

Weight Gain

According to the official view, a woman of average weight before pregnancy should gain 25-35 pounds during pregnancy, and up to 45 pounds if carrying twins. Underweight women should gain 28-40 pounds while overweight women may need to gain only 15-25 pounds during pregnancy.

As a general rule, you should gain about five pounds during your first three months of pregnancy and one pound per week during the remainder.

Why so much weight gain when the baby is born weighing only about eight pounds? Here's where the extra pounds go:

Weight Gain 25-35lbs

7-8 pounds	Baby
1-2 pounds	Placenta
2 pounds	Amniotic fluid
2-3 pounds	Breast Tissue
2 pounds	Uterus increase
3-4 pounds	Increased blood supply
3-6 pounds	Increased body fluids
5-8 pounds	Maternal stores (fat, protein and other nutrients)

Exercise during Pregnancy

It's important to exercise during pregnancy, but don't overdo – marathon running, contact sports, and extreme workouts are not a good idea!

A walk in the fresh air every day provides the perfect level of activity. Speaking of fresh air, don't neglect to sunbathe if weather permits. Folk wisdom says that sun on the belly nourishes the growing child.

Exercises that strengthen the abdomen and lower back will prepare you for the extra weight of the third trimester and make delivery easier. Be careful, however, with exercises that put stress and strain on the joints, such as excessive stretching and lunging. During pregnancy, your body produces a hormone called relaxin, which is designed to loosen the joints and make delivery easier. You may find that you have increased flexibility and range of motion, but this increased flexibility also makes you more prone to injury. If you couldn't touch your toes before pregnancy don't try to do so while you are pregnant!

Swimming is a great activity during pregnancy, it strengthens breathing and relieves pressure on the abdomen. Chlorine, however, is not a good chemical to be breathing while pregnant, so try to swim in warm sea water, clean fresh water or a salt water-treated swimming pool.

Gentle prenatal yoga and gardening are other good choices. Yoga squatting and squatting while gardening help move the baby's head downward into the right position for the birth all while strengthening the pelvic muscles in a relaxed and natural way.

In the beginning of pregnancy the body's first job is to clean the body of toxins to make it a good place for the baby to grow in. I know the body can do this in an optimal way during fasting and that during fasting we do go through various uncomfortable feelings which means the body is detoxing. Detoxing is painful. That is life. But it is very useful. Also the body cannot do detox at the same time as it is digesting. If we eat, the detox process stops.

I wonder if this could be the reason for pregnancy nausea and also the reason why we mainly feel it in the morning because during the night the body was fasting and was permitted therefore to start a detox process. Then we vomit it the morning because the body refuses to stop this process that he feels necessary to the pregnancy. Thanks to vomiting he prolongs the fast he needs.

I had a very bad pregnancy nausea, and was told to eat something at the middle of the night. They said this would avoid or reduce morning sickness. Which makes sense since it would stop the fasting period from taking place. However, is it desirable to stop the body from detoxing when he needs it?

If this theory is true, possibly the best thing to do during this period is to stop fighting the body's will to fast and to wait being willing to miss a few meals.

For my first three pregnancies, I fought against my body forcing it to eat because I thought the baby needed it. But in the end, since I kept little down I wonder how different it was from fasting anyway. Possibly if I had let the body do his job he would have got through the detox much faster and I would have suffered for a shorter length of time.

I prepared for my fourth pregnancy, by a two week fast (before being pregnant) and it was my easiest pregnancy of all. I think the prior to pregnancy detox left the body with less to do at the beginning of pregnancy.

I am not a medical professional and have very little knowledge medical knowledge, so all this is just my theory based on my personal experiences. It may or not be true but I just thought I would through it out in case it could help. I would be very wary of anything that reduces morning sickness if morning sickness is really simply the body detoxing.

Having a good supply of magnesium in her body before getting pregnant is always advisable to avoid morning sickness.

Magnesium and Vitamin B are needed to make progesterone and when the body doesn't have enough it gets depleted during pregnancy. This causes nausea.

Epsom salt bath or feet soak or magnesium oil on skin is what I recommend during pregnancy as well as healthy pregnancy diet which of course includes lots of eggs, for example raw egg yolks on smoothies.