

Title:

Motherhood: A time of excitement and preparation

Word Count:

666

Summary:

How morning sickness affects the would-be Mom and how to manage it

Keywords:

nausea and vomiting, morning sickness men

Article Body:

^We know that birth takes a woman from one place in her life to another. The birth of a child

You made it through your wedding and that honeymoon in the Bahamas. But just when you thought

For your, this is surely the very highlight of your married life. The love you have for one a

But soon enough, you learn that pregnancy is not all about celebration and anticipation....it

To help you have a safe pregnancy, you may want to consider the following tips:

- 1 Avoid foods with smells that bother you
- 1 Eat a lot of carbohydrates like rice
- 1 Try gelatin desserts, sugared decaffeinated or herbal teas
- 1 Avoid rich fatty foods
- 1 Fruit is better at preventing nausea than sweeter snacks
- 1 Ginger was proven to be safe to use and help relieve sickness
- 1 Keep dry crackers by your bed and eat or two before getting up in the morning
- 1 Don't let your stomach remain empty for more than a couple of hours
- 1 Trying acupuncture
- 1 Take vitamins prescribed by the doctor

Carrying a baby should be the most amazing event in your life. Taking care of yourself should

Being pregnant is a wonderful event and will affect your body for 9 months. Having a baby does

As your baby grows. Take time to pamper yourself and bond more with your husband. Better yet,

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