

Home Remedies for Swollen Feet During Pregnancy

It is important to consult your doctor if you experience swelling that comes on suddenly, excessive swelling in the face, skin pitting, high blood pressure, severe headaches and decreased urine output.

1. Soak your Feet in Tonic Water

The quinine that is present in tonic water helps in bringing down the inflammation and helps reduce the swelling. Soak your feet in room temperature or cold tonic water twice a day to reduce inflammation in the feet.

2. Take a Bath in Epsom Salts

Add a cup of this salt to your bath and soak away. In addition to working on your swollen feet, these salts will relax all the muscles in your body.

3. Wear Support Hose/Compression Gear & Elevate your Feet

Support hose or compression gear can prevent swelling, especially from being on your feet.

Gravity is your biggest enemy when it comes to swollen feet. So elevate your feet every chance you get. Place your legs up on some pillows or lie down on the floor and elevate them up against the wall.

4. Increase Your Magnesium Intake

A deficiency of this mineral can cause swelling so try adding magnesium-rich foods to your diet such as almonds, cashews, spinach, dark chocolate, pumpkin seeds, broccoli and avocado.

Consuming 350 mg of magnesium daily can also help with swelling in the feet during pregnancy.

5. Grapefruit Essential Oil

You can mix a few drops of this oil with a carrier oil and give yourself a foot massage or add it to your bath. This can alleviate the swelling.

6. Drink Lots of Water!!!!

Try drinking at 8 to 10 glasses of water every day. You can add lemon or cucumber to your drinking water. These also have anti-inflammatory properties and can help reduce the swelling in your feet.