

Pregnancy Signs- The Clear Cut Signs Of Pregnancy!

Your period is a week overdue, your breasts feel so tender that mere brushing up against something causes you to grimace in pain, your stomach may seem just a little unsettled, and you start feeling fatigued and simply drained out even though you are carrying out the usual chores. Well, these could just be the initial pregnancy indicators. You could step out and pick up a home pregnancy kit within a couple of days of missing your period. These pregnancy kits are convenient and cool to use, but anyway check with your physician for a confirmation of pregnancy. Without doubt, the initial suspicion that you might indeed be pregnant could be mistaken for the common flu or even nervous tension. The knowledge whether you are suffering from flu or morning sickness is of great significance if you were attempting to conceive, since certain drugs should not be taken in case you have a hunch that you are expecting. If you have a sneaking suspicion that your unsettled stomach may be an indicator of pregnancy, just carry out a pregnancy test to confirm your gut feeling prior to taking over the counter drugs, or inform your physician of your doubts when you visit him. While pregnancy is a wonderful experience, a few of the initial pregnancy indicators can be quite bothersome. You may suffer from a wee bit of constipation. But, this is quite okay. There are a few women, who do not experience this problem, while some others need to bear with it. Of course, a fiber-rich diet can easily resolve this cause of distress. Several women become aware of a perceptible change in their sense of smell as an initial indicator of pregnancy. All of a sudden, common household smells that never caused you to feel uneasy before can now become unbearable. Well, this sign is not as trying as the frequent need to urinate, which is beyond doubt, the most well known indicator that makes known the future pattering of little feet. In the initial few weeks of pregnancy, the fetus size does not produce the frequent urge to pee, but it is the rise in the levels of the progesterone hormone being released. Now, the rise in the hormone level may cause several behavioral changes, which can immediately forewarn the concerned mother-in-law about your initial pregnancy symptoms, perhaps, even much before you are conscious of it. There are several women, who exactly know when they have conceived. In case, you are amongst those who are simply clueless, there is no cause for concern as your body will let you know quite soon. Your areolas tend to become dark, you start to feel very weary, or otherwise you may just not have any of the pregnancy related initial symptoms. Every pregnancy much like every baby, for sure, is an exciting event. It is amazing, incomparable, and full of anticipation and hope. Cherish every moment. Avail of fine prenatal care and start getting ready for your new bundle of joy.

About the Author

Abhishek has seen many childbirths in his huge family! Visit his website <http://www.Childbirth-Guru.com> and download his FREE Childbirth Report. If you are an expecting mother you can get some very valuable information about Pregnancy and Childbirth. But hurry, only limited Free copies available!

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