

## My Blog

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### [Nursing made easier](#)

Posted by: [nathfiset](#) in *Untagged* on Apr 13, 2010

#### 10 Quick Nursing Winner Points

The following are a collection of Points from Nursing experts, moms, health care practitioners, and others who care about breastfeeding mothers and infants.

- 1) An uncomplicated [birth](#) causes Nursing easier because mother and baby are more alert and awake, getting Breastfeeding off to the best start. If at all possible, plan for a natural childbirth.
- 2) Insist on no unnatural nipples. Alert hospital staff in writing and verbally that you are going to be breastfeeding and let them know you do not want your infant to receive any kind of artificial nipple.
- 3) Find a Pediatrician and OB or Midwife who supports Nursing. Some give lip service to the "chest is best" mantra, but recommend weaning to formula milk at the first sign of difficulty. Find a true breastfeeding advocate who will help you overcome challenges if they come up.
- 4) Listen to the baby. [babies](#) nurse for a wide variety of causes, some of which have nothing to do with hunger. Nursing frequently ensures you'll bring in a healthy milk supply to meet your infant's needs. It's also soothing to him and eases his transition into the world.

5) Wear your [baby](#) . Wearing baby in a sling makes Nursing easier because [baby](#) is close to you. Wearing him helps to organize his movements and assist him focus on Breastfeeding. It also makes Breastfeeding in public much more comfortable. Dr. William Sears said about this: "Probably one of the most wonderful aspects of a sling or carrier is that it allows Nursing on the move. Busy mothers can nurture their babies with the best nutrition, yet still continue their active lifestyles."

6) Talk to your infant's father and your family. Be sure to communicate to your family how strongly you feel about Nursing. Sell them on the benefits so they'll support you.

7) Learn to nurse in public. [breastfeeding](#) author Amy Spangler says: "I encourage young women, if they have a comfort level doing so to please breastfeed their infants wherever they are because until we get that critical mass of women doing just that, we are not going to change the attitudes of the general public." Practice latching baby on in front of a mirror so you can learn to do so discreetly.

8) Don't compare your baby with others. Healthy, well fed breastfed babies come in all shapes and sizes. Your baby will grow in a particular pattern mostly due to genetics.

9) Get your latch right. Learning how to latch your infant onto the breast is one of the most, if not THE most important thing you can do to avoid pain and ensure adequate draining of the chest (which leads to an abundant milk supply). Get help if you and your infant are having trouble.

10) Try cosleeping. Sharing sleep with infant causes breastfeeding easier. infants who rest with their mothers take in more milk and stimulate mother's breastfeeding hormones. And everyone generally gets more sleep.

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[lose weight by exercising](#)

Posted by: [nathfiset](#) in *Untagged* on Apr 19, 2009

Physical Fitness and Losing weight: the key element to success

weight loss and getting fit is a goal that most North American aims to but have trouble achieving. More than 90 percent of interrogated adults admit having followed a weight loss diet at one time in their lifetime. The problem is that it is a established fact that [dieting](#) don't work and actually individuals end-up gaining more weight than they lost in the first place as a rebound effect.

What about exercising and working-out? Again we know that the biggest profits owners of workout gyms make are on the memberships. Most people sign-up to a training gymnasium fired up with enthusiasm only to quit a couple of months, sometimes weeks, later. With these disappointing facts in mind, we might be tempted to give up altogether and say that trying to get fit and lose weight is an impossible task.

Nonetheless, there are examples of people who succeeded in weight loss and keeping fit. The one key element that is a constant in all these people's successful [weight loss](#) and healthy training is that they somehow made the connection and committed to their own success. For all these people there was one trigger that happened in their head frame that created the spark and the drive to achieve their goal and more.

For every individual the key factor that will give them the starting push will be different. I had the chance of talking to a nutritionist and she was going on and on about healthy eating and weight loss and in the back of my mind all I could think of was: "Yeah, that's easy for you to say, you are a naturally skinny person." As our conversation went on, she told me she had been obese all her life and she even showed me the pictures to prove it. I must admit I was for yet another time in my life dead wrong. She told me that the thing that triggered her motivation and successful weight loss was that she had a colleague who was obese and who lost weight and that triggered in her head that she too could do it. I was inspired and encouraged to see her [Lo sing weight](#)

and that re-opened in my head the thought that weight loss and staying fit is possible.

