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Impair Healthy Healing In People Over The Age Of 30!

Practical Tips To Survive The 1st Trimester Of Pregnancy

By Christine Dugan

So, you've gotten over the elation of being pregnant. Now, despite the joy of having a little one

growing in your belly, you (and your husband or boyfriend) need to deal with the nagging symptoms of pregnancy. Here are just a few tips to help you to survive:

1. Get plenty of rest: Most likely, you will be more tired than ever before during the first trimester. Listen to your body and go to bed or take naps when you are feeling tired. This may also mean cutting back on obligations, or going out with friends. Do not let yourself worry about housework, errands, or getting ready for the baby, which needs to be done. You will have more energy in the 2nd trimester, so let the things that can wait, wait. Also, ask your husband, boyfriend, or family to help you when you are tired.
2. Ask (or beg) your significant other to do the grocery shopping, cooking, and some of the cleaning: You may have aversions to foods in the first trimester or simply just do not have the desire to cook. Prepare a list of food items that you enjoy and ask your husband to prepare the meals each night or a few nights per week. Alleviating the stress of having to deal with food aversions at the grocery store and over the stove will help alleviate some of the nausea you may be feeling. Not only that, but if you are like me and working full time, you are tired in the evenings and will not feel like cooking or cleaning.
3. Make large meals on the weekends to last throughout the week: You will find that you have a little more energy for a few hours on the weekends. Snatch up those moments of energy to make a one-dish meal for the week (soups, casseroles, lasagnas, stews) so that you have something on the nights you lack the desire and energy to cook.
4. If you are experiencing nausea, try different avenues to alleviate it: There are many tips out there to ease the nausea, such as eating crackers in the morning before you get up, eating crackers all day, drinking ginger tea, and drinking ginger ale. I did not find these things to help with my nausea. One of the things that helped me was eating black licorice, eating grilled cheese sandwiches all day, and drinking lemonade. So, what works for one, does not work for all. Try different things.
5. Don't read all of the pregnancy books: Ask your doctor for one book that their practice recommends and stick with that book. If you feel the need to buy several books on the market, do not let yourself get

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worried about all of the things they discuss in these books. For example, I thought there was a chance that my baby was going to have neural tube defects (due to lack of folic acid) since I did not take prenatal vitamins prior to conception and in the first month of pregnancy. My doctor assured me that you do not even need to take the prenatal vitamins until the 20th week.

6. Call your doctor if you have concerns about anything! Your doctor will assure you more than the books or anyone else for that matter.

Lastly, have fun during your first trimester! Cherish all of the changes and experiences your body goes through during pregnancy as it forms a little miracle inside.

Christine Dugan works in the special education field and is a contributing author to the health information site

<http://health.divinfo.com>

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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 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.

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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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