

PREGNANCY PHILOSOPHY



A PERFECTLY CRAFTED GUIDE ALL ABOUT PREGNANCY PHILOSOPHY

Table of Content

| | |
|---|-----------|
| Introductory | 4 |
| Chapter 1: Exercise and Pregnancy | 6 |
| Chapter 2: Food Cravings During Pregnancy..... | 9 |
| Chapter 3: Unplanned Pregnancies..... | 11 |
| Chapter 4: Ovulation..... | 14 |
| Chapter 5: Overcoming the Pain of a Failed Pregnancy | 15 |
| Chapter 6: Make Your Pregnancy A Healthy One | 17 |
| Chapter 7: Losing Weight After Pregnancy | 19 |
| Chapter 8: Know the Early Signs of Pregnancy | 21 |

Introductory

The first step of your pregnancy, after seeing the little positive stick should to have it confirmed.

Call immediately to have a pregnancy test done with your local doctor, you may be in luck and get in that same day or have to wait about a week or two. Patience will become your best friend during this time or your worst enemy, waiting can become a very hard thing when you want to know for sure whether you are or aren't pregnant. More than likely you'll get a phone call a few days later to confirm it.

Set up an appointment to see your OB/GYN or midwife as soon as possible, chances are you'll be meeting his/her staff before you ever meet them. This is the first appointment where your doctor/midwife will want to know all your medical history.

If you've been pregnant, what types of sicknesses run in your family, etc. If you can, try making sure you know all of this ahead of time, maybe even have it all down on paper so when he/she asks you are prepared. During the days or weeks leading up to this meeting you may have concerns, write them down and ask them. Believe it or not doctors are there to help you, and they've been asked every question you can possibly think of. Before leaving your doctor may even give you a bag full of goodies all about being pregnant.

Read these, they may prove beneficial and not to mention they've got coupons. Your doctor will either give you another appointment or have you set one up before leaving. There are some great books out there if you are really worried about what will happen next or how birth is going to be, check them out at your local library.

Make sure that you get your prenatal vitamins, they are very important during pregnancy. If for some reason you can't take them, talk with your doctor he/she may be able to prescribe a lower dosage or something else. You'll get your first ultrasound, also known as US around week 20, this is normally when you find out what sex the baby is. However, some doctors like to call it safe and give you an ultrasound around 10-12 weeks just to make sure the baby is in the proper location and all is going well. You will

Chapter 1: Exercise and Pregnancy

Prescribing a medication for pregnant women is a complex process.

Before obstetricians and gynecologists decide which dose of which drug can best treat a condition without putting any harmful side effects on the mother and the baby, they consider the patient's age, general health, the number of months before delivery, tolerance for medications, and any other drugs the pregnant patient may be taking.

Prescribing exercise on pregnant women has to be just as scientific and precise. The type, intensity, frequency, and duration of a "dose" of exercise are all critical. One person's healthy, vigorous workout could be hazardous to another. These dangers may be greater in pregnant women because they are more likely to have strains and other serious side effects for the would-be mother.

However, if exercise will be implemented and carried out in a normal, average range, exercise will not have an effect on the overall condition of the pregnancy and especially on labor or delivery. Pregnancy

Quality prenatal care should be given to a mother during her pregnancy. She should be prepared for the normal delivery of a healthy baby. Complications should be prevented at all costs.

All of these things are boiled down to the fact that a pregnant woman should be cared in such a way that she will not be compelled to do vigorous work but should not also stay in bed and be inactive until she gives birth to her baby.

Consequently, a pregnant woman's condition varies in relation to the growth and development of the baby inside her womb. Therefore, it is necessary that proper health guidance be provided by her physician during her visit.

Moreover, it is important to keep the pregnant woman's life active in order to promote good health, not only for her but also for the baby most importantly.