I was attending a [weight loss](#) and fitness conference given by five really good looking buffed men and it resonated to me that all these men admitted to having been either obese, not muscular or out of shape not long before. They all made the connection. The talk was very inspirational and the fact that it was given by regular individuals not weight lifting maniacs who spend countless hours at the gym made it even more valuable. One of the speakers even workouts from his home with his wife and uses his stairs as a "stairmaster". The rock solid six pack abs these guys were displaying were both very good to look at and very inspiring.

They also went on to share what was their trigger for them in getting inspired to get fit and workout. I got an "ah hah moment!" when one of them said: "First you have to find they Why you want to lose weight and get fit and then the How will come easy." If you do not know what moves you to want to lose weight and get in shape, your drive will tend to wear off. That made so much sense.

If you have been interested in weight loss and fitness training but have not attained your goals, please don't give up. You have to find your inner need. One good way to find the need is sometimes to proclaim to the entire world your aim and commit to it. By feeling accountable, your pride might be your biggest need as you want the world to see you are a person who sticks to

her words.

You can also find strength in joining an internet group who is also interested in Losing weight and getting fit. This way you can exchange your success stories and get some support when things are not perfect and keep going in your health program.

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### [Welcome to babyap.info](http://www.babyap.info)

Posted by: [nathfiset](#) in *Untagged* on Nov 17, 2008

If fertility, pregnancy, birth, baby and family is what you are looking for, you are in the right place. [www.babyap.info](http://www.babyap.info) is your site to create your profile, upload your pictures and videos post on your own blog about pregnancy, babies and everything related.

If you are interested in [natural chidlbirth](#) , please visit our other site at: [www.hypno-beginning.com](http://www.hypno-beginning.com)

Bookmark us to be able to come back as often as you want!

This site is a proud member of the [www.mybigyap.com](http://www.mybigyap.com) portal

## [Losing weight after pregnancy](#)

Posted by: [nathfiset](#) in *Untagged* on Nov 17, 2008

Slimming Down after [pregnancy](#) is on many women's mind soon after they give birth to their baby. Most women report being comfy with the way their body varies during pregnancy and love their new found curves. It is a completely different story once they give childbirth and see in the mirror a loose abdomen and extra fat around their waist and hips.

Many Hollywood celebrities have gone through pregnancy (sometimes having twin infants) and then appeared one month after with a perfect body therefore giving the feeling to other women that Slimming Down after pregnancy is an instant process.

What regular people do not see is the constant effort and often the dangerous starving these actresses put themselves through to lose weight fast after pregnancy.

When considering [Losing weight](#) after pregnancy, a good rule of thumb is to consider the process to take anywhere from 6 to 12 months. A woman who is breastfeeding should also privilege the infant's and her needs over her looks.

In instance to lose weight after pregnancy in a healthy way, good common sense still applies. Consulting first with a certified caregiver, eating healthy food in reasonable amounts and Working Out at a comfy pace are all good techniques.

A woman who just gave birth should continue her vitamin supplements especially if she is involved in an exercise program and desires to lose weight after childbirth.

Drastic dieting and appetite suppressants are serious and should be avoided at all cost.

A woman who gave birth should also respect her pace and know when to rest and settle down if she is tired. After all, she will spend countless hours taking care of her baby infant and may lack sufficient sleep. Exercising beyond exertion is a very dangerous habit.

A [breastfeeding](#) woman should also favour good hydration and drink plenty of water during the day as her needs are enhanced.

Weight loss after pregnancy is possible but good common sense is compulsory. Eating right amount of fruits and vegetables, making sure your iron needs are met and moving around are all good ways to start getting back in shape.

One fun way to exercise is to incorporate exercises that include the infant. Such exercises can be good for the mother's abdominal muscles and will help bonding with her newborn baby.

Another great way to move around and beat the post-partum blues is to make it a habit of going outside at least once a day and walk with the infant in a stroller or a [baby](#) carrying sling. This way, the new mother gets her required daily sunlight which is a good way to lower her risk of infant blues or post-partum depression.

Since it is not always easy to eat properly once a newborn has arrived, an expecting mother can decide to cook during her pregnancy some healthy meals and freeze them. Better yet, she can have a cooking party with some of her friends who are also pregnant. This way, they can share their healthy recipes, exchange food and have a great day together.

