

The Beauty Of Pregnancy



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Preparing Your Body for Pregnancy:

Deciding to have a baby is a big decision for couples who are ready to add a member to their family. Once the decision is made, there is more than going straight to making a baby! First off, you'd want to be physically prepared to ensure that your body is at an optimal condition for a healthy pregnancy.

Go for a Check-up;

To get started, you can make an appointment with your doctor for a preconception check-up. This check-up can give you an overview of your health, and you will know if your body is ready to conceive or if there are areas of your health that you need to improve before it's ready for the baby. During the preconception check-up, your doctor will discuss with you weight management, your medical history, prenatal vitamins, diet, exercise, and everything possible to prepare your body in the best condition before you conception.

Eat Healthily;

Eating healthily begins before you get pregnant. Feeding your body good, nutritious food is a great way to take care of yourself and also to make the best for your baby.

As your baby will be in your womb for 39 to 40 weeks, you'd want your baby to have the best environment to live, feed, and grow in, which is your body. So, by adopting a healthy diet before your pregnancy is a way for you to clean up your body system.

Stock up on Vitamins;

It's never too early to start stocking up on vitamins, and you can start taking prenatal vitamins before your pregnancy. As your body will be shared by your baby, you will need to have extra nutrients that are sufficient for the both of you.

Taking multivitamins and supplements such as acid folic, calcium, iron, folate, and all the other basic nutrients is an essential first step that many mothers-to-be will not ignore. Lack of these basic nutrients can interfere with your health and your baby's growth during your pregnancy. Apart from that, these vitamins can benefit you as you will less likely to experience pregnancy symptoms.

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Stay Fit by Exercising;

There are several ways that exercising can benefit mothers-to-be and help them conceive easily. Maintaining an active lifestyle and regularly exercising helps keep your body BMI at a normal rate, reduces stress, improves blood circulation, and gets your body into optimum health.

Though exercises are good for you, you shouldn't overdo it as that can backfire on your efforts to conceive. Engaging in moderate-intensity forms of exercises is enough to keep your body at a good condition for your pregnancy.

Quit Bad Habits;

What's bad gets passed on to your baby as well. If you truly care about having a healthy pregnancy, don't wait for tomorrow, but get started now by quitting all your nasty, unhealthy bad habits in order to clean your system and not let it get passed to your baby. These habits include smoking, alcohol consumption, drugs, caffeine, and unhealthy junk food.

Besides that, you may also want to re-examine your lifestyle habits and change those that are not doing you good. This may be having too much stress, regular low moods, sleeping late, and all the things that you are doing that are not normal for a healthy, normal body system.

Healthy Habits to Adopt during Pregnancy:

Pregnancy can be quite a big event for many parents. As a responsible mother, you would certainly want the best for your baby. There are many ways to have a healthy pregnancy for you and your baby. Here are some of the healthy habits that you can adopt to ensure that you lower your risk of pregnancy complications.

Eating Healthily;

What you eat will also be fed to your foetus. If you are eating healthy, nutrient-rich foods, then your baby will also be able to absorb these nutrients. During pregnancy, it is best to eat healthy and natural food. This should be the time in which you stop

unhealthy food choices such as processed food, refined sugars, alcohol, caffeine, and any sort of junk foods that have no nutritional benefit for you and your baby.

Stocking up on Your Vitamins;

During pregnancy, you will need to stock up on nutrients and vitamins to ensure that your baby can grow healthily and free from any sorts of birth defects that are caused by malnourishment. Some of the important nutrients that you need to take include calcium, acid folic, vitamin D, and iron. You can ask your doctor for the full list of vitamins and nutrients to take, and your doctor will provide you a complete prescription that you can follow.

Weight Management;

Weight management is important for pregnant mothers. You wouldn't want to go to either extreme, such as being overweight or being underweight during your pregnancy. You should eat healthy foods and eat sufficiently so that you and your baby are both well-fed and healthy. You can also check with your doctor and ask for help if you are not sure about healthy weight management. Your doctor will be able to provide you a guideline on a proper dietary plan as well as a reference so you can check if your weight is at a healthy range.

Getting Active;

Even when your body starts to get heavier and you find it harder to move as fast as you used to, there is no reason for you not to exercise during pregnancy. Regular, mild exercises can keep your body fit and strong so that it can be at its best condition to support and let your baby grow healthily during your pregnancy.

Self-Care;

Your pregnancy may cause you to put a lot of focus on your baby, but don't forget about caring for yourself as well. As your condition can affect your baby, it is vital to ensure that you are taking care of yourself in every aspect physically, emotionally, and mentally. Be sure to get enough quality sleep, consume enough nutrients for you and your baby, and always remember to put yourself in a calm, nurturing and peaceful state.

