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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!**

**Fighting the Pregnancy Blahs**

**By Lee-Anne Robert**

**Fighting the Pregnancy Blahs**

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Every pregnant woman has experienced the pregnancy blahs. I can remember feeling so big and unattractive throughout my two pregnancies, and secretly wishing for the pregnancy to be over so that I could have my body back and fit into my normal clothes. It's sad to say, really, because pregnancy is such a beautiful experience and the fact that you created this little human being that is developing in your body should make you feel wonderful through every step of the way.

Oh, but those pregnancy blahs kick in! Your stomach is growing, you cannot fit into your normal clothes, you can't see your feet, you waddle when you walk, your feet and legs are swollen, and other additional physical changes make you feel, well, blah! Sometime during your pregnancy, you may even start to feel bored with the pregnancy and/or feel depressed. Yes, those raging hormones kick in too.

Here are some tips in helping to beat those pregnancy blahs:

- 1) Eat healthy and get plenty of rest. Choose healthy foods and ensure that your intake is nutritious.
- 2) Exercise. Even a short walk in the outdoors will uplift your spirits.
- 3) Make yourself feel attractive by taking the time to groom yourself. Do your hair and put on makeup. We all feel so confident and alive when we look good.
- 4) Buy maternity outfits that will make you feel good. Don't buy just because they fit you.
- 5) Ensure to include pretty accessories in your daily wardrobe such as nice earrings or a pretty scarf. Most of us raid our spouse's closet for clothes that we can wear throughout our pregnancy. Lovely accessories even dress up your spouse's wardrobe.

## Fighting the Pregnancy Blahs

6) If you start to feel bored with your pregnancy, choose an activity that you will enjoy to help you through the boredom. Many women will prepare for the baby by going shopping or decorating the nursery. Other women choose a hobby such as gardening, preparing a scrapbook, writing in a pregnancy journal, etc.

7) Roughly 10 percent of women experience mild or moderate depression during pregnancy. If you feel persistent depression or anxiety, seek professional help.

8) Spend quality time with your spouse. Go for a romantic dinner or out to a movie. Enjoy this time because it's hard to find time after the baby is born.

9) Take time out for yourself. Motherhood is just around the corner so take this time to enjoy your independence.

Although it may seem like 9 months is taking forever, really, it goes very quickly. Enjoy the wonderful

experience of pregnancy each step of the way. There will be a time in our lives when our children have grown up and we wish to live the pregnancy experience all over again.

You can beat the pregnancy blahs! Feel good about being a woman and feel good about bringing a wonderful new baby into the world.

Written by Lee–Anne Robert, a mother of two young children and owner of Cuddles 'n Gifts,

### **Pregnancy Guide Selection Tips**

#### **By Mandy Robinson**

>From the moment you find out that you are pregnant, expecting mothers immediately begin to worry about planning for a successful pregnancy and in addition for their bundles of joy. Planning is perhaps the most important thing you can do during your pregnancy, so finding a quality guide is of the utmost importance to helping you organize for success. You may be issued with some kind of brochures from your doctor at your first medical check– up where your pregnancy is officially confirmed, or you may be given something by friends who have already had babies. Read through the guide you are given, and see if it matches your ideal pregnancy in your mind.

#### 1. Pregnancy Guides In A Nutshell

– Pregnancy follows a set pattern of development – What to expect with your body during each of the three trimesters – Hints on how to prepare for the actual birth of the baby – Diet advice – Exercise advice

#### 2. Generic Pregnancy Guides

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For many women, a generic pregnancy guide is sufficient to give them the information they require. Of course, depending on your personality you may want to explore other books to see if they are better suited to you. For example, do you want a pregnancy guide that not only informs but also encourages you to use the book as a record of your pregnancy by having space for you to write in your weight at the various stages?

### 3. Teen Pregnancy

If you are a teen mother– to– be, or this is not your first child, then you may prefer a pregnancy guide that speaks to you and offers more specific advice. It could be that you prefer to know all the symptoms of the various complications of pregnancy so that you are prepared, or perhaps you prefer a book that doesn't give you nightmares.

### 4. Diabetes Also, Other Conditions

For those with diabetes or other specific conditions, there are pregnancy guides that will apply specifically to you and can help you to plan on adjusting your dietary intake for your condition.

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