Weight loss after pregnancy is a need many women have and can be set with sound means. A woman should give herself time and enjoy her newborn baby and trust that if she takes the proper actions such as eating healthy and gets active, she will find back her figure.

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A woman who just gave birth should continue her vitamin supplements especially if she is involved in an exercise program and desires to lose weight after childbirth.

Drastic dieting and appetite suppressants are dangerous and should be avoided at all cost.

A woman who gave birth should also respect her pace and know when to rest and settle down if she is tired. After all, she will spend infinite hours taking care of her newborn baby and may lack

sufficient sleep. Working Out beyond exertion is a very dangerous habit.

A breastfeeding woman should also favour good hydration and drink plenty of water during the day as her needs are enhanced.

to [lose weight](#) after pregnancy is feasible but good common sense is indispensable. Eating right quantity of fruits and vegetables, making sure your iron needs are met and moving around are all good ways to start getting back in shape.

One fun way to exercise is to incorporate exercises that include the baby. Such workouts can be good for the mother's abdominal muscles and will help bounding with her baby infant. Another great way to move around and beat the post-partum blues is to make it a habit of going outside at least once a day and walk with the infant in a stroller or a baby carrying sling. This way, the new mother gets her required daily sunlight which is a good way to lower her risk of infant blues or post-partum depression.

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A woman who just gave childbirth should continue her vitamin supplements especially if she is involved in an exercise program and desires to lose weight after [birth](#).

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## [Free birthing: nonsense](#)

Posted by: [nathfiset](#) in *Untagged* on Nov 11, 2008

As a family physician assisting childbirths, the hair in the back of my neck rose high when I first heard of birthing alone the new trend of people who want to give childbirth without any support. My concerns were certainly not for the fact that this small trend would take work away from me as I could easily work 24 hours a day 7 days a week from the start. My main concern is for this silent little person who has no saying over something as crucial as the start of its life: the unborn infant.

Statistics say that 90 to 95% of the childbirths will go well and do not need any interventions but what happens in those 5 to 10% where the infant's well being is at stake and there is no one around trained to face the emergency?

I am the first one to admit that maternity and [childbirth](#) are today are subject to too many interventions (the caesarean rate has never been so high in history) but I would not go back to the start where when something went wrong we just raised our shoulders and said "c'est la vie!" (that's life!- or not).

I have the chance to do medical missions in third world countries where adult females do not have access to any medical care and food supplementations and vitamins. In a regular medical mission day, I usually see between 100 and 200 kids in consultation. Among those children, I can easily see 6 to 10 cases of cerebral palsies and women tell me their story about how the childbirth lingered and the infant got stuck or how they bled and almost died themselves.

Another thing I hear commonly during a day is the numerous stories of term stillborn infants. I am in no way saying that modern medicine is a cure all and that doctors hold the absolute truth about childbirth. After all, I have been in practice for 18 years and so many things that we held for "scientifically proven" have been proven untrue by other studies.

I am also in no way advocating an interventionist approach to maternity and childbirth. Mother nature knows her ways better than we do.

Individuals have to realize that physicians and nurses are not the sole responsible for the high rate of intervention in obstetric today. How many times did I have to calm down adult females who demanded to be induced one month ahead because they were tired of being expecting? I still can't get over the time a husband almost jumped at us saying: "My wife has been having contractions every five minutes for over an hour. Do something!" A nurse later asked me: "Didn't he read the "brochure?" that first infants take usually twelve of hours to be born.

On the other hand, I am happy that such aberration as caesareans on demand have not found many followers in the medical community.

Getting back to our strong couple who decided to live a great experience on their own because they know what is best for their [infant](#) and they reject any external support, I can tell you that

yes most childbirths are statistically due to go well. On the other hand, when things go bad, I would not want to be in their place. Are they really choosing what is best for their infant or more an cool experience that will prove them they are able to pull such a stunt?

As for the argument that parents know best, I can tell you that in my hospital a situation proved us the opposite. A woman giving childbirth to her fifth child, stood up when came the time to push and just forcefully pushed, without putting her hands to break the infant's fall who landed head first on the bathroom tiles with a broken skull!

I have often attended childbirths where the childbirthing mother, after the infant's head was out, forcefully closed their legs squeezing the infant inside. I am happy I was there in those circumstances. The stories go on and on but this is meant to be a short article.

