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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 and Morning Sickness

By Ashely Farrar

The toughest bit of the 1st trimester of pregnancy is morning sickness and any woman who has gone through or is going through it, knows the first signs usually develop during the month following the first missed menstrual period, when hormone levels increase. It may range from mild, occasional nausea to sever, continuous, debilitating nausea with bouts of vomiting. In most cases, symptoms may be worse in morning, albeit they can strike day or night.

Despite all advances in medicine, there is no way of predicting how long your morning sickness will last even if you have suffered it before. Generally, nausea and vomiting last till about 12 – 13 weeks of pregnancy. However, some women continue to feel ill beyond their 22nd week as well.

However, some studies show that mild to moderate sickness is a sign of a good pregnancy, and less risk of miscarriage.

There is no simple treatment. The best course of action is home treatment. The following tips work wonders not only when you wake up feeling nauseous but also work when you get that queasy feeling during the day.

Changing what, when and how much you eat coupled with certain changes to the way foods cooked helps.

During morning or for that matter all day sickness, you may find that eating five or six small meals, rather than the usual three large ones, is easier on the body. Make sure each meal contains some protein and carbohydrate, like whole wheat bread with grated cheese and a slice of tomato, rice or wheat preparation with some easily digestible / light cereals, orange juice and a whole wheat biscuit. Be creative; choose low fat health foods you know will tempt your appetite. Aversions to food because of nausea are perfectly normal and understandable.

Try not to kiss meals

Eat small, dry snacks.

Pregnancy and Morning Sickness

Don't jump up out of bed immediately. Lie quietly for a while and ask your husband to bring you a slice of fresh lemon or orange or a dry, bland biscuit.

Avoid large drinks, have frequent small ones between meals.

Spicy, fried foods, and fatty foods like very rich sweets, are best avoided.

Avoid excessive consumption of pickles or chutney, which is rich in salt.

Don't spend much time in the kitchen and avoid the strong smell of certain foods when shopping.

Prepare food when feeling least nauseous.

Taking lemon or orange juice in the morning and before meals relieves nausea of early pregnancy.

Suck an ice cube till the nausea passes off.

Sip on cool water.

However, if you have severe, persistent nausea and vomiting, see your doctor. This not so common complication of pregnancy can lead to dehydration and malnutrition, sometimes calling for prescribed medication and in some cases even hospitalization. Although drugs are best avoided in pregnancy, especially in the early months, there are some that have been in use for many years with no apparent danger to the developing baby.

Ashely Farrar also writes on

Home Remedy for Kidney Stone

. More info:

www.symptoms-kidney-stones-treatments.com

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.

Pregnancy and Morning Sickness

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.

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 precnancy:

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



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