

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 Tips

By Terry Ross

Being pregnant is one of those points in your life when you need to follow your practitioner's advice, take extra special care of yourself, keep healthy and put you and your baby first. Check out these pregnancy tips to help you enjoy this special period of your life.

- Good prenatal care is important for the health of your unborn child. Make an appointment as soon as you know you are pregnant and don't skip any of your prenatal appointments. If there are to be any problems with your pregnancy the sooner they are detected the better!
- One of the best pregnancy tips I can give you is – stop smoking, preferably before you get pregnant but certainly once you are pregnant. Smoking is bad for the baby's health, even secondary smoke so avoid smoky environments and ask people not to smoke around you.
- Stop drinking. No level of alcohol during pregnancy has been proven safe so stay off the alcohol throughout your pregnancy and while nursing.
- Exercise. Always check with your health care practitioner to make sure you get the amount of exercise that is right for you (in some circumstances exercise is not advisable) but as a general rule exercise is beneficial. It has been shown that exercising while you are pregnant can help reduce the time you spend in labour, aid your recovery following the birth, reduce the need for cesarean, help you return to your pre-pregnancy weight quicker and improve your overall health.
- Swimming is an excellent source of exercise which can help ease your aches and pains.
- Another top pregnancy tip is to change your eating habits as soon as you find out you are pregnant. Eat foods that are high in fibre, eat plenty of vegetables and include foods rich in iron, calcium, protein and folate in your diet.
- Talk to your health care provider about what you should eat and how much weight you should gain. If your diet is unlikely to contain sufficient folate, iron and calcium your practitioner is likely to recommend that you take supplements.

Pregnancy Tips

- Eat foods that are high in fibre, eat plenty of vegetables and include foods rich in iron, calcium, protein and folate in your diet.
- Eat a balanced diet and eat regularly. Don't skip meals and don't try and diet during pregnancy. Remember you are eating for two so you need to add 300 - 500 (healthy) calories a day to your diet.
- Limit your caffeine intake (tea, coffee, chocolate and soft drinks).
- Drink plenty of water, six - eight glasses a day.
- Join a prenatal class.
- First hand experience with babies is invaluable experience. If you have any friends or family with a

baby offer to baby sit, get some experience and learn the ropes.

- When the nursery is being prepared remember, you as the expectant mum, must avoid all harmful fumes such paint stripper, paint and wall paper glue and delegate the heavy work.
- Don't forget to baby proof your home.
- If you don't have life insurance then now is the time to take out a policy.
- Make sure you have a Family Health Insurance Plan.
- Get your bags packed well in advance, you might have a due date but that doesn't mean that your baby intends to stick to it!
- Pregnancy tip number 1. If you ever have any concerns over the way your pregnancy is developing, or what you can or cannot do, always seek the help and advice of your health care provider.

For more information on pregnancy, babies, baby names and baby care visit my website:

<http://www.1st-4-baby.com/Pregnancy.html>

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

Pregnancy Tips

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!