Do I think that the intervention rate is too high during maternity and birth birth? Yes!

Do I think that free birthing is the solution and is safe? No!

Such a phenomenon as free birth raises the delicate questions: how can we better fit together nature and the medical technology so that women and their spouse have a better experience and their infant is safe.

I strongly believe that if free births grow in popularity, we will see sad instances of problems that could have been prevented if the proper caregivers (midwife, doctor or ob nurse) had been present with the needed equipment or medications.

In the order of thinking of free birthing, we might see such things as people changing their own breaks on their cars, playing with high voltage electricity or driving airplanes, etc

Worst, if all breaks loose, we might see individuals cutting their own hair! And that can be critical(wink).

## [free childbirth has a price](#)

Posted by: [nathfiset](#) in *Untagged* on Nov 11, 2008

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## [A normal And Easy birth With hypnosis](#)

Posted by: [nathfiset](#) in *Untagged* on Nov 10, 2008

For women who have already given birth a lot of times, they already know the meaning of normal birth. However, for women who are still neophytes in child-bearing, perhaps the meaning of natural childbirth is quite vague to them. So, what is [natural childbirth](#) ? Well, to put it simply, natural childbirth is giving birth with no medications, drugs, anaesthesia, etc.

Pregnant women who prefer to give childbirth simply use relaxation techniques and methods to prepare them for the moment of labor. There is a common notion about women who choose to give birth naturally, and that is the notion that they are brave and fearless. Perhaps it's because of the way people see birth as painful and full of agony and suffering.

However, some women think of it as a perfect manner to get more in touch with the process of giving birth as well as creating and starting that special bond between mother and child. Women who have already experience giving childbirth naturally say that there is really a great feeling that radiates from within.

For Women Who Are Afraid Of hurt

For pregnant women who desire to have a normal childbirth but hesitant and scared to undergo the possible hurt and discomfort brought about by it, there is one popular solution to their problem and that is what we call hypnosis.

What Does [hypnosis](#) Mean?

hypnosis is a method or technique considered to be a tool for pregnant women to achieve a nearly-painless childbirth process. hypnosis has been practiced since the 19th century, even before new and well-innovated drugs and anaesthesia emerged in the medical field. This kind of hypnosis makes use of breathing techniques which enables women to have a controlled, gentle and relaxed respiration process.

With hypnosis, the popular symptoms of panicky childbirth such as hyperventilating and forced respiration or breathing are eliminated. As a result of the controlled, gentle and relaxed respiration process, the childbirth will become more relaxed, which will be an advantage to both the baby and the mother-to-be.

normal Anaesthesia

[Self-hypnosis](#) is considered to be the normal anaesthesia for moms-to-be who desire to have a natural childbirth. Nobody really wants to experience extreme pain and soreness, right? With the calming and relaxing results of Self-hypnosis, pregnant women can still have a discomfort-free childbirth even though there are no medications or medications involved.

The primary reason of most women who prefer to have a natural childbirth is that they don't want to jeopardize the health of their baby. While the [baby](#) is still in the mother's womb, they are connected by one placenta which means that whatever drugs or medications that the mother-to-be receives, the baby will also receive it. Some pregnant women are scared that some medications may bring about potential harm to their baby that is why they prefer to have a drug and medication –free childbirth.

If you desire to have the very best results of Self-hypnosis, you may want to seek the aid of a trained pro, or someone who specializes in the field of hypnosis, more specifically, hypnosis.

These people can give you accurate and concrete tips on how to conduct or perform an efficient hypnosis. By seeking the service of a trained pro, you can be sure that you are on the right

track and not consuming time with wrong techniques and methods.

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## [Privacy Statement](#)

Posted by: [admin](#) in *Untagged* on Nov 7, 2008

[www.babyyap.info](http://www.babyyap.info) © has created this privacy statement in order to demonstrate our firm commitment to your privacy.

The following discloses our information gathering and dissemination practices for this website:

- 1) We do not track our visitor's identity.
- 2) We only send email to people who request specific information from us.

Your personal information including your email address will never be sold, rented, shared or given away to anyone for any reason. [www.babyyap.info](http://www.babyyap.info) © requests your email address only if you subscribe and in order for us to deliver our free report/s.

This website contains links to other websites and we not responsible for the privacy practices or

the content of any other websites.

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