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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!

Overcome The Symptoms In The First Trimester Of Your Pregnancy

By Adwina Jackson

Surprised with the outcome, you abruptly told your husband about this news soon after having a home pregnancy test in one early morning. Afterward, both of you were so contented that you hugged each other for minutes while tears were dropping on your cheek.

All the emotions of joy, fear, amazement and acceptance, assembled within you. There was no exact word to describe the feeling.

Now you should prepare yourself for the next huge things. The upcoming nine months will be more thrilling than before. You'll experience unexpected, remarkable changes in your body.

In general, pregnancy is divided into three trimesters. Each one has its own nature.

Take a look at the general symptoms you may have in the first trimester of your pregnancy – a crucial time when you should be careful with your fetus. Also, the tips given will hopefully help you go through this wonderful journey. Enjoy.

1. Morning sickness – Nausea and vomiting are two common symptoms of early pregnancy. Hot drinks, crackers, and fresh fruits are great choices for relieving them.
2. Frequent urination – The growing of uterus causes some pressure on your bladder. You'll be going to the restroom more often.
3. Tender breasts – The increasing hormone lets your breasts become more sensitive, fuller and heavier than usual. This time you may replace your bra with a more comfortable one.
4. Uncommon Exhaustion – Don't push yourself by working too hard. Try to get some rests whenever you feel fatigue.
5. Increased craving – Acquire nutritious and balanced food intake. Make sure you and your baby are well nourished.

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6. Bad moods – The change of hormones in your body causes your moods to switch as well. Mild exercises can help your moods. Moreover, just think that it's a preliminary change and challenge you'll have before and after your baby arrives.

Some of you may not recognize that you're pregnant until it reaches five to six weeks from your last period. But soon when you find it out, it's best to think which health care provider you'll go to for a routine check-up.

Ask your pregnancy condition to your obgyn. Some of the congenital abnormalities may be observed at the end of the third month of pregnancy by a USG examination. Consult with him when unexpected things occur.

Read also lots of information about pregnancy. Knowing what happens in your uterus – and your pregnancy in general – will make you feel safe and comfy.

Most of all, enjoy your bigger size. It's an amazing experience you'll never forget in your life.

Adwina Jackson is a wife and mother of a young boy. She's also the editor of Inspiring Parenting, an online source of valuable parenting information. Please visit

<http://www.InspiringParenting.com>

for

helpful and free parenting info. Observe your children's health, growth and development by clicking the website.

A Simple Guide To Pregnancy – For Guys

By Gabriel Adams

So - you're an expecting couple, aye? There are many books and guides out there on pregnancy, but most of them are targeted at the woman. This article is a very basic guide to pregnancy, targeted at men, so you can support your wife / girlfriend through the process and be involved in the pregnancy.

The pregnancy is divided up into three periods of about three months each. They are called the first trimester, second trimester, and third trimester. Here is what you can expect in each trimester.

The first trimester is the first 14 weeks. During the first trimester, your baby will grow from a microscopic size to the size of a small melon. By then end of the first trimester, the baby will have defined facial features and you will be able to determine the sex of the baby with an ultrasound.

During the first trimester, the mother may begin experiencing morning sickness, and or unstable

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emotions. Be loving, supportive, and communicate as well as you can with your wife / girlfriend.

The second trimester is the 14th to 28th weeks of the pregnancy. During the second trimester, the mother will generally have much less morning sickness and nausea. The baby will be growing rapidly - weighing in at about two pounds by the 28th week.

The third trimester is from week 28 to birth. During the third trimester, the baby is nearly completely formed, and can live with specialized care, should it be born early. The mother will likely have various physical discomforts due to the growing baby, such as backaches, trouble sleeping, heartburn, etc. As throughout the rest of the pregnancy, communication, support, and love are very important.

As the baby's due date nears, you'll have many decisions to make with your wife / girlfriend, with help from your doctor. Of course, you'll want to pick out name(s) too!

Check out our resources on baby parenting and pregnancy:

<http://www.baby-parenting.com>



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