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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!

Tips For Comfortable Traveling During Pregnancy

By Paul Wilson

Women today take pregnancy in their stride and continue to work and enjoy everyday activities.

Pregnancy does not mean termination of all work and play. If you plan carefully you can enjoy all activities throughout the pregnancy and travel for work and pleasure without experiencing any difficulties.

Here are a few tips:

- Avoid stress by leaving quite early for the airport. To alleviate rushing across terminals or parking lots have a friend drop you to the airport. Find out whether the travel agent or airline has pick ups and drops for special passengers. Travel light and only pack what you really need. Use a bag with wheels or buy a fold-up luggage rack.
- Keep your sense of humor and wits with you at all times. Eat a light meal before leaving for the airport and listen to music or read a book you love. A full stomach and happy frame of mind will ensure that you view all hassles like long queues, uncomfortable chairs, and tedious walks as a part of life. Avoid coffee and other caffeine filled beverages, these will just stretch your nerves and make things difficult.
- Plan your schedule well such that you avoid depletion of energy. Give yourself time to eat on time, catch forty winks, and to put your feet up. Quite times are crucial to pregnant women so weave in time for a long bath, reading on the beach, a leisurely walk in the garden or a slow swim. Things that relax and energize you.
- Eat well and balanced meals. Never ignore hunger pangs. Carry in your bag plenty of portable snacks, dried fruits, nuts, crackers, cereal bars, and small bottles of juice or water, fresh fruit and so on. To prevent dehydration when flying drink plenty of fluids this will prevent swollen feet and ankles. Eat 4-6 small meals a day. Ask your doctor whether you need vitamin and mineral supplements. Eat plenty of fresh fruit and vegetables. When you eat light meals you will prevent uneasiness and heartburn. Suck a mint or boiled sweet this will quell queasiness.

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- Make time to visit the toilet. Go before you board the plane and also after you deplane. If the flight is short then this will alleviate the need to use the toilet on the plane. If you are flying a long haul choose a flight that has a stop over or break the journey such that you get a breather. Ask for an aisle seat so that you can visit the toilet or stretch your cramped legs without being a nuisance to others.
- Wear comfortable shoes and clothes. Keep the blood circulation going by walking down the aisle and doing simple stretch exercises while seated. Rotate your ankles and stretch your feet as well as wriggle your toes. Shoes must be supportive, use flat ones or trainers. Use blister pads to increase comfort. Slip on shoes is the best as you can remove them when seated.
- Do a few breathing exercises and try and meditate everyday. This will keep you calm and collected and ensure that plenty of oxygen reaches all the cells of your body.

Traveling when pregnant can be eased by taking sensible steps. It is safe to fly when pregnant Just

carry your medical records, medicines, and first aid kit with you. Wear beautifully styled yet comfortable clothes and avoid carrying heavy luggage. Talk to your doctor before taking a trip; do ask about immunizations as well as medications you should carry. Make comfortable arrangements and you will enjoy your pregnancy.

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Back Pain Relief Tips For Pregnant Women

By Ashish Jain

Back pain is one of the banes that generally go with pregnancy. It is a common complaint. More than 50 % of the pregnant woman population suffers from it.

Back pain during the pregnancy is mainly due to change in the contours of the body of the woman, as baby grows within and puts on additional weight, month after month to the mother. This extra weight causes a change in the center of gravity of the woman's body. Major hormonal changes are also noticed in the early stages of the pregnancy, which is an additional cause of the back pain.

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The center of gravity of women's body shifts forward with the growth of the uterus. Her postures and movement style change and this put additional strain on her back, resulting in backache.

In certain cases, urinary infections which are also common during the pregnancy can be the cause of back pain. If the woman has acute back pain during the early stages of pregnancy, the same requires immediate attention of the doctor. Back pain during the pregnancy can be due to a multiplicity of factors which demands immediate attention.

Medication for the sake of medication should be avoided during pregnancy. You are responsible for two lives, so any medication will only be by the advice of the doctor. Exercising is the sure remedy for a pregnant woman. Simple walking is the best exercise. But do not do aggressive walking.

Avoid slouching. Maintain an appropriate posture by using a lumbar cushion or pillow. Cultivate by experience good body mechanics. Muscular exercises are a deterrent to back pain.

A pregnant woman is not expected to stand for long periods, say while traveling and for any other reasons. Do not change your sitting position too often. In the early stages of pregnancy proper rest and adequate sleep is necessary.

Avoid high-heeled shoes at all costs. The practice is dangerous as it will put lots of strain on the back. Use a low flat stool for sitting. Avoid kitchen work for longer durations.

Your clothing should also be imaginative. Avoid tight clothing. Even if you are tired, avoid slumping forward. Slumping pushes the rib cage forward and down to the stomach. You can well imagine the resultant problems. While standing, be comfortable and keep your knees soft.

Many of your experienced friends and relatives can give you the correct tips for your backache problem. Such tips at times are more useful than the medical advice you get from your family doctor.

<http://www.backpainedetails.com/pain/>

& Back Pain Relief provides detailed information on back

pain, back pain treatment, back pain cure, back pain relief and more.



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