



Best Pregnancy Care Tips by Infertility and IVF Specialist

Pregnancy and labor are essential partnerships in a couple's life. The joy of anticipating becoming a parent is one of the most wonderful associations they have with life.



Dr. Heena Agarwal, [Best Infertility & IVF Specialist](#) at *ILC Fertility and Test Tube Baby, Indore* helps patients optimize their health before, during, and after pregnancy.

Here are some tips from Dr. Heena to help you increase your chances of having a healthy pregnancy and a healthy baby.

- **Reduce stress:** Reducing stress is important for improving birth outcomes. Pregnant women should avoid stressful situations as much as possible. Do what you love during pregnancy.
- **Drink more water:** The body of a pregnant woman requires more water than before pregnancy. Drink at least eight or more cups every day.
- **Do regular yoga:** Staying active is important for your general health and can help you reduce stress, improve circulation, and boost your mood. It may also encourage better sleep.

- **Eat healthily:** Eating healthy is especially important for pregnant women. Your baby needs nutrients to be healthy and strong in the womb.

Here are some [pregnancy care](#) tips to make you fit and fine before and during pregnancy and while breastfeeding.

If you want any consultation then you can get in touch with **Best Infertility & IVF Specialist** by clicking here... www.infertilityandivfindore.com