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How Not To Stress Over Finding Your Mother Of The Bride Dress

By Audrey Cheong

Your daughter's wedding is announced. She has butterflies in her stomach and one thousand and one things to do. Her "butterflies" becomes yours and your thoughts are racing just like hers. You, as her mother, will help her plan her dream wedding, just like your mother planned yours. At the back of your mind....."What am I going to wear? Will I look just as beautiful as my daughter on her wedding day? So many people are going to be looking at me as well...."

Fret no more. Here are the RULES but like all rules, they may be broken or should I say improvised and revised to suit you. I say....whatever makes you and/or your daughter happy!

1. Confer with your daughter. She will come up with a color scheme for her wedding.
2. Ask her whether she wants the color of your dress to complement her wedding color/colors or almost match it. Examples of complementary colors to a red color theme is burgundy, wine, claret red, dark pink, and purple. As for a "match", it would certainly be difficult to have an exact match of the colors, as your dress will be of a different manufacturer, style, fabric, and dye. So, do not stress over this.
3. You, as the mother of the bride, will decide on a color or colors, after consulting your daughter. Suggest to her to be flexible on the choice of colors—perhaps two or three choices would be great. Mother of the bride dresses are not made like bridesmaid dresses, the latter being preordered and tailored months ahead of time for the occasion. Shopping for a mother of the bride dress can be a headache and nightmare rolled into one, especially for the plus size woman or if you live in a rural city.
4. Do not forget to involve the mother of the groom. After you have an idea of what color you would or should be wearing, inform her. She will definitely appreciate that as she will be in a panic mode as well, going through the same motions as you will soon be, looking for that perfect "mother's" dress.
5. Shop as soon as you can. Finding YOUR dress is important too. Understand that you are shopping for a specific style that you like and look great in, a specific color, and then a specific size. Then, you will need to allow sufficient time for professional tailoring of the dress, to get it to fit just right! Also, what

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about the accessories like shoes and jewelry? You will be surprised how many ladies come to my online store hoping to find their dress within a WEEK of the wedding!

6. Shop bridal or department stores first. You can get a first hand look at the styles out there and the type and quality of fabrics. Do not ignore online formal wear stores. Visiting an online store is easy and stress free as they are sources of good ideas of what you would like to wear on that special day.

7. Take care of yourself in these nerve-wrecking times of preparation. Remember, you need to look good as well, although it is your daughter's wedding.

8. Now, sit back and relax. You have found your most perfect mother of the bride dress and have a few more weeks to spare. Give yourself a big pat on the back!

Audrey Cheong is the owner of an online bridal store specializing in mother of the bride dresses and other formal special occasion gowns in petite and plus sizes. Visit her store at

<http://www.audreymotherofthebride.com>

Avoid Wedding Nerves Weight Gain

By "Amy K. Spade"

If a bride tells you that she's not worried about fitting into her wedding dress, then she is probably lying. While the stress of planning a wedding can cause a lot of women to forget about eating, others find comfort in nibbling a little more or can't find time to exercise.

The result is a wedding dress that needs to be taken out, rather than in at the final fitting. And every bride fears this.

Keeping your dress

When it comes to staying in shape, you need to think of a few things before weighing yourself constantly. First of all, your health is number one at this time. You are under a lot of pressure, so you need to make sure that your body is able to handle it well.

To do this, you will want to find some way to incorporate exercise into your life. Of course, you might laugh and wonder where you'll ever find the time, but know that you should. Even if it's just fifteen minutes a day, you need to walk, run, bike, whatever.

Exercise creates stress resistance. You've heard the expression of blowing off steam by going out for a run, well it works. Not only are you creating a great distraction for your body and mind, but you're also strengthening your body for any added pressure.

Of course, burning calories is always nice.

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Watching the nibbles

Mindlessly nibbling is the quickest way to gain weight. And even though you don't have the time to prepare the healthiest of meals, you may want to consider healthier choices. Finding salads with low-fat dressing is good, but overall, they're not very filling. You can actually go to the drive-thru and get a burger; it just shouldn't be the biggest one on the menu. Choose the plain hamburger and a salad—it's a quick and filling meal.

You will want to watch the sweets for a while. These can cause you to want to eat more and that's the last thing that you want.

When you're having your fittings for your wedding dress, you will want to be honest about what you can wear. Just because you want to wear a size six dress doesn't mean that your size ten body is going to magically shrink to accommodate you. Be realistic about what you're going to be able to wear and tell the person who is altering the dress if something is too tight.

You don't want to be an uncomfortable bride now, do you?

Amy Spade is an expert on planning weddings, and she has written an amazing totally free minicourse

on how to make sure that you have the day of your dreams, and avoid wedding day disaster! Get the free course "Your Special Day from Start to Finish" now at at

<http://www.weddingdata.com>



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