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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Burn Baby Burn: Getting Rid Of Your Baby Fat (After Pregnancy)

By Jason Flintstone

One of the joys of conceiving becomes quite obvious as the months go by, and that's showing off your bulging baby bump, a trend being made ever so popular by Hollywood's hottest expecting leading ladies.

But, unless you're one of the Hollywood hotties, you may not be able to shed that baby bump so quickly after delivery. In fact, if you're over 25 and certainly over 30, losing the baby weight may seem like a losing battle.

Not only has our body packed on the pounds during pregnancy, but along with age, comes a natural tendency to favor fat and gain weight. Once a certain fat level is reached and maintained for an undetermined but specific amount of time, the body accepts this (level) as normal and works at conserving it.

So, as you start to purge those extra pounds, other physiological systems kick and foster Re-gain. Hormones and neurotransmitters that control your activity level, your hunger level and how you metabolize food are also affected in ways that encourage fat to make its way back.

But, experts assert that there is hope, it just may take more time and conscious effort. And, they add, that it should be viewed and treated as a lifestyle change, and not a "temporary" diet plan geared at simply shedding some extra pounds.

Among the key factors to dropping the weight and keeping it off is the amount of exercise you do over the long haul. Experts suggest a few times a week if possible, but even that may not be enough. In fact, the ideal amount would amount to about 30 minutes per day, even if it's done at intervals, which is also a great way to help you not only maintain a healthy weight, but stay healthy as well.

Furthermore, studies show that losing weight and keeping it off may mean up to 60 to 90 minutes of moderate exercise daily (for most), and they again suggest breaking it into intervals. You can also incorporate exercise into daily activities such as walking instead of driving, taking the stairs instead of the elevator, etc. And, they caution those who are or may be out of shape to start off slow and take it

easy and build up gradually.

Overall they suggest sticking within your (daily) calorie and exercise range and finding a program that's practical and easy for you to commit and stick to. And they suggest making small, achievable goals that will enable you to see results, which will in turn be a motivation for you to continue on your successful path.

<http://www.lifamilies.com>

– family community website

Track Your Pregnancy Progress With A Pregnancy Calendar

By Derek Marsh

To help you manage the unbearable waiting times associated with your pregnancy, a pregnancy calendar can help track your progress as well as provide invaluable memories of your pregnancy. For 9 months, a mother-to-be watches her body transform from the shape she knows, to something that is a life support system for the baby growing inside her.

1. Keep Track Of Your Growth

Whether it is something that she can pin on the wall, or something that she has on a file on her computer, or even a website where she has a login-in that takes her direct to her page, the calendar will show at a glance how far she has left to go in her journey towards motherhood. Many of these daily pregnancy calendars will give tips on how to cope with the different pregnancy symptoms that occur during the different stages, such as heartburn, sleeplessness, and Braxton Hicks.

2. Online Calendars Are Available

The online daily pregnancy calendars give even more information. There are even illustrations of how the baby looks during each trimester. She can actually visualize the baby behind the bump and see her baby progress in her mind. It's also possible to purchase a daily pregnancy calendar book where each day you can journal about how you are feeling, any symptoms or check-ups you have, noting the cravings or weight gains, or even preserving the little things you want to say to the baby. Once complete this provides the new mother with a precious picture of the journey she took bringing her baby into the world.

3. Results For Your Doctor

There is a practical purpose behind a pregnancy calendar – if there are any complications with the pregnancy your doctor will have a complete picture of the development of you and your baby during this time and may be able to pinpoint the problem. For example, by recording your meals in the calendar the doctor may be able to link a specific allergen to the welfare of your baby and recommend the removal of that food item from your diet. Babies do not always have the same allergies as their

parents.

For more great pregnancy related articles and resources check out

<http://pregnancynurse.info>



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