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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
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Vacation Is One Way To Run Away From Stress During Pregnancy

By Sara Jameson

What should you do to have a happy pregnancy? Many things you could do, but what most pregnant women rarely do is having a vacation. Get a life and try to relax a little bit. Or take an extended weekend just to refresh and recharge your batteries.

Downtime is very important, and in a world where nearly all of us are tied to cell phones and lap tops, even away from the office, it is good to get away from it all from time to time. Having time to walk along the beach or play golf or even to stay inside and read a great book without interruptions can help us recharge our batteries.

When the baby comes, your number one job is to be Mom. So, you will not have much time for yourself, at least not in the beginning when the baby depends on you for everything. Capitalize on those spare moments of highly valued free time now.

When you are refreshed, you are more effective and productive anyway. You will also be easier to get along with, and it will be easier for you to deal with others (even the difficult ones!).

You are not a slacker for needing time off. Enjoy spending time with your spouse, too, in these nine months, since the second the baby arrives, it will become the number one priority for both of you. Even so, do not let your relationship with your spouse become a low priority. Otherwise, you may look up five or ten years from now and realize you no longer know the man who fathered your baby.

Keep romance alive. Go on regular, standing dates, even if they are on Tuesday nights. Leave the baby with a sitter and enjoy some adult time away from Blue's Clues and Dora the Explorer. It is important to realize that as much as you are a mother, you are also a wife. And you need to build a life for yourself so that when baby grows up, you still have meaningful things and people around you.

Sara Jameson writes her experiences in *The Very Happy Pregnancy: Avoiding Stress and Depression*. Read her secrets and truths about having a happy, healthy pregnancy at

<http://www.you-know-you-are-pregnant.info>

and

<http://www.pregnancy-question.info>

The Benefits Of Pregnancy Massage

By Sarah Mitchell

Whilst pregnancy is a time for a mother to really bond with the child she is carrying, it can also cause all sorts of physical aches and pains. As your pregnancy progresses and your stomach enlarges, the backaches and joint sores will only get worse. Having a massage can greatly alleviate these pains and is something all pregnant mothers should consider.

What is a pregnancy massage?

Having a massage during pregnancy differs from a normal massage as the masseuse performing the massage will need to have special knowledge of the body. Pregnant mothers are very sensitive and masseurs will need to be careful when giving massages as to not harm the baby in any way. The positioning of the mother and the intensity of the massage is very important.

Relieve stress

Pregnancy can be a time of stress. You are constantly worrying about the act of giving birth, your body, your child's health, being a parent, etc. The last thing you need to deal with is a sore back. Going for a massage during pregnancy will help you get your mind off things and de-stress. If you are still early on in your pregnancy, you may want to go visit a spa with your girlfriends. For those who are over four or five months pregnant, you will have to enlist the aid of a professional pregnancy and postpartum masseuse. These professionals are well trained and should be qualified to perform massages for expectant mothers.

Muscle relief

During some point in your pregnancy, you will experience a large amount of muscular cramping, tightening, stiffness, tension and knots. A massage will alleviate these discomforts and will help with backaches, headaches or swollen feet or legs by increasing the blood circulation. This is beneficial not only to the mother but to the fetus, as well as leaving you refreshed and more energized. Massage will also help with muscle flexibility, which is crucial when giving birth and will also prove to be beneficial during the last trimester.

Pregnancy masseurs recommend that pregnant mothers have a pregnancy massage at least once a month. This is to keep them revitalized and ready for the actual birth. No matter how far along you are, a massage during pregnancy is sure to keep you and your baby healthy and happy.

Article written by Sarah Mitchell of NamesToBe.com (

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<http://www.namestobe.com>

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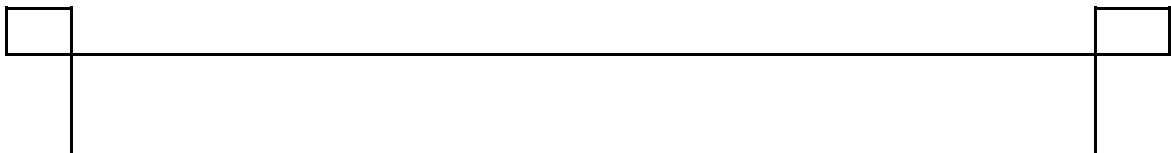
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