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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!

The Blessings (And Curses) Of Pregnancy

By Rachael Cleipher

Pregnancy is one of the most amazing experiences that any woman can have in life. Women who have had the privilege of carrying and bearing children know exactly what I mean. The ability to become pregnant and carry a child in your womb as it develops into a fully functioning infant is one of life's biggest miracles. For all the blessings of pregnancy it is not, however, without its struggles.

The most obvious blessing of pregnancy is the promise of a new life that it means. There is nothing more special than seeing a new child added to the world, and women are the ones that get to provide the perfect atmosphere for the unborn child to grow in a safe and warm place. Pregnancy allows a woman to share months of intimacy with her baby before the baby gets to interact with any one else in the world. What a special time of bonding that the months of pregnancy are for mothers and babies. Even fathers must wait until babies are born to feel them or to fully experience them.

Some of the best blessings of pregnancy are less serious and yet really enjoyable. For example, pregnancy woman seem to be adored and cared for wherever they go. Pregnancy makes everyone a woman's best friend. Suddenly doors are being opened, heavy things are being lifted, and great meals are being prepared for you. Few seasons in life will offer these kinds of blessings, so take full advantage of the attention people give you during your pregnancy.

For women who love to shop, pregnancy has its obvious benefits. Not only do you have an excuse to spend time and money creating the perfect nursery for your new baby, but you also have a real need to shop for new clothing for yourself. Pregnancy allows the shopper in you to come out and get lots of practice because we all know that mothers and babies need lots of new things. Enjoy the blessing of shopping while you can because you won't have such a great excuse for long!

While I have loved the experience of pregnancy very much, I would be lying if I said it was just a walk in the park. No, pregnancy definitely adds hard things to the life of a woman as well. Very few women make it through pregnancy without sickness or being frustrated over the obvious weight gain that happens. Sleep doesn't always come easily with a baby growing and moving inside of you nor is it always easy to keep up with the demands of life when all you want to do is rest.

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Whatever hard things come with pregnancy, I guarantee you that nothing can outweigh the joy and privilege it is to be a part of bringing a new life into the world.

Rachael Cleipher has experienced the ups and downs of pregnancy before the births of each of her three children. She is a consultant to many moms-to-be and she enjoys helping women make the most of pregnancy. See more at

<http://www.coolpregnancy.info>

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

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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>

Ewen Chia's Website Conversion Secrets



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