Staying Safe;

When you are pregnant, your body changes physically, and you can be much more vulnerable. Even a slip and fall can cause serious problem to you and your baby, and you should be watching out for yourself to prevent accidents from happening. Things you can do to protect yourself include wearing flats or low-heeled shoes, using non-slip mats, and getting someone to help you with physically arduous chores.

Adopt Better Lifestyle Habits;

If you have bad habits such as smoking and drinking alcohol, then make your pregnancy the time to ditch all these for the sake of giving the best for your baby. These nasty habits can have a negative effect on the growth of your fetus, and you can minimize the risk by starting early so that it doesn't affect your baby.

Start taking steps to a healthy pregnancy as early as possible to avoid any unwanted problems later. Besides that, be sure to schedule regular visits so that your doctor can help monitor your pregnancy progress and ensure that your baby is developing healthily at every stage up to labour.

How to Have an Emotionally Healthy Pregnancy:

When it comes to having a healthy pregnancy, that not only refers to your diet and your physical fitness but also to your emotional health. During your pregnancy, your foetus can be affected by your emotional state as well.

Poorly managed emotions such as constantly being experiencing chronic stress, depression, and anxiety can cause your hormones to be out of balance. When hormonal imbalance happens, it will cause some negative effects to your baby in your womb. Babies that are born with mothers who have poor emotional health often face problems such as hyperactivity, illnesses, trouble sleeping, being underweight, and more.

To ensure that your baby has healthy growth during pregnancy, you can take some of the actions below to help maintain positive emotional health during your pregnancy.

Exercise;

Exercise is known to cause your body to release endorphins that can lift your mood. You don't need to exercise rigorously, but having a regular exercise regimen can help you stay in a healthy emotional state that is also good for the development of your baby in your pregnancy.

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Eat Healthily;

Different types of food have different effects on our body system and your hormones, thus changing your emotional state. Eating healthy food with lots of greens and natural, nutritious food can help you keep your hormones, body, and your emotions in a calm, harmonious state.

Journalling;

One of the ways that many people use to help them feel better and gain clarity is by journalling. Writing helps you to express yourself and releases the stress, tension, anxiety, and anything that is bothering you. Not only will you feel much better after writing but you will be able to understand yourself better by using the journalling method.

Get Active Socially;

We all need friends and others in our lives. Having friends to go out with and to talk to can always make you feel better than wallowing in a low state of mind alone. Being with people you love and enjoy being around can lift your moods and keep you emotionally healthy.

Read Positive and Inspiring Books;

Reading inspiring books can help build a positive mindset and be stronger in overcoming stress. These books can be the vitamins to your mind, and with a stronger and positive mindset, you will be better handling stressful situations and dealing with problems that you encounter. With your new-found optimistic attitude, you will be able to maintain a healthy emotional state at all times.

There are many ways you can maintain a strong and healthy emotional health for yourself, which will benefit your baby as well. Your emotions can be affected by many sources, such as your environment, food, mood, and your hormonal balance. When you take good care of all these aspects, you can be assured that your emotional health will be in a good, healthy state during your pregnancy. You can always learn more on how to be emotional healthy through many sources such as forums, websites, support groups, as well as from your doctor.

What to Prepare for Your Newborn Baby:

When your newborn baby arrives, you'd certainly want to have all the things you need to use to be ready beforehand. All the preparation and shopping can be done during your 40-weeks long pregnancy, and if you are a new parent and are wondering what the essential things are that you should get that will be sufficient for your newborn, then check out the list below.

Swaddling and Receiving Blankets;

After your baby is born, you will need to keep him or her warm and cozy by wrapping your baby in swaddling blankets. This will keep your baby snuggled and safe just like in your womb.

Socks and Mittens;

The next thing you need would be mittens and socks to keep your newborn warm and also to protect him from scratching himself. Newborns may not be able to consciously control themselves from scratching and wearing these on them can help protect them.

Clothes;

Newborn babies will need clothes, and during the later stage of your pregnancy, you can start buying some clothes for your baby. You don't need a lot of clothes as newborn babies grow pretty quickly, so you just need a couple sets of clothes. While there is no exact number of sets to get, you have to think of the times when your baby soiled his clothes or accidentally spit on it during feeding time. You don't want to run out of clothes for your baby when he accidentally dirtied his clothes.

Diapers;

Diapers are essential items that babies will use a lot of for quite some time. For newborns, you need to get the smallest ones as they can be pretty tiny. You can get a mixture of diaper cloths and the regular diapers.

Bottles and Nipples/Teats;

When it comes to feeding, you will need to get a couple of bottles and nipples. Your baby will use smaller bottles at the beginning, but as he grows he will need a bigger bottle and nipples with larger holes to make it easier for him to feed.

Pacifier/Dummy;

Pacifiers are babies' best friends, and as a new parent, you may not be able to understand why your baby is crying. One way to soothe your baby is by giving him the pacifier, and most babies will quiet down.

