

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Pregnancy And What To Expect

By Aurel Radulescu

There are no two pregnancies that are alike so, while it is difficult to say exactly how each will progress, there are certain factors that are common among all women going through pregnancy. Quite often, early symptoms of pregnancy will appear and prompt the soon-to-be mom to purchase a home pregnancy test. These can be found at virtually every retail and/or grocery store. It is important to remember that pregnancy tests, while designed to be accurate, are sometimes wrong. Regardless of the result, it is recommended that women experiencing pregnancy symptoms should schedule an appointment with a health care professional who will accurately test for pregnancy.

Among the pregnancy symptoms that most women experience are heightened sensitivity to certain smells and/or food, exhaustion, recurring morning sickness and mood swings. During the entire pregnancy, it is very important that the woman participate in a healthy lifestyle. Among other things, this would include not smoking or being near secondhand smoke, avoid drinking alcohol, etc. In addition, the mom-to-be should drink plenty of milk and eat healthy foods. This will help to promote good development for the child and will be a healthy start for him/her.

Once a woman is confirmed with pregnancy, the next step is shopping for maternity clothes. There is generally a maternity section of every store, but many women simply wear oversized shirts and comfortable elastic waist pants. Preparing for a new baby will include shopping for nursery items, including a rocking chair, bassinet, baby blankets, clothes and toys. If there are plans to convert any room in the house into a nursery, it's best to start early. It's also very important that the mom-to-be not be near any paint or harmful products that may cause her, or her unborn child, any problems.

During the nine months of pregnancy, women will go through a lot of changes – both physically and mentally. Mood swings will become more intense and there may be frequent trips to the bathroom as the pregnancy progresses and the growing child begins to press more heavily on the bladder. After the baby is born, the woman will likely have a desire to lose her pregnancy weight. Immediately following birth, it may be a good idea to rest before starting on any exercise program. A licensed medical doctor will be able to prescribe a timeline for such things as physical activity, which will greatly be determined by the mom's overall health.

Pregnancy And What To Expect

This article is to be used for informational purposes only. It is not designed to be used in conjunction with, or in place of, professional medical advice. Any woman who believes she may be experiencing pregnancy symptoms, or has reason to believe that she may be pregnant, should consult a licensed medical physician for proper testing and determination.

Find more about

pregnancy acne

,

ectopic pregnancy

and

molar pregnancy

and many other pregnancy

resources on CareJournal.org

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

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

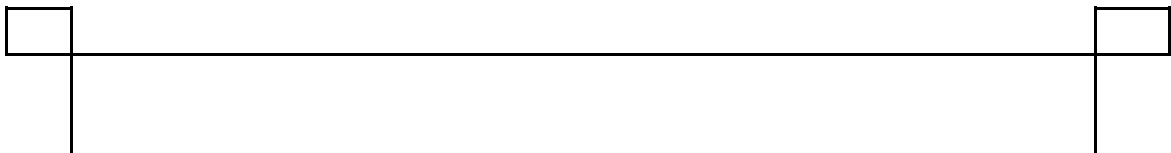
For those with diabetes or other specific conditions, there are pregnancy guides that will apply specifically to you and can help you to plan on adjusting your dietary intake for your condition.

For more great pregnancy related articles and resources check out

<http://fab-pregnancy.info>



This Free E-Book has been brought to you by Natural-Aging.com.



100% Effective Natural Hormone Treatment

**Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

