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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!**

**Pregnancy Week By Week: Week #3 & #4**

**By Debra Slater**

**Week #3**

Well, it's finally happened: conception! This is the week that your egg will be fertilized and start its amazing process of becoming your baby.

After the sperm meets the egg, they become a blastocyst of rapidly dividing cells. It moves down the fallopian tube, and in about 5 days it implants itself into the uterus.

You probably don't even know you are pregnant, unless you have been tracking your cycles and know when you ovulated. Your baby is now a zygote and in two weeks it will be an embryo.

And so begins your and your baby's journey towards birth. And what an exciting journey it will be!

**Week #4**

Okay, this is the week of implantation. This happens about 5 days after conception. The embryo, called a blastocyst right now, has reached the uterus and searches for a place to burrow itself beneath the surface. After finding that perfect spot, the cells then split into two groups: the placenta group and the baby group.

You probably don't realize you're pregnant just yet. You might be a little queasy, tired or maybe not. Many women feel they have PMS because this is about the time she is supposed to start her period. Your breasts will be tender and you may have pain in your pelvic area. There is a list of early symptoms that can be found [here](#).

Your baby's backbone, spinal column and nervous system are forming. Kidneys, liver and intestines are starting to take shape, and facial features are emerging. Very soon that magical heartbeat will begin!

Wow, this miracle of life is really beginning. Take care of yourself; you have a long way to go!

Debra Slater: With over 25 years of experience in the baby related industry,

<http://HappyMothers.com>

&

<http://MommysLittleBaby.com>

has the most experienced and knowledgeable sales staff. We

have provided and continue to provide exceptional service to Mothers, Fathers, Grandmothers, Grandfathers and all family and friends.

## **Pregnancy Calendars**

**By Celia Namart**

A pregnancy calendar is a fun and informative way to keep track of your pregnancy and ensure a healthy outcome for you and your baby. For most women, pregnancy and birth is one of the key points in life and a pregnancy calendar will help you live the experience to the fullest. Detailed week-by-week information about the bodily changes happening to yourself and your baby, as well as handy advice regarding everything from nutrition to exercise, are just some of the things pregnancy calendars have to offer.

Standard features of most pregnancy calendars include: how to take care of yourself throughout each stage of pregnancy; tips on how to meet increasing nutritional needs while staying physically fit; and how much weight you should gain during pregnancy. Some may also include a detailed outline of your baby's weekly development and instructions from the experts on how to ensure that you both progress the way that you should. Many pregnancy calendars can be customized to fit your own unique personality and include spaces for a diary and a record to keep track of doctor's appointments and other important dates.

Pregnancy calendars are fun to use and, best of all, they are often free or cost a minimal amount. Many internet sources offer free downloads of pregnancy calendars and a simple online search will reveal dozens of choices. Most can be personalized and some websites will even send you e-mail alerts as important milestones draw near. Some pregnancy-related or Women's and Children's Health magazines offer a free pregnancy calendar to paid subscribers.

Huggies offers an excellent pregnancy calendar while American Adoptions has an online version accompanied by weekly updates. American Baby and Pregnancy Weekly both have calendars that are available online and can be personalized. Baby Fit features a week-by-week, development-specific pregnancy calendar while Baby Center has create-your-own pregnancy calendar options and tools. The choices are endless and the results amazing. Many people treasure their pregnancy calendars as keepsakes or use them to compare with future pregnancies.

Most pregnancy calendars are very simple and user–friendly. Anyone can understand them and the facts are presented in a clear–cut, down–to–earth manner. The hardest part for most people is calculating the due date, but this is usually provided by your physician. Even if it is not, most pregnancy calendars include instructions on how to calculate the due date that are easy to understand for even the most math illiterate person.

Pregnancy is no longer just a 9–month waiting period for the big day. With the help of a pregnancy calendar, expectant mothers can become actively involved in all the exciting changes of pregnancy, while at the same time benefiting their health. A handy source for expert advice, it can also do much to alleviate anxiety, as the due date looms closer. The truth is, a pregnancy calendar is just one excellent way to make the most of your pregnancy.

Celia Nemart writes about family and medical issues on the internet, Celia is a dedicated mother that is aware of the dangers of the lack of information about Pregnancy

<http://pregnancy.healthandcosmetics.com>



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