



BabyDreamers



So You Want To Get Pregnant?



BabyDreamers

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Introduction

This book is written principally for couples who are trying to conceive but is also for those who have been successful at conception, but need tips on how to carry their pregnancy to full-term. There are hundreds of resources in print or on the Internet about how to get pregnant or how to increase your chances of getting pregnant, but no single book addresses the many concerns a couple has.

This also serves as a reference for those who want to stall their pregnancy for whatever reason. Here you will read about why people still get pregnant with the natural calendar methods their parents or grandparents taught them about. You will also learn why it's safer to delay a pregnancy if the present time poses dangers to the baby's health.

Men and women who are trying to find the natural ways of increasing fertility need not look far. This book will cover what you must do, what you mustn't do, the precautions you should take, plus some myths that sometimes take the joy out of pregnancy.

Pregnancy is a wonderful experience and is something that shouldn't be feared or viewed as an interruption to one's life. True, you will have to make many changes when this beautiful miracle happens, but what welcome changes they are!





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Chapter 1

The Female Reproductive System



“Every baby born into the world is a finer one than the last”

- Charles Dickens quotes



The Female Reproductive System

Responsible pregnancy starts with a thorough understanding of your reproductive system, as your body is the "vessel" in which your precious little gift will be carried for about nine months. In this light, a knowledge of what your body requires and the processes it undergoes immediately before and during this period is crucial as there are many factors that may affect you and your baby's health during your pregnancy.

Anatomy of the female reproductive system

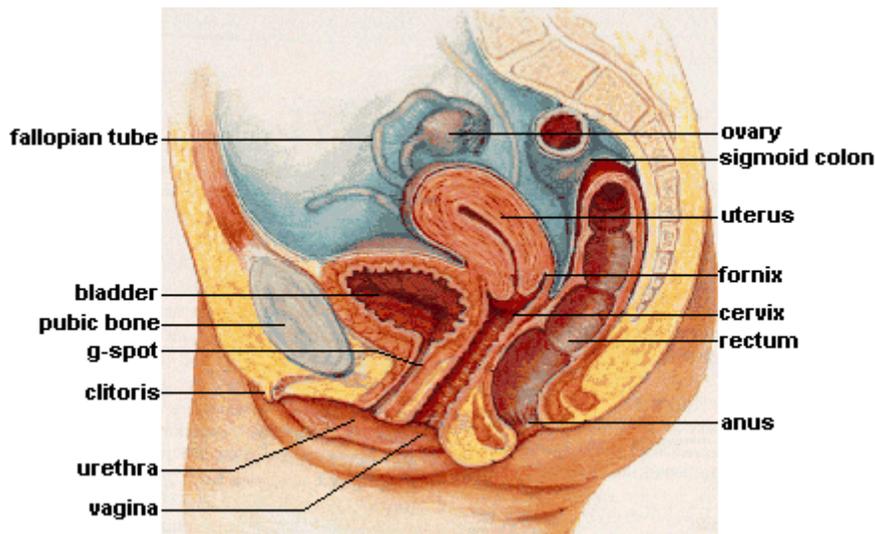


Fig. 1. Human female internal reproductive anatomy.

(Source: <http://en.wikipedia.org/wiki/Ovaries>)