



## FEATURED

### Healthy Mother = Healthy Baby: What to Know *Before* Getting Pregnant

Deciding to have a baby is one of the most important decisions a woman will ever make. But how many women are really prepared for a healthy pregnancy? Lifestyle choices that expose them to chemicals, stress and poor nutrition may negatively affect their ability to become pregnant and/or prenatal outcomes. Here are some of the key considerations to discuss with your health care provider *before* deciding to become pregnant.

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- [Planting Seeds of Health](#) - How to Help Your Child Avoid Growing Up Overweight
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- [The Purple Pill Myth](#) - Try Natural Solutions Instead of Acid-Reducing Medications

## HEALTH NEWS

### fitness



#### Beat High Blood Pressure With Yoga

If you've been told by your doctor that you need to lower your blood pressure, yoga might be the answer, suggests a new study. According to the study, people with

### wellness



#### Sleep Deprived: What Insomnia Could Mean

Sleep is essential for your body to heal ... so what happens if you can't fall asleep or have trouble maintaining sleep? The health risks associated with insomnia are many;

### nutrition



#### Protein & Weight Loss: What's the Connection?

How much protein should you consume to help lose weight? The amount of protein a dieter should eat is the level that reduces the most body fat and least muscle in a

mild to moderate hypertension who practiced yoga regularly reduced their blood pressure significantly.

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learn why not getting the recommended eight hours of snoozing could put you in danger.

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way that best moderates the degree of hunger. This number depends on age, sex, genetics, activity, sleep, stress and more.

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### Dealing With Menopause

Menopause is a normal part of aging, but that doesn't mean it's a breeze. Fortunately, there are simple solutions to help women transition through this period of their lives with a little less discomfort.

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### Fishing for Fish Oil

How many times a week do you eat fish? Fish oil supplementation is an easy way to get some of the health benefits associated with fish consumption; but what should you look for in a supplement?

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