Car Seat, Stroller, and Carriers;

You will need to take your baby home safely from the hospital, and you should have a car seat, stroller, and carriers ready for you to carry your baby with. With these, it will be easier for you to move about and to carry your other things along.

Cot;

When your newborn has arrived home, the most important place it should have is a baby cot to sleep in. As babies will spend long hours sleeping, you should have a nursery with a cot ready for your baby to rest it.

Changing Station;

A changing table or changing station is essential for you to place your baby on when you change his clothes and diaper/nappies. Most of these changing tables come with additional drawers and compartments where you can also store your baby's clothes and diaper/nappies.

Wipes;

Wet wipes are useful and great to have around to clean your baby with. Wet wipes or wet tissues make it easy for you to clean your baby without the need to use a sink and tap water. If you are taking your baby around a lot, having these wet wipes can be handy for you to clean your baby wherever without the need to look for a bathroom and a sink.

Thermometer;

Sometimes your newborn baby can easily catch common sickness such as fever, cough, and cold as his immune system is not as strong as adults. To be sure that your baby is well and healthy, be sure to get a thermometer so that you can use it to check your baby's temperature to make sure he is okay.

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Warmers and Sterilizers;

If you want the convenience of having warm milk at any time of the day to feed your baby without the hassle of using the stove or oven to reheat the milk, then you may want to consider getting yourself a baby bottle warmers and sterilizers. These will be useful for you to keep the milk warm the entire day and also to let you clean the feeding items like the bottles and nipples easily.

Feeding Pillow;

To make it comfortable for your baby during feeding time, you can get a feeding pillow to use when you feed him. Feeding pillows are designed in a way that it keeps your baby in a comfortable and correct position that would cause him to easily spit out milk.

Bibs;

As your newborn baby learns to feed, you will need to expect that he will spit out milk at times. During pregnancy, you can prepare some bibs because you can use these bibs during your baby's feeding time to prevent him from dirtying his clothes.

Diaper/Nappy Bag;

Finally, parents will need to take a lot of things with them for their baby to use when they go out. If you are one of the parents who will be taking your baby out a lot, then get yourself a diaper bag that is large enough for you to store all the essentials that your baby will need to use when you are outside. Diaper bags make it easy for you to carry all these things around.

That's about all the basic and essential things that you should have ready for your newborn baby. Don't shop for everything in a day as shopping can be very tiring especially when you pregnant. Simply make a list, and check the items off as you get them.

Doing early preparation can save you some of your time and energy after your baby is around.

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How Yoga Can Help Improve Fertility:

Infertility is an issue that has plagued many couples who are looking to start their own families. Furthermore, treatments for fertility are costly and can come with a pretty hefty price of up to \$20,000 per treatment.

Alternatively, there is another method that couples can try that is completely natural, safe, and less pricey. This other option is no other than yoga. Here is how yoga can address some of the common problems that are causing infertility issues.

Relieve Stress;

Stress is one of the underlying causes of infertility as it can affect your hormonal regulation. If you and your partner have been experiencing high level of stress, it is likely to be messing up your reproduction system. Yoga is a safe and effective way to help both of you to reduce and manage stress so that you can bring back hormonal balance in your body and to increase your chances of pregnancy.

Improves Your Blood Circulation;

If you are like most people, sitting for long hours in the day for work can also cause your lower body to accumulate lots of tension that weakens your pelvic area. Lack of movements can cause poor blood circulation and malfunctioning of your reproduction organs. There are some yoga poses that you can practice that can help you bring back healthy blood flow, relieve stiffness, and stimulate and strengthen your reproductive organs to help improve fertility.

Improves Your Overall Health;

Sometimes, poor health can prevent us from getting pregnant. Yoga is not only practised by many people as a form of exercise to get fit and strong but it is also a restorative and healing process that can improve your health naturally. If you are looking for a safe, cost-effective, drug-free method that can improve your health for better conception, then yoga may be worth trying.

Helps You Lose Weight;

If you have excess body fat that is causing infertility, yoga can also come handy for you. If you think yoga classes are boring and slow, think again. You can opt for Vinyasa or Ashtanga yoga classes, which are much more rigorous than other types of yoga. These classes can help you to build more lean muscle and lose excess body fat so that you can achieve a normal BMI rate to increase your chances of conceiving a baby.

Positively Change Your Lifestyle;

Everything you do regularly and habitually can have an effect on your pregnancy. Practicing yoga can help you to get better quality sleep, develop a positive mindset, build healthy and loving relationships, reduce unhealthy habits, and nudge you towards a better lifestyle that can increase your chances of getting pregnant more easily.

Yoga has been getting popular over the years as more and more people are taking yoga as a regular form of exercise. It doesn't require much except for a yoga mat, and you can practice it in the comfort of your own home. Before you jump straight into expensive drugs treatment to fix your infertility problem, there is no harm giving yoga a try first as you may never know, this ancient therapy that has been practised for many thousands of years can help you improve your fertility and save your bank account!

Keeping a Healthy Environment for Your Pregnancy:

The environment that you are in may contain lots of toxins, possibly some that are hazardous to your pregnancy. Every day, you're exposed to lots of toxins that you may not always be able to see, but these still pose a risk to your pregnancy.

There have been reported cases of baby birth defects and other pregnancy complications that are caused by environmental factors. This means that every woman should take extra precaution of her surroundings and should try to minimize her exposure to hazardous toxins that can harm her fetus's growth. Here are some of the environmental toxic substances that you should avoid during pregnancy.

First- and Second-hand Smoke;

Smoking and being exposed to second-hand smoke are bad for your health and your baby. Inhaling toxins from smoke can put your health and your baby's at risk. Being exposed to smoke can put your fetus at risk of mutation, health problems, weight problems, and even endanger your baby's life. If you want to protect your baby and let it grow in the best environment, it is best that you and your partner quit smoking as well as avoid places where there are other smokers in order to minimize your exposure to smoke.

Mercury;

Mercury is a dangerous, toxic substance that can affect your pregnancy. High levels of mercury can affect your baby's nervous system development and lead to birth defects. Mercury can be found in foods like fish. Other than that, you might be exposed to mercury from your surroundings if you are working in a job that deals with mercury such as dentistry, electrical, and mining jobs. You can take precautions to prevent excess exposure to mercury by opting for other types of fishes and also avoiding places where there's a high level of mercury.

Lead;

Lead can get passed to the foetus through the air that you inhaled, which then gets to your foetus through your blood stream. When high amount of lead gets into your bloodstream, it can affect the development of your baby's brain and can cause other problems, including underweight issues. You can take several actions to prevent yourself from exposure to lead by avoiding work like painting and also filling your gas tank during your pregnancy.

Radiation;

Exposure to radiation can harm your baby in your womb during pregnancy. Severe cases of radiation can cause unwanted mutations to your baby and cause your baby to be born with abnormalities, neurological problem, and also cancer. The truth is that you are exposed to radiation every day except that these types of radiation coming from your daily food and environment are still low-level and harmless. However, it is always better to take precautions to minimize the risk of birth defects simply by avoiding radiation from medical x-rays and any sorts of radiation tests, which are the ones that are potentially hazardous to your foetus's growth.

Solvents;

Finally, to ensure that you have a safe and healthy pregnancy in a healthy, safe environment, you may want to reduce your use of any sorts of home products that contain dangerous ingredients that are harmful to your baby. Products such as cleaning liquid, pesticides, and hair dyes can contain harmful chemicals that are not healthy for your baby's growth. You may want to swap these products for ones that use organic and natural ingredients so that you can lower your use and exposure of dangerous chemicals.

You don't need to be paranoid about even the slightest sight or use of chemicals. Just be wary and careful at all times by avoiding places and products that contain hazardous chemicals and high levels of radiation during your pregnancy.

You can get the help of someone else or choose to use alternative products that contain organic and natural ingredients so that you ensure that you'll have a healthy pregnancy safe from dangerous environmental hazards.

Combating Sleeping Problems during Pregnancy:

If you think that sleep will not come easily once your newborn has arrived, you'll be surprised that sleeping problems can start to come about as early as during your pregnancy. Sleeping while pregnant can be quite a challenge for many women when they keep getting interrupted with problems such as leg cramps, acid reflux, aches, and the frequent need to empty their bladders.

Furthermore, lack of quality sleep can affect a women's pregnancy and can lead to complications in the baby's development during pregnancy. If you are planning for your pregnancy or you are already one of the many women who is facing problems in getting good quality sleep, then here are some tips to help you.

Avoid Caffeine;

Caffeine is a bladder stimulant and can cause you to need to pee constantly. If you are currently making too many bathroom breaks during the night, the way to reduce your visits is by cutting down your caffeine intake.

Stop Drinking Water Hours before Bedtime;

You shouldn't drink lots of water right before you go to bed to avoid needing to wake up and make bathroom breaks. You can reduce your need to empty your bladder by not drinking at least two hours before bedtime. That way, your bladder will not get full quickly, and you can have longer sleep without fewer interruptions.

Stretch before Sleeping;

Another common and annoying interruption that many pregnant women get while they are sleeping is leg cramps. If you perform regular stretching before bedtime, you are less likely to wake up from cramps.

Stop Eating Heavy and Spicy Meals;

Eating a heavy meal right before you go to bed can cause the food to not flow smoothly to your stomach to be digested, and your body lying down position can cause the food to flow back to your oesophagus, which leads to a condition known as acid reflux. Eating spicy food can irritate your body if you are not used to it and also cause acid reflux.

