

Doula resources

Supporting Digestive Comfort During Pregnancy – A Resource for Doulas and Their Clients

Constipation is one of the most common physical discomforts experienced during pregnancy, yet many women feel reluctant to talk about it openly. As doulas and birth workers, we often hear about this issue from our clients. Hormonal changes, iron supplementation, reduced physical activity and pressure from the growing uterus can all contribute to slower digestion.

For some women the discomfort becomes significant and can affect their sense of wellbeing during pregnancy. Over the years I have encouraged clients to explore a range of supportive measures such as:

- hydration
- gentle movement
- fibre-rich foods
- mindful eating habits

However, some women still struggle to maintain regular digestion.

Discovering a Gentle Digestive Support Product

Recently I discovered a product called Motion Potion, developed by the Australian wellness company Health Kultcha. After trying it myself, I found it to be:

- simple to take • gentle on the stomach • comfortable for daily use • supportive of regular digestion

Because I personally felt comfortable using it, I contacted the company to learn more about their work and the philosophy behind the product.

Why This Matters for Birth Workers

As doulas we are not medical providers, but we are often in a position where clients ask about comfort measures and wellbeing during pregnancy. Understanding gentle options that women may wish to explore can be helpful when guiding them to consider supportive lifestyle approaches.

Digestive comfort can influence:

- physical comfort during pregnancy
- energy levels
- emotional wellbeing
- overall sense of balance in the body

When digestion is functioning smoothly, many women simply feel better.

A Resource for My Community

The team at Health Kultcha have kindly invited me to become an affiliate, and they have provided a 10% discount for my community.

If you or your clients would like to learn more about Motion Potion, you can visit www.motionpotion.com.au and use the discount code: **JULIECLARKE** This provides 10% off your purchase.

A Professional Note

As always, women should consult with their healthcare provider regarding any concerns during pregnancy. Every pregnancy is unique.

However, having gentle and thoughtful options available can help women feel more supported and comfortable throughout their pregnancy journey.

Warmly,
Julie Clarke
Birth & Postnatal Doula Trainer

