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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!**

**Could I Be Pregnant?**

**By Melissa Core**

Although your body has not changed in appearance, you will be having many other clues that you

are pregnant. Even at just one month in the pregnancy, major changes are going on and your body will letting you know about them. Paying close attention to the early signs, you will be able to know if you are pregnant. Simple technology can tell you this information.

Of course, the first noticeable sign of pregnancy is the missed period. I found this information pregnancy site useful

<http://www.detailedpregnancy.com>

. Missing your period has always been the

easiest way of knowing that you are expecting. Before running out to buy all the cute baby things, you should first look closely at your cycle. If you are lucky, you are very regular and know exactly when each period is supposed to start. Because of that regularity, these women can be fairly sure they are a month pregnant when they miss that period.

Unfortunately, that is not the case for most women. Thousands of women are not regular and are worried every month that they may be pregnant because they never know when their period is supposed to start. Even in a regular woman, she may experience spotting as the egg implants making her think she has just had a lighter period than normal. This could cause the misconception that she is not pregnant when in reality she is a month along.

Obviously, the missed period is not the most reliable way to tell if you should be shopping for maternity clothes and registering for baby shower gifts. Fortunately, there are many other clues that will let you know if you are in that one month of pregnancy. Some clues you may have to look for while others will be blatant. Morning sickness could be an obvious sign of pregnancy even though it doesn't always happen in the morning.

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More subtle clues could be a sudden change in tastes pertaining to beverages with caffeine or alcohol. Sometimes a woman who is one month pregnant or earlier develops a slight queasiness after sipping a cup of coffee or a glass of wine. Again, this will vary in many women, so if you think there is a possibility that you are pregnant stay away from alcohol to prevent possible birth defects.

A more universal sign of early pregnancy is faintness and chronic fatigue. In this early stage of the first trimester, your body is working hard to build a new life making you crave sleep. This common hint that you are in your one month of pregnancy tends to also come back in the last three months as the baby experiences a burst of growth.

Moodiness could be another sign. However if that is the only sign, you probably wouldn't run to buy a pregnancy test. Paired together with tender breasts, this moodiness may well be telling you that you are one month pregnant. Of course you may experience one, none, or all of these symptoms. The best way to tell when you suspect that you may be one month pregnant is to take a pregnancy test.

Melissa Core works on a regular basis for these urls:

<http://www.mywebsharing.com>

<http://www.thejewelrydelivery.com>

### **Help! I've Got a Pregnant Cat!**

**By Larry Chamberlain**

So, you've got yourself a pregnant cat.

Was it a stray that adopted you? You heard a plaintive meowing, opened your back door and there she was. You won her confidence, gave her some scraps and a drink of water, spent some time petting her and then left her to it. Next day she's back. And before too many days have passed you decide that as she has no collar, no address tag, that you have got yourself a cute new companion.

As well as not having an address tag, she also didn't have a sign reading "I am a pregnant cat".

Or perhaps you've had your cat since she was a little bundle of kitten fur. She was always going to be a strictly indoor cat, no need at all to have her spayed, she was never ever going outside, she would never be a pregnant cat. But...

...she did get out, and she is pregnant!

What do you do now? Take your pregnant cat along to your veterinarian, she will need to be examined, and your vet will confirm if she is indeed pregnant.

Do you let the pregnancy continue? Before you answer to yourself "Why yes of course!" there are some important considerations to think hard about. Your pregnant cat could produce a litter of maybe

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four or five kittens, are you going to keep them all? "No", you may say, "but I'm sure that I'll find good homes for them." Do not be so sure, every year tens of thousands of cats are put down, simply because there are not the good homes for them. If you ask one of your friends if they would like a kitten, they may agree if they have seen the cute little mites, but are they going to care for it long term? How long before the novelty wears off, and that kitten ends up another feral cat?

If your friend really does want a kitten they can adopt one from a shelter.

What is the age of your pregnant cat? If under a year, or older than eight years, your cat will not have an easy time with birthing, and the possibility of deformed kittens is increased. Your veterinarian may advise abortion for this reason alone.

Be aware of how much commitment caring for a house full of new kittens is, it will take much of your time and attention. How do other members of your family feel about it, you will need to take everyone's view into consideration. You will need a special safe place for your cat and her kittens where they will be safely separated from other cats, other pets and young children.

Okay, you have made the decision that your pregnant cat is to give birth. Or perhaps your veterinarian has advised that it is too late in the pregnancy to consider abortion.

During the later stages of pregnancy feed your cat small meals frequently, remember that her

abdomen is full of little ones and she will not be able to handle a full meal in one go. She will need plenty of water.

Seek advice about kitten care and remember also that mother cats need a special diet, one that is high in nutrients.

Naturally, as soon as possible after birth you will have your cat spayed to prevent the same thing happening again. You will won't you.

Larry Chamberlain is a lifelong cat lover and webmaster of

Best Cat Art .com Cat art posters, art

Handywoman's Home Repairs

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