Release Inner Tension;

One thing you want to do in order to get a good night sleep is to release all your worries and tension before you sleep. Your mind has a funny way of bringing up unfinished business unconsciously in your sleep, and whatever worries that you are having before you fall asleep are certainly going to wake you up in the middle of the night or cause you to have a restless night. You can try to practice relaxation techniques such as yoga and meditation to put yourself in a relaxed state, which is more likely to help you get some quality rest.

Avoid Rigorous Exercise;

Rigorous exercise is not only unsuitable for pregnant women, but it is also a very strong stimulant that can keep you active and awake instead of helping you to fall asleep. If you must do rigorous forms of exercises, be sure to do it in the morning or early in the day rather than close to your bedtime to keep it from delaying sleep.

If you are currently suffering from serious sleep problems and the methods above are not helping you, it is highly recommended that you see your doctor for help rather than turn to sleeping pills, which are not at all safe for anyone who's pregnant as these medications may pose a risk to your pregnancy.

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Common Problems You Will Face during Pregnancy:

When you become pregnant, your body will undergo some changes to accommodate your baby. These changes may not look pretty and may not make you feel comfortable. Getting to know beforehand the common pregnancy problems that you are bound to face can help you prepare early to overcome them when they happen to you. Here are some of the common pregnancy problems that most mothers will face during their pregnancy.

Morning Sickness;

Once you are pregnant, your whole body changes. During its transition, your body may have some reactions that don't usually occur. One of the most common problems that women face when they get pregnant is morning sickness. This may cause you to vomit, feel nauseated, tired, and even experience a change in your usual appetite. Morning sickness is an early sign of pregnancy and usually lasts for six to ten weeks in the early stage of pregnancy.

Sleep Interruptions;

With changes in your body during pregnancy, it will also affect your sleeping pattern and quality. Your bathroom visits will become more frequent, and it is common that you find yourself waking up several times in the middle of the night to pee. At other times, you can get your sleep interrupted by a series of cramps, heartburn, acid reflux, or discomfort from sleeping positions being limited due to your heavy and growing belly.

Cramps;

Cramps happen to many pregnant women during their pregnancy, and this can occur at any time of the day, including bedtime. As you cannot stop cramps from happening, you can take some actions to reduce their occurrence by doing regular stretching and massaging your legs or any area where cramps usually occur.

Lower Back Pain;

As your baby grows, it can take a toll on your lower back and cause it to hurt as it is carrying a heavier load than usual. There are few ways to reduce back pain, including doing back exercises to strengthen your back muscles, using correct methods when you want to lift things off the ground, and also wearing flat shoes to reduce the pressure on your back.

Stretch Marks;

During your pregnancy, the skin on your belly and your breast will very likely get stretched. Stretch marks are small streaks of red lines that you can see on the surface of your skin. Most women get stretch marks during pregnancy, and you may want to prepare some oil and cream that you can use to prevent and lighten up the stretch marks.

Swelling;

The percentage of water that your body carries will increase during pregnancy, and this can cause your body to swell. When swelling happens, you will find that your rings and shoes might feel tighter than before. Some swelling around your body is normal, and all you need to do is make yourself comfortable by wearing comfortable shoes and standing less. However, if swelling occurs on your face, hands, and feet you should immediately see your doctor as you may be suffering from pre-eclampsia.

Above are just a few of the common problems that you'll face during pregnancy, though there are certainly more problems that you may face.

You are advised to check with your doctor to know more about other issues that you will encounter during pregnancy so that you can prepare yourself in handling them.

5 Reasons Why You Are Not Getting Pregnant:

It can be quite disappointing and frustrating for women who are trying to conceive and yet have found no success, despite all the effort that they've put in. If you are one of them, know that you are not alone as infertility affects ten percent of women in the United States alone.

When it comes to infertility, there are many factors that can cause one not to be able to conceive a baby easily. As each individual's body is different, there are many factors that you need to analyse in order to find the problem that's hindering you from getting pregnant. Below are the top five common factors that have been found to impair women's ability to conceive.

Reason 1 - Abnormal BMI;

The physical body is an important asset for any woman who wants to get pregnant. It is the place your baby will call home through pregnancy till labor.

Women with a BMI that falls outside the normal range often face problems conceiving. Most of the women that have abnormal BMIs that are either too high or too low are either overweight or underweight. This tells a lot about how your physical body can affect your chances of getting pregnant.

Reason 2 - Hormonal Imbalance;

Your hormones can affect your fertility and ability to get pregnant. Hormonal imbalance such as Polycystic Ovary Syndrome (PCOS) is a common hormonal disease that affects many women and is also one of the biggest culprits behind infertility.

The hormones in your body play a role in your reproduction system. However, when there is a hormonal imbalance in your body, it can cause dysfunction with your chances of getting pregnant.

Reason 3 - Environmental Factors;

External environmental factors can also prevent women from conceiving a baby. There are many ways you can be exposed to toxic environmental factors that can affect your fertility, whether intentional or not. The types of environmental factors that can affect your fertility include chemotherapy treatment, extreme exercise, exposure to extreme temperatures, and many more.

As environmental factors are mostly in your control, you need to identify it early if it's the reason that's interfering with your conception, and then make necessary changes to it.

Reason 4 - Drugs Usage;

There may be times when you have been using medications that can affect your reproduction system. One of the common drugs that women used is no other than birth control pills. These pills may be helpful during times when you don't want to have a baby, but most of the time, especially after long-term usage, they can slow down your reproduction system, thus making it harder for you to conceive.

The drugs or medication that you use even for common sickness may sometimes contain ingredients that can have some side effects that may be causing you to struggle to have a baby.

Reason 5 - Poor Health;

Poor health can lead to malfunctioning of your reproduction system, preventing you from getting pregnant. An unhealthy body that is affected with diseases is deemed to have a weak immune system that makes the body incapable of properly conceiving a baby. If you or your partner is currently in poor health, it could be the very reason that is causing infertility as the problem could be that you are not ovulating normally or because your husband's sperm is weak.

You can improve your health through several ways, such as changing your lifestyle habits, eating healthfully, and exercising. If all these methods don't work for you, you can always seek your doctor's guidance and advice.

If your infertility is caused by any of the reasons above, then you may want to consider taking steps to correct the problem areas before you start trying to get pregnant. Unless you try, you may never know that a simply tweak can fix your fertility issue and can save you thousands of dollars in expensive medical treatments for fertility. If you are not sure of the steps you need to take, you can always seek your doctor's advice and guidance.

Signs of Danger To Watch Out For During Pregnancy:

Pregnancy stories have always been elaborated as easy and smooth going up to the day the baby arrives but in reality, it's not the case. During pregnancy, women can experience bouts of discomforts and other symptoms. Every woman will want to have a smooth sailing and healthy pregnancy with minimal problems to deal with but that doesn't mean that complications will happen.

Symptoms, regardless if it's big or small should not be ignored especially for first time parents. You will never know if any of the signs can indicate that there is a complication with your pregnancy and therefore, regular check ups are encouraged to be performed. Here are some of the severe symptoms that you should never ignore.

Bleeding;

Spontaneous and heavy bleeding is a dangerous sign that your pregnancy is in serious trouble. However, bleeding at different stages of your pregnancy can indicate different problems. For example, bleeding during the first trimester may be a sign of

entropic pregnancy or miscarriage. Bleeding and abdominal pain that occurs in the late stages of your pregnancy can be the cause of placenta abrupt ion or placenta pre via which are types of pregnancy complications. Nevertheless, bleeding is still a serious symptom that shouldn't be taken lightly at any occasion and you should seek your doctor's help as soon as possible.

Fainting;

Fainting is dangerous when it occurs in your pregnancy. There are many factors that causes fainting to occur and it's commonly related to lack of oxygen supply to your brains and your baby. Losing consciousness and falling is dangerous for any women who are pregnant as a fall can easily cause harm to your baby and even miscarriage. If you feel signs of dizziness and fainting, be sure to quickly get someone to send you to the doctor to get immediate help.

Nausea, vomiting and poor appetite;

While you are in pregnancy, it is important that you kept the foetus in you well-fed and hydrated. All these depends on what you are feeding yourself. If you are having trouble eating and have constant bouts of vomiting and poor appetite, your foetus will also suffer from malnourishment.

Lack of foetus movements;

If you notice that your baby isn't as active that it used to be in your womb, you should seek your doctor's help immediately to check what's wrong. The common reasons for this to occur could be that the foetus is in distress. In severe cases where movements of the foetus stopped completely, it could indicate the demise of the foetus during pregnancy. Whichever the case is, always be sure to check that your baby is moving and showing healthy signs or growth.

Early signs of contractions;

Contractions are signs of labour and if it's too early for you to have that, you should immediately get to your doctor to stop premature labour from taking place if it is the case. Sometimes, women are confused with false contractions thinking that it's time for labour. Contractions is a serious matter and you should get your doctor to check on you to find out whether it's just a false contraction or a pre-term labour.

Swelling;

Swelling on the lower legs and thighs could be a cause of a blood clot condition which is known as Deep Vein Thrombosis (DVT). When swelling occurs on the face or hands, it could possibly be the signs of pre-eclampsia is a condition that is caused by high blood pressure and high protein level in the urine. Pre-eclampsia can lead to the foetus death if it's left ignored and undiagnosed.

Fluid Leaking;

There are 2 possibilities when fluid leaks and flows down your legs. The most possible reason for that to happen could be that your water bag has broken and that your baby is ready to be birth. Another reason of water leaking from your body is the pressure that has been applied on your bladder that is causing your urine to leak.

Theses are some of the common signs of danger in a pregnancy that any expecting mothers should be aware of.

If you or someone you know who is pregnant is experiencing any of these symptoms above, remember to not delay getting professional help.

Types of Childbirth Methods:

Vaginal birth, which also means natural birth, may be the most common type of childbirth, but there are many more childbirth methods that are offered by hospitals that you can choose from. For some women, they may choose a whole different method as a personal preference while some chose another method due to their conditions during labour to make it easier should they face a difficult birth.

More and more people are willing to try newer and better ways of childbirth that are believed to benefit them and their babies. In case you are currently planning on your labour and would like to get to know more options, keep reading as we have put together some of the popular birthing methods that are currently being used for delivering babies.

Natural Birth;

Natural birth or vaginal birth is the most common type of birthing method. Often, this kind of childbirth uses no medication and is completely focused on delivering the baby naturally through the birth canal. This method is completely natural and is possible for all women as long as they have a normal healthy pregnancy without any complications.

Caesarean Birth;

Caesarean birthing is getting popular and can be planned earlier on during pregnancy as a procedure. This method is also an emergency method in case the mother or the baby is in distress during natural birth. Caesarean is for mothers who are afraid of natural birth and who wants to experience a quicker and easier delivery of their baby.

Water Birth;

In water birth the mother basically delivers the baby while being soaked in a tub of water. This method is only suitable for you provided that you are all healthy, strong and have meet all the requirements needed for this childbirth method. Water birth is known to provide a soothing, calming, and natural way of giving birth to your baby, and it is also one of the methods that more hospitals are starting to provide.

Acupuncture and Acupressure;

Instead of using chemical drugs to help you keep the pain away, another alternative way that can help you ease your labour pain is through the traditional therapies of acupuncture and acupressure. This method of childbirth is a mixture of natural birth and traditional alternative therapy and is completely natural.

Medicated Birth;

If you are not particular about the kind of medication used and you want to use medication to help you ease the pain during labour, you may want to choose the medicated childbirth method. This type of childbirth is like natural birth except that you will be induced with drugs that will make you feel less of the pain including the use of analgesics, tranquillizers, and anaesthetics.

Knowing about childbirth methods can give you more options on how you'd want to deliver your baby based on your preference. However, you are highly encouraged to seek your doctor's advice first to know which type of childbirth is suitable for your pregnancy's condition as not every childbirth method is suitable for everyone due to the differences of each person's body structure and health conditions.

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Common Problems Parents Face with Their Newborn:

The moment your newborn baby arrives into the world, it is not only one of the sweetest moments in your life as a parent but also when your job as a parent becomes more challenging.

Many parents go sleepless for many nights in the months to come after their baby arrives. While not all babies are hard to handle, there are some who will be quite a handful and so demanding of your attention and affection that you can be sure to have almost no time for yourself to take a break. If you are a first-time parent, then be prepared for the following common problems that you will face with your newborn.

Sleeping Problems

1. Sleep Deprivation for Parents;

Taking care of a baby can take a lot of energy, and your amount of quality rest will be drastically reduced. Many parents find themselves having only light sleep as they are constantly on alert in case their baby needs them; thus many dare not fall into deep sleep. This can prevent parents from getting proper rest, and they can end up feeling groggy, tired, sleepy, and even easily frustrated through the day.

Solution

If you need to go to work, then you can make use of your breaks to catch a short nap. Some other solutions that parents use include drinking coffee and eating healthy food. If you are too tired to work and find it hard to stay awake and alert during the day, then you may want to consider getting help from your parents, in-laws, or even hiring a helper for household chores so you can use some extra time to catch some needed sleep.

2. Baby Not Sleeping till Morning;

Not all babies will sleep through the night, and when your baby happens to be one of them, you and your partner will definitely get lots of wakeup calls through the night. This is one of the common problems that many parents face with their newborn babies.

Solution

While it is normal for babies to first encounter sleeping problems at the early stages, you as a parent can always teach your baby bedtime routines. This means taking some action to tell your baby to understand that it is time to sleep. For example, you

can make it a habit to play a lullaby only for bedtime. This is a method that you can use to teach your baby the difference between daytime and night time so that he or she will know to expect that it's time to sleep.

Crying Problems

1. You and your partner may feel worried and eager to cater to your baby's needs the moment you hear him or her cry. After one night too many, the both of you will definitely dread the very first sound of your infant's cry. Babies that cry a lot can be frustrating for parents because it can be hard not to know exactly what your baby is crying for. There are many reasons why a baby cries, and some of the common reasons include hunger, pain, soiled diapers, feeling uncomfortable, ill, teething, and more.

Solution

As a parent, you will need to understand and learn how to decode what your baby is crying about so that you can fix the problem. There are also times when your baby will be crying even when there is nothing wrong, and that's when you need to arm yourself with some techniques to soothe and calm him or her. Preparing yourself with things like pacifier and toys and learning some easy massage techniques can be helpful as these can help soothe most crying babies.

