood clotting and preventing problems during childbirth. Folic acid, which you will need from the first days of pregnancy and helps the child's mental

development. Vitamin B1, which is necessary for the development of the child's central nervous system.

11.4 Child's Bone Health:

The child's bones and teeth formed during pregnancy need calcium from the mother. To complete this requirement, a pregnant mother can use calcium-rich melon every day.

11.5 Many Benefits of Quail Eggs for Pregnant Women

Quail eggs are a vitamin and nutritional bomb. If you looking for a valuable and healthy food item, we recommend that you consume quail eggs. Quail eggs are smaller than eggs, but they contain many nutrients that are important for the health of the mother and the body. Pregnant women around the world who add quail eggs to their diet and consume them cooked, usually have a good condition.

12. Nutrition in Quail Eggs:

Vitamins B, A, E, K and D
Protein, fats and carbohydrates

Carotenoids

Ash

Organic Acid

Editors

Tyrosine

Amino Acid

Calcium

Copper

Phosphorus

Potassium

Cobalt

Sodium

Potassium

Selenium

Magnesium

Zinc

Manganese

High protein content can improve the structure of the environment and internal organs. Quail eggs are also recommended for those who cannot eat meat for medical or vegetarian reasons, especially during pregnancy because it can compensate for the lack of animal protein. Group B vitamins have a positive effect on metabolism and are considered the core of the central system and improve the mother's mental condition. Folic acid, niacin, pp and other function components inside quail eggs are very useful for both mother and child and prevent fetal defects especially in the first trimester.

Beauty vitamins or vitamins A and E affect the skin and tissues of the fetal and strengthen its hair follicles and nails. Regular use of quail eggs can prevent skin problems and give a special shine to the baby's skin and prevent hair loss and tangles in the mother and the baby in the future. The calcium in it also strengthens the baby's bones and teeth and can regulate the proper metabolism for him and also gives the child sufficient physical strength. The Iron in quail eggs is also well absorbed and stimulates the production of red blood cells such as hemoglobin, which delivers oxygen to the cells of the mother and child. Regular consumption

tion of quail eggs can produce Iron and cause anemia.

The presence of useful protein and fat in the structure of quail eggs cause proper metabolism in the body cells of the fetus. Consuming quail eggs during pregnancy increase the height of the fetus and increase the body resistance of the fetus. Eating quail eggs during breastfeeding will increase the milk of nursing mothers. By including quail eggs in the diet of nursing mothers, their digestive system is strengthened. It is possible to strengthen the nervous system of nursing mothers by eating quail's eggs.

13. Ovary Strengthening Herbal Remedies That Work Wonders

If you have a lack of sperm or eggs, we suggest you read the section on herbal remedies to strengthen ovaries in this article. Also, we will tell you the most effective and productive methods to strengthen sperm and egg in this Article. Traditional medicine has examined the practical solutions for this very acute problem and in this article you will get to know the final result of these tests and the most important herbal medicines to strengthen sperm and eggs, increase the desire for pregnancy and increase sexual desire.

One of the things that can damage the ovary and cause the ovary to be lazy is taking a bath during the period. Traditional medicine experts suggest that women avoid eating too much cold food. We hope you follow these 2 simple points along with the following solution.

14. The Following Foods During Ovarian Laziness Not Consumed:

Ovarian nebulosi's is a common problem and we must be careful that problems caused by it are controlled and do not increase. In this case, we should exclude some foods from our meals; As:

Yogurt,
Mushroom
Omelette,
Vegetable Oil,
Too much sugar,
Lentils,

Cilantro,
Eggplant,
Fish.

15. Balancing Pregnancy Hormones with Mace:

It is suggested that women use this plant between menstruation and ovulation. Of course, this plant is also recommended for men. You should seek help from a specialist doctor. With the help of this plant, you can balance and regulate the amount of pregnancy hormones in your body. To increase women's fertility, we recommend that you use mace medicinal plant, which contains large amounts of necessary mineral and nutrients. Women who are under stress for infertility can use mace plant. Warning! Under no circumstances should women use mace during pregnancy. Be sure to contact your doctor and avoid using any herbal and chemical medicine at any time during ovulation, menstruation and pregnancy.

Dates, Cinnamon, Five finger plant, Artichoke, Ginger, Wild Yam Plant, Sage plant, Black Seed, Raspberry, Cinnamon, Pomegranate, Indian Ginseng, Useful for male infertility.

Result

As a remind, in this article I tried to recommend some herbal solutions for infertility. In text, you can learn how by having a diet full of beneficial foods, can have a healthy birth.

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