

File Created by [Blogging Rebirth](#) WP Plugin

Development Of Fetus

Many pregnant women are confused with the pregnant attention. There is some problems pregnant women should pay attention to. During pregnancy, women' weight will generally increase about 15kg, so when they walk, the pressure the legs and feet support will be larger. And the center of gravity also change, a pair of unsuitable shoes would make women feel tired and affect the [Development Of Fetus](#)

Many pregnant women think that flat shoes are the best choice for them. Actually, wear flat shoes is not a good choice for women. When wear flat shoes, usually our heels of feet would touch the ground first, and then arch. Flat shoes can't absorb the shock and also easily to lead to the fatigue and damage of muscle and ligament. Relatively speaking, the shoes with a heel of 2cm are good for pregnant women.

The flexibility of feet is accomplished by arch, which can absorb the shock when walk, and also can maintain the balance of human body. Therefore, pregnant women choose shoes should pay attention to the warmth, comfort as well as the consideration of arch' needs.

Syphilis in pregnant women is a women pregnant syphilis. Refers to the suffering from syphilis or syphilis in women during pregnancy, prenatal or infected with syphilis, are. But as long as the pregnant women with syphilis, it does great harm to the fetus.

Clinical manifestations Clinical experience shows that, regardless of prior to pregnancy has been suffering from syphilis, or pregnancy was infected with syphilis, are likely to be syphilis transmission to the fetus, especially in patients with early syphilis, so that the fetus by staining the greater chance. During pregnancy, maternal spiral body, through the placenta into the infant body, often causing miscarriage, stillbirth or premature birth. Even the full-term, also may have syphilis patients. This not only directly affect the fetal survival rate, will also affect the healthy [Development Of Fetus](#).

Pregnancy calendar gives you information about your stages of pregnancy, pregnancy symptoms, changes in your body and fetal development. The expected [Development Of Fetus](#) during each pregnancy week is different. Week by week the fetus is growing.

First trimester extends up to 13 pregnancy weeks or about 3 months from the first day of your last menstrual period. During this period you can expect changes in the physical and emotional status. You may have nausea, frequent urination, fatigue, bloating etc. The second trimester is from pregnancy week 14 to week 26, or the next 3 months. During this stage the fetus grows rapidly from about 6 inches at the start to 12 inches. Fetus grows to an infant with reddish and wrinkled skin. The third trimester starts from pregnancy week 26 to the delivery, which is week 40. The baby gains most of the weight during this stage. Most of the organs are developed at the eight-month. The brain development occurs at this stage. Later on the baby moves down lower in the pelvis to prepare for birth.

Each stage needs different points to be taken care of. For example if you can know the stage when the brain development of baby is more you can chose certain food habits which contains the specific vitamins to help the development. During the stage when the baby bones are growing you need more calcium rich foods. You also take calcium tablets to supply the increased need of calcium in your body. You can monitor your pregnancy week with the general idea in the pregnancy calendar and track out any abnormality in your stage. You can then talk to doctor about it to get their expert advice regarding the situation.



31st week-35th week: continue to increase in size, mutual influence between the mother

and the fetus. 36th week: desire for movement. It seems that the fetus is not accustomed to its inhabiting location.

37th week: the fetus seems to dislike its location, and is unwilling to stay there any longer. 38th week: the fetal head begins to turn downward, preparing to be delivered. Based on the above description, it can be said that the recognition of fetal development in Tibetan medicine is the most advanced among all the ancient world's medical systems. Despite that some of the detailed description may not be so accurate, it is basically scientific. Historically, it is rather progressive. Actually, the description of fetus development in TCM is earlier than this, as shown by the Book of Labor and Foetus found in Mawangdui, Changsha city. Moreover, the Care for Embryo Month by Month written by Xu Zhicai in the 5th century AD, has the same description (see above). Obviously, the description is not so minute as that of Tibetan medicine. In the Western world, in the 5th century BC, Hippocrates held that all parts and organs of the body secreted semen, which were mixed to form a fetus. In other words, the semen of corresponding parts of the parents forms all parts of the next generation. For instance, the eyes of the fetus are produced by the semen of the eyes of the parents, and that of the ears from the semen of the parents' ears. These ideas seem to be incorrect and are very primitive. In the 4th century BC, Aristotle saw the fetus as a whole that could not be interpreted by its parts. He claimed that there was a soul in the organism, and the development of the body was motivated and controlled by its soul. Later, a pre-formation theory appeared in the West, claiming that, from the beginning, the fetus had a complete form of its parent, and only increased in size without any morphological changes. They even claimed that, in the sperm of the parent, the minute fetus already existed. This minute 'person,' once combined with the ovum, began to increase in its size, and develop. Others believed that this minute 'person' existed in the ovum. In short, the [Development Of Fetus](#) involved merely an increase in its size, without any other changes.



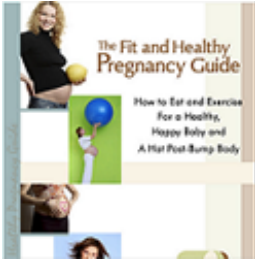
Heart disease, inadequate food or less at the mother during pregnancy, making fetal transfer of nutrients that enter or absorbed to the [Development](#) of the most vital organs, namely the brain. Meanwhile, the [Development](#) of other organs so little 'negligible', and eventually in