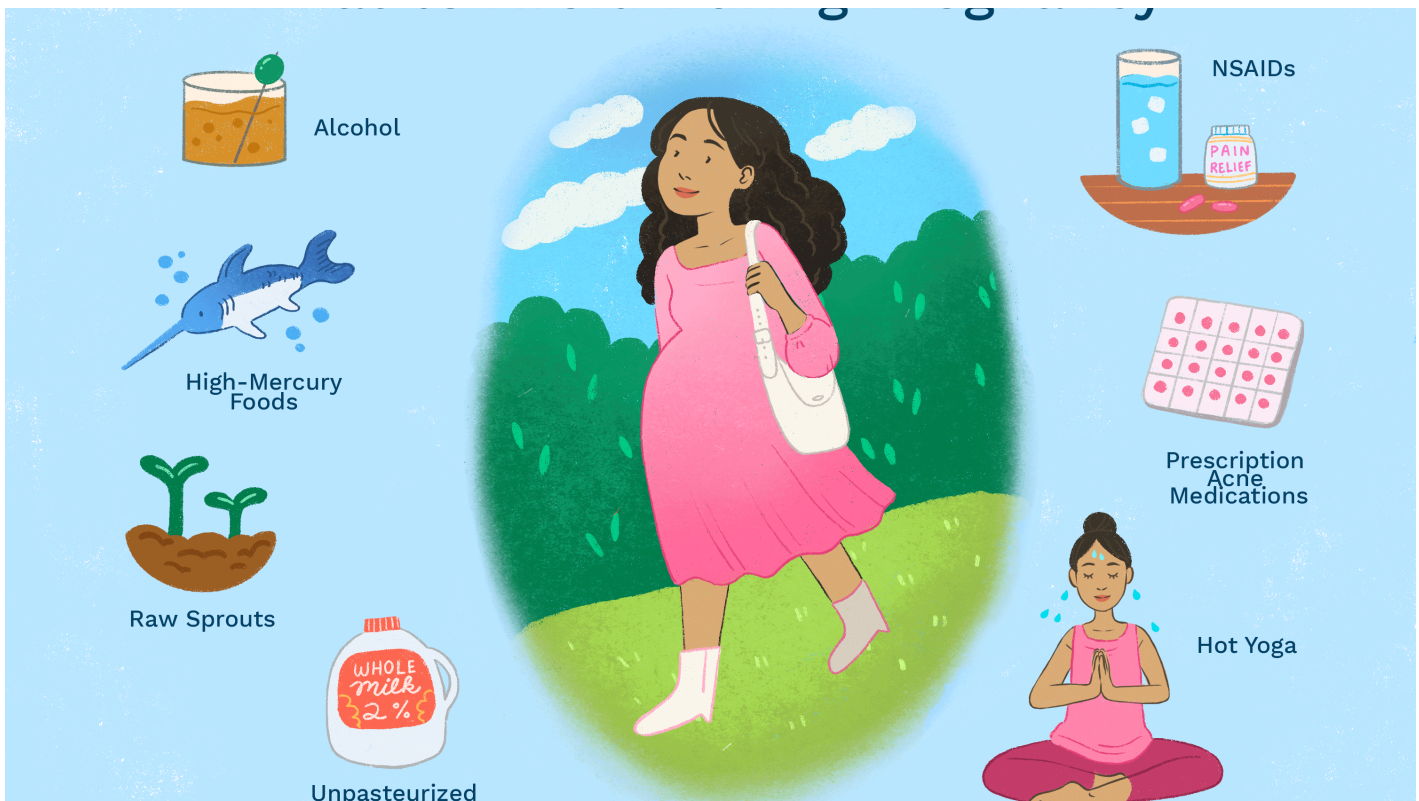




The Best and Worst Parts of Pregnancy



Introduction

Every woman wishes to become a mother and this precious feeling is priceless. In that process, women face pregnancy at the most crucial moment, approximately 9 months. A woman's pregnancy is a special, interesting, and frequently joyful moment since it showcases her incredibly creative and nurturing abilities while also building a connection to the future. A pregnant lady must be a responsible woman in addition to incurring certain expenses during her pregnancy to best support the wellbeing of her unborn kid. The mother's healthy body serves as the sole source of nutrition for the developing fetus, which is the term used to describe the unborn child during the early stages of development. Therefore, pregnant women must make efforts to maintain the best possible level of nutrition and health. The numerous lifestyle and health-related factors listed in this blog should be taken into account by expectant mothers.

The Best Part of Pregnancy

To help you understand how wonderful what you are going through, here is a closer look at the good aspects of pregnancy. Now, not everyone encounters all of these. However, a lot of us go

through them occasionally. Furthermore, they merit recognition and surely ought to be celebrated. [Benecare Maternity Hospital Pune](#) provides pregnancy health care service and safe maternity service.

- **Feeling Your Baby Move:** Nothing is more amazing than feeling your unborn child move inside of you for the first time. Throughout the entire pregnancy, it never gets boring. Unless of course, your infant starts punching you in the bladder. even the ribs. Sigh.
- **Feeling Empowered By Your Body:** Even if the path to becoming pregnant was difficult, you succeeded. You should be proud of what your body is capable of because you were able to have a child. Respect it.
- **Lush Hair and That Pregnancy Glow:** Pregnancy causes your mane to grow thicker than it ever has before. 3 Additionally, there is such a thing as a pregnant glow. Enjoy everything!

The Worst Part of Pregnancy

Pregnancy is a wonderful thing, but some of its side effects can be disgusting, embarrassing, or just plain bothersome. We're talking about a lot of extra or unwelcome bodily fluids, itchiness, swelling, gas, and, er, backed-up plumbing. When you're developing a new person, these symptoms are frequently part of the package. To read our articles, however, click the links below if the pregnancy's adverse effects are starting to annoy you. You'll discover coping mechanisms, guidance on when to seek medical assistance, and knowledge on the circumstances under which seemingly unimportant conditions might be symptoms of a problem.

- **Morning Sickness:** In the first trimester of pregnancy, more than two-thirds of women experience nausea, vomiting, or both. As the name suggests, these symptoms are typically at their worst in the morning, but morning sickness can last all day.

- **Frequent Urination:** It's possible that you were more frequent in your urination even before you realized you were pregnant. One of the early and most prevalent side effects of pregnancy is frequent urination, which will likely last until your baby is delivered.
- **Vaginal Discharge:** What you're likely observing is leukorrhea, the odorless white discharge that you occasionally discovered in your underwear before becoming pregnant. Simply said, it's much more prevalent now, in part as a result of higher estrogen production and improved blood flow to the vaginal region.