

Possible Effects Of Overeating On **EXPECTING MOMS**

These issues may also happen in non-pregnant individuals but could be more likely to affect pregnant women.

SUDDEN RISE IN BLOOD SUGAR LEVELS CAUSING:

Jitteriness



Dizziness



Headaches



Indigestion



Heartburn



Abdominal cramps



REFERENCES:

1. Ramadan Health and Spirituality Guide; Communitiesinaction.org.
2. Maternal intermittent fasting during pregnancy: a translational research challenge for an important clinical scenario; National Library of Medicine.