



## ***Getting the Most Joy out of Your Pregnancy***

For some, pregnancy is a nine-month nightmare of nausea, swollen feet, sleepless nights and distorted anatomy. For others it is an adventure, a miracle, an extraordinary life-enriching experience involving every sense and emotion. The following are a few tips for maximizing the joy of your pregnancy.

**Choose a care giver with care:** Whether obstetrician or midwife, choose a person who listens well, answers questions thoroughly, and treats you as a person.

**Read:** Educate yourself, learn everything you can about having a healthy pregnancy.

Get your husband the book [How to Make a Pregnant Woman Happy](#) by Uzzi Reiss. You read it too!

**Eat well:** Eat a variety of food. Get all four basic food groups: Protein, Carbohydrates, Fruits, Vegetables and Dairy. Eat small amounts of good food frequently to reduce nausea, bloatedness and indigestion. Eat low salt to reduce bloatedness. Avoid sweets – they cause you to eat more. You are not 'eating for two'. You are eating for you and a little tiny thing. Eat instinctively: If you have a craving for a certain food, there's probably a reason. Listen to your body.

**Drink well:** 8-12 glasses per day. It will actually decrease fluid retention.

**Take naps, go to bed early:** Your body needs more sleep.

**Exercise:** Exercise gives you more energy, speeds your metabolism so you can eat more food with less guilt and helps prevent cellulite. It improves your circulation and sends more oxygen to your baby. Exercise helps you feel good about your body, which leads to feeling sexier, which leads to sex, another good form of exercise.

**Husbands:** Forever be on your first date. Pamper her. Never stop trying to woo her, win her over, court her.

**Pamper yourself to bubble baths:** No more than 15 minutes, water temp below 101. Floating will give you a break from carrying that belly.

**Concentrate on the good things that happen to your body during pregnancy:** Thanks to increased protein, your hair gets thicker, longer and shinier in pregnancy than ever before. Enjoy it. During pregnancy, your nails grow faster and stronger. Instead of worrying about what the scale says, go get your nails done.

**Cocoa butter rub:** As prevention for stretch marks, consider a nightly belly rub with cocoa butter by your partner. No, it's not scientifically proven, but keep that to yourself.

**Shopping!:** Don't battle with your present wardrobe, go shopping! Only buy cloths that make you feel sexy and appealing. Go for quality, not quantity. A few basics for office, shopping, dinner out, seducing your partner. In summer, let that belly show under short tops. Use accessories to give variety to your wardrobe, to accentuate the positive, and divert attention away from the negative.

**Massage:** Massage helps keep your feet and back from aching and helps you and your partner feel closer emotionally. It works wonders in the neurotic department and the erotic department. Get some massage oil.

**Sex:** Many women have little interest in sex during their first trimester, when they're feeling most nauseous, moody and tired. During the second trimester, sexual hormone levels are at an all-time high. Parts of your body swell, and are more sensitive. You just might drive your husband to a state of exhaustion. Don't worry about the baby (unless you're having problems with preterm labor or bleeding). The baby has no idea what your up to. To our knowledge, no baby has ever sustained a concussion or other damage in that manner.

**Things to bring to the hospital:** Warm socks; your favorite lotions, potions and shampoos; your favorite pillows; comfy pajamas; camera; address book and cell phone; local take-out menus; your favorite soothing CD's; people who love you; a caregiver that cares.

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