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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!

Five Tips For Unplanned Pregnancies

By Sandra Montano

Pregnancy is often a pleasant surprise. Of course, there are times that pregnancy can come as a

shock. Although most unplanned pregnancies are still pleasant surprises, it doesn't make the situation much easier. There are steps you can take to make an unplanned pregnancy a pleasant experience.

First, speak with a friend or family member you can trust. You'll need someone who will be supportive and not condescending. It's already an emotional time for you. The last thing you need is the added stress of defending the pregnancy.

Second, once you're past the initial stages of finding out about your pregnancy, prepare yourself for the varying responses of other people. You may get receptions that are congratulatory, and you may get some who are judgmental. Be prepared for both. Also remember that what's done is done. It's not constructive to look back in regret, anger, or despair. It is better to look forward and to make the best of the surprise situation.

Third, don't feel as if you're alone. Unplanned pregnancies happen to many people. There are support groups both online and offline available to help you through this confusing time in your life. Seek their counsel. Don't be afraid to voice your own fears and concerns. You may find the sessions very therapeutic.

Fourth, prepare to inform the baby's father. Obviously it won't be easy, and you'll get a varying range of responses from excitement to denial. Hopefully, the father will be supportive and can help you through the pregnancy.

Fifth, be aware that your body is in a different state. Because you're now pregnant, your body is flooded with hormones and is transforming every day. Take this into account when talking with people and prioritizing your life.

To read more about Pregnancy go to

<http://www.life-healthy.com>

Folic Acid Necessary For Preventing Neural Tube Defects

By News Canada

(NC)—With June being National Spina Bifida Awareness Month, it's a great opportunity for Canadians to become educated on the importance of folic acid for healthy infants. In Canada, it is estimated that four out of every 1,000 children born will have a neural tube defect, such as spina bifida. Spina bifida occurs when the lower end of the neural tube fails to close resulting in abnormal growth in the spinal cord and backbone. Most infants born with this condition survive, although the degree of disability differs. Since many pregnancies are unplanned, physicians recommend that all women of childbearing age should take a daily multivitamin containing a minimum of 0.4 milligrams of folic acid to reduce the risk of spina bifida and other birth defects.

The following tips may help women get enough folic acid and prevent spina bifida and other neural tube defects:

1. Eat a fortified breakfast cereal that contains folic acid;
2. Eat foods that are high in folic acid, such as dark green leafy vegetables, bananas, nuts and asparagus. Also, eat foods that are fortified with folic acid, such as certain breads, rice or pasta;
3. Take a daily multivitamin supplement, such as Centrum Forte® that contains 0.6 milligrams of folic acid.

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