

Pregnant Women Don't Just Stay At Home; Go Shopping!

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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
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By Sara Jameson

Most women like to go shopping. However, sometimes pregnant women reluctant to go out because they are afraid could harm them. That's not true! Go and have fun. You don't have to spend any money; just get out and window shop. Try on shoes; check out the new fall purses or sample a new cookie at the corner stand. Shopping is very therapeutic for women, and it gives you a chance to clear your mind.

If you are feeling ambitious, though, or cannot justify taking an afternoon off to shop, give yourself a chore, like deciding on nursery room colors or selecting a crib. Then, you will feel like you are accomplishing something as you go.

Do not get stressed out, however, if you do not find what you want right away. Remember, you are just looking now. There is no hurry to immediately find and/or buy everything, especially since friends and family will want to help by bringing gifts to your baby shower.

If you would rather shop for clothes, purses or makeup, though, that's also fine. Sometimes, it is good to step away from the "mommy" world and remember that you are also a woman who has her own needs and wants. Don't feel guilty if you need some "you" time or if you need a little something to perk up your spirits. A new maternity outfit or a sweet scented lotion may be all you need to feel de-stressed and reinvigorated. You might also feel good just trying out new perfumes and seeing what those strappy sandals look like on (even if you know they would kill your feet!).

Just remember that while you are out shopping, you need to be relaxing. Treat yourself to an ice cream cone or catch a new movie if the mall has a theatre. Any of these activities will help you let go of your stress and refresh your spirits. Then, you will be fully ready to be Mommy again!

Sara Jameson writes her experiences in "The Very Happy Pregnancy: Avoiding Stress and Depression." Check this out [http://](http://www.sign-of-being-pregnant.info)

<http://www.sign-of-being-pregnant.info>

and

<http://www.pregnant-woman-101.info>

Could I Be Pregnant?

By Melissa Core

Although your body has not changed in appearance, you will be having many other clues that you are pregnant. Even at just one month in the pregnancy, major changes are going on and your body will be letting you know about them. Paying close attention to the early signs, you will be able to know if you are pregnant. Simple technology can tell you this information.

Of course, the first noticeable sign of pregnancy is the missed period. I found this information pregnancy site useful

<http://www.detailedpregnancy.com>

. Missing your period has always been the

easiest way of knowing that you are expecting. Before running out to buy all the cute baby things, you should first look closely at your cycle. If you are lucky, you are very regular and know exactly when each period is supposed to start. Because of that regularity, these women can be fairly sure they are a month pregnant when they miss that period.

Unfortunately, that is not the case for most women. Thousands of women are not regular and are worried every month that they may be pregnant because they never know when their period is supposed to start. Even in a regular woman, she may experience spotting as the egg implants making her think she has just had a lighter period than normal. This could cause the misconception that she is not pregnant when in reality she is a month along.

Obviously, the missed period is not the most reliable way to tell if you should be shopping for maternity clothes and registering for baby shower gifts. Fortunately, there are many other clues that will let you know if you are in that one month of pregnancy. Some clues you may have to look for while others will be blatant. Morning sickness could be an obvious sign of pregnancy even though it doesn't always happen in the morning.

More subtle clues could be a sudden change in tastes pertaining to beverages with caffeine or alcohol. Sometimes a woman who is one month pregnant or earlier develops a slight queasiness after sipping a cup of coffee or a glass of wine. Again, this will vary in many women, so if you think there is a possibility that you are pregnant stay away from alcohol to prevent possible birth defects.

A more universal sign of early pregnancy is faintness and chronic fatigue. In this early stage of the first trimester, your body is working hard to build a new life making you crave sleep. This common hint that you are in your one month of pregnancy tends to also come back in the last three months as the baby

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experiences a burst of growth.

Moodiness could be another sign. However if that is the only sign, you probably wouldn't run to buy a pregnancy test. Paired together with tender breasts, this moodiness may well be telling you that you are one month pregnant. Of course you may experience one, none, or all of these symptoms. The best way to tell when you suspect that you may be one month pregnant is to take a pregnancy test.

Melissa Core works on a regular basis for these urls:

<http://www.mywebsharing.com>

<http://www.thejewelrydelivery.com>



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