



The V Word

MOTHER'S DAY AND WHAT IT MEANS TO ME

by Heather Mills



If you're lucky enough to still have your mother in your life (and she deserves it) then please make sure you show your appreciation for all she does this Mother's Day. I lost my mum when she was 47 and I was just nine, so my situation is not the best of examples for this.

I'd like to talk about the importance of starting out right as a mother and how nutrition during pregnancy can be an important part of this. What we choose to eat when pregnant is vital to the development of the foetus

but what a lot of people forget is that what your partner eats is also essential prior to conception. This is not only important for getting the swimmers to do their job but also to make sure that they are gold medal material.

“What we choose to eat when pregnant is vital to the development of the foetus”

I had the misfortune of losing four babies and thought I was doing something wrong because, at the time, the father's role was not discussed. Little did I know that my partner's indulgent lifestyle was a huge contributing factor to the recurring problem.

After losing the four, I then went on to have two ectopic pregnancies. The doctor wanted to remove my tubes but I worked out a way to

monitor my blood levels and eventually keep them. However, they said I would never have a baby as the scar tissue meant not even a gold medal swimmer could get past that assault course. It was five years after this that I started plant based eating.

Then a decade later, a miracle occurred — I was joyously pregnant and gave birth to a perfect child. I have to admit that I did not consider the effect a plant based diet may have had on my conception at the time.

However, after giving birth, the same gynaecologist tested my scarred tubes and gasped at how they had fully healed. He told me I could easily have five more, but as joyous as I was at having my beauty, I did not want to tempt fate.

He asked what I had changed in the last five years — only becoming vegan! As the lightbulb switched on, he said incredulously: “Wow, well that must be it. In my 30 years I have never seen fully healed tubes after such scarring from ectopic pregnancies.”

My point is that the old saying 'we are what we eat' really is true. Many ailments and illnesses can be healed or at least aided with a plant based diet. What is exciting for me is seeing how the people that laughed at me and others like me, are waking up decades later to the benefits of a plant based diet.

If you truly want to start a family as a couple, it really should not just be the female taking her folic acid. The man also must think for a year prior about seriously reducing his alcohol consumption, eliminating any drug use or smoking and minimising overly indulgent business lunches. If you want to minimise potential problems along the way and you're not already doing so, do your research on becoming healthy parents.

So this Mother's Day, stop and really think about what you can do to continue your mother's hard work in bringing you into this world by carrying on her legacy. Take care of the food you put into the body she nurtured and that you now have the honour of looking after.

And if you are blessed enough to have children of your own, make sure to feed your own children a healthy and nutritious plant based diet...

Happy Mother's Day to all sentient beings.

“ This Mother's Day, stop and really think about what you can do to continue your mother's hard work. ”



Sperm count has been scientifically proven to be half of what it was 50 years ago and of a poorer quality, which is believed to be caused by xenoestrogens from pesticides and plastics. However, there are simple ways to avoid this becoming such an issue.

- 1 Minimise plastic container use.
- 2 Use office products whitened without chlorine.
- 3 Avoid chlorinated water by investing in a water filter rather than bottled water.
- 4 Eat organic food wherever possible.
- 5 Avoid synthetic deodorants as they have a lot of chemicals in them, such as aluminium that can mimic oestrogens.
- 6 Minimise stress wherever possible.
- 7 Avoid or seriously minimise animal products with high fat content that usually contain hormones, especially milk and dairy products, chicken, beef or pork.
- 8 Eat as many foods as possible high in antioxidants containing vitamins A, C, E and selenium as well as lots of green, leafy vegetables.