Feeding Problems

1. Baby Spitting;

There is nothing serious when your baby is spitting during or after feeding. Your baby is simply at the stage where he or she is just learning the feeding process. Spitting happens when you or your baby is not doing it right, and this will take time for you to learn his cues and also give your baby time to learn.

Solution

You can help your baby not to spit as much and stop spitting altogether by taking some actions. For example, you can hold your baby upright instead of letting him or her lie down after feeding so that the milk doesn't flow right back out and cause him to spit. Other than that, you and your partner should avoid jostling your baby even if it's just to play with him because your baby can easily spit from getting jostled after feeding.

As mentioned, these are the common problems that many parents face with their newborns that can be useful to help you know what to expect and prepare for when your newborn comes around. Many first-time parents get surprised only to realize that taking care of their newborn can be quite a chore especially with all these unexpected challenges. But with the information above and knowing what to expect can help you to be more prepared in handling the situation better.

30 Affirmations For Conceiving, Pregnancy and Labour:

My body is designed to conceive

Patience and care help my body to prepare for pregnancy

I welcome changes in my body

My pregnant body is beautiful

Pregnancy suits me perfectly

My baby is growing strong and healthy

I trust my body to birth my baby easily

I am open and accepting of my pregnancy experience

I welcome changes in my body

I know how to take care of my baby

I have a fertile body that I nurture daily

I accept the gift of a new life within my body

New balance is coming to my body now

I welcome my time to be a parent

I choose a healthy lifestyle which supports and enhances my natural fertility

I am directing positive energy to my reproductive organs
I release fears and worries about my age and body clock
My body knows how to conceive a healthy baby
I choose a healthy lifestyle that enhances my fertility
New balance is coming to my body now
I now manifest my decision to have a baby
I trust my body
I choose a gentle and natural birth
I am relaxed and happy that my baby is finally coming to me
Pregnancy is a joy
My body is nourishing my baby perfectly
I feel good being pregnant
I welcome my baby with happiness and joy
My body is completely relaxed
The experience of labour and birth is a great gift

Here are some products that you might also find interesting and beneficial -
These are Affiliate links and I will be paid a commission if you order :-)

[Children Learning Reading **](#)**

[Natural Colic Relief **](#)**

Fit and Healthy Pregnancy *****

Pregnancy Without Pounds *****

Pregnancy without Pounds Review:

Pregnancy without Pounds is a comprehensive guide written by Michelle Moss to help women from all over the world to have a positive self-image during their pregnancy. Many women experience low self-image as they don't really believe that they are looking their best, beautiful selves. For some, pregnancy is used as an excuse to simply let go of self-care and any hopes of looking beautiful because many women secretly feel that their baby bump makes them look fat no matter what.

Pregnancy without Pounds is not just about changing how you see your pregnant self. It will also guide you towards healthy weight gain through your pregnancy and help you to get back your body that you once had or even better after your pregnancy so that you can be the hot mama that every woman will envy.

Before we get into what Pregnancy without Pounds is, you will want to know about Michelle Moss's background so that you know you are getting legitimate advice from a certified professional. Michelle has been the online go-to expert person in pregnancy fitness for around eight years now. She is a Health and Nutrition Coach with several certifications including a Master's Degree in Holistic Nutrition, a degree in psychology, a kinesiology diploma, and is also a certified personal trainer. So, with all these under her belt, you can be sure that she is someone you can trust to be relied on to guide you on healthy weight gain to ensure that you'll have a healthy pregnancy full of energy while at the same time looking really good!

What You Will Learn;

In Pregnancy without Pounds, you will learn about weight management, the best pregnancy exercises that will help you strengthen and make labour easier, post-partum weight loss, cellulite-busting techniques, ways to combat pregnancy symptoms such as acne and varicose veins, healthy food choices, and also how to prevent sagging breasts.

You will learn how to manage your weight well to prevent problems such as excess weight gain, safe and effective exercises that you can do during pregnancy, and other exercises and techniques to stay fit and slim after your pregnancy.

What's in This Programme;

The ultimate Pregnancy without Pounds package contains the main ebook, a specialized Pregnancy without Pounds exercise manual, an exercise journal, weight gain chart manager, and also access to their customer care and support, which will be ready to help you in any way possible to achieve the results that you want from this program.

You will find two complete kits, the Complete Pregnancy Kit with Core Secrets and the Complete Post-Pregnancy Kit with Core Secrets. You can also opt to buy only one of the sets if you prefer by paying only \$39.95, or you can get the complete set with both sets for \$79.85. Finally, this program offers 100% money back guarantee within 60 days.

If you care and want to feel your best during your pregnancy or you have been facing problems with losing weight after pregnancy, you can now solve these problems with the natural and completely safe methods that you will be taught in the Pregnancy without Pounds program.

[Pregnancy Without Pounds ***](#) [Click Here :-\)](#)**

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but be aware that some are affiliate links.

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