

Great weightloss results through diet, nutrition, fitness, fatloss programs, exercise, fitness equipment and health foods. Lose weight fast. Best weightloss techniques.

[Click here to know more](#)

My Amazing Story: How I Lost Thirty Pounds After Having A Baby

By Sophia Ton

Two months after I got married, I got pregnant. Before I got pregnant I weighed a healthy 150 pounds, and believe me, when I realized I was pregnant I was very worried that my body was going to explode, and it did. But here is a story about how weight loss after pregnancy is possible, but this particular way is not recommended.

How I Gained the Weight

Being newly married and being newly pregnant were two things that led me to eat. I ate and ate and ate and ate. Before the first trimester was over I weighed 175 pounds. The ice cream tasted very good, but the numbers on the scale made me sick to my stomach. By the time the second trimester rolled around, I was sure that if I lay down on the ground I could roll around too.

I listened to the OB/GYN when he said that I should take better care of myself during the pregnancy for myself and the baby's sake, but food was comforting me in a time of emotional upheaval.

By the third trimester I had gained 40 pounds. In my own defense I must say that not all of that was me. The baby and all that fluid added to the overall bulkiness of my body.

How I Lost the Weight

Is weight loss after pregnancy possible? Any woman who has given birth to a 10 pound baby can tell you that; yes, weight loss after pregnancy is possible. Not that I gave birth to a 10 pound baby, it just felt like I did.

On June 6th 2002, I gave birth to my 7 pound bundle o' joy, and was promptly rushed into surgery. No, I didn't hemorrhage or anything seriously dangerous like that, I just needed to have my gallbladder removed.

During my pregnancy, when I was packing away all the fatty, greasy foods, my gallbladder was slowly dying inside me. When I went into labor, my gallbladder decided it was its time to go.

After surgery, I was restricted to bed rest, cable TV, and fluids only. That meant that I literally was not allowed to chew anything. To make matters worse, I had to hang around the hospital room for 10 days so that they could monitor me and the baby for harmful side effects. You bet your sweet bottom that weight loss after pregnancy is possible.

When I was finally released from the hospital and allowed to take my baby home, I weighed a whopping 150 pounds. That's right I went back to my pre-pregnancy weight without even trying.

Weight loss after pregnancy wasn't so hard. The most important thing to remember is to eat healthily, and to try and get in as much physical activity as possible. However, remember that you should consult with a physician before starting any form of physical activity, especially after you have just given birth to a child.

Although all the agony and pain associated with the gallbladder ordeal has long passed, that memory of the post-pregnancy weight is still fresh in my mind. We are expecting another baby. Maybe this time I can lose a leg in a car accident. That would be a very gruesome- but quick way, of attaining weight loss after pregnancy.

Sophia Ton is a freelance writer who writes about family topics. She loves to shop for maternity gifts at <http://www.beforebaby.com/> & she wants to help pregnant moms understand how to lose weight after pregnancy at <http://www.beforebaby.com/category/pregnancy-weight/>.

Baby High Chair Guide

By Helen Walters

There are many different types of high chairs such as the very convenient ones like the on-the-go booster seat, the euro highchair two, the transition highchair, the chicco polly high chair, the sit 'n secure, bumbo baby sitter, and much more. You should do a high chair review to find the best baby high chair for your child.

The Chicco Polly high chair is a very lovely Italian high chair that is loaded with a lot of features such as a three-way footrest, armrests that lift up, and an adjustable leg rest. This chicco polly high chair is for infants only ages six months and up and it can hold up to thirty seven pounds. Put this furniture near the dinner table and it will suit your toddlers needs.

This booster seat is for youth like nine-month infants and up and can withstand up to forty pounds. The on-the-go booster seat deflates and compresses for easy packing. It also weighs less than two pounds so it is very light to carry. This booster seat is very comfortable and it inflates at the parents touch while keeping your youth content. The on-the-go booster seat has some cool features like a storage pocket to store food or what knots, wipe clean vinyl cover, and a shoulder strap for easy portability. The on-the-go booster seat is an inflatable booster seat that has handles so it is portable that is why it is called the on-the-go booster seat. It is ranked as one of the top booster seats and high chairs for those mother and fathers who are on the road a lot.

The bumbo baby sitter is another interesting chair that is only for infants that can hold their head up. This bumbo baby sitter is a soft, comfortable chair that is molded to support his or her back and sides. It also has passive restraints that help keep him or her from sliding forward. This baby sitter can support weight that is between nine to twenty two pounds. Look for a cushion that is going to prop up your toddler during those growing years.

The euro high chair two is a high chair that is three things in one. This is a high chair for your baby, and then converts into a booster seat for your toddler, and then it can be a chair for your teenager. The euro high chair two only takes about fifteen minutes to twenty minutes to assemble. This high chair is also a wooden chair that supports youth that weighs between eighteen to one hundred and fifty pounds. This euro high chair also comes with many different features such as a removable safety bar, an anti-skid feet, built in stabilizers, a seat cushion, and a five-point harness to make it very safe for your child. This high chair is for only those infants who can sit up on their own.

Helen Walters provides a variety of information on issues important to parents.

<http://www.greatbabygear.com> is home to a large selection of articles and reviews of high chairs at: <http://www.greatbabygear.com/high-chairs.html>

Related eBooks:

[Baby High Chair Guide](#)

[How Much Weight To Gain During Pregnancy](#)

[Pregnancy Weight Gain Calculator - A Tool In Your Pregnancy Arsenal](#)

[How Much Weight Should You Gain During Pregnancy?](#)

[Pregnancy Weight: A Badge Of Honor](#)

Get more Free PDF eBooks at FreePDFeBooks.com

Related Products:

[30-Day Low Carb Diet 'Ketosis Plan'](#)

[Baby's First Year -What Parent Needs To Know](#)

[Software Empire](#)

[The First and Second Adam](#)

[If I Can, Anybody Can!](#)

Malamaal.com: A genuine resource center for Quality Ebooks and Softwares

This PDF eBook is for free Distribution only, it cannot be SOLD

FreeGrocerySecrets.com: Save Money Now! Fantastic system to save thousands of dollars on groceries every month. All audiences! 60% AFFILIATES NO REFUNDS Converts 3-5%

[Click here to know more](#)

Powered By FreePDFeBooks.com

[ReBrand this PDF eBook with your Name / URL / ClickBank Affiliate ID for Free](#)

[Discouraged About Your Weight?](#)

I Lost 62 Pounds for Free! You can too at this fun site for gals. Recipes, tricks, prayers, newsletter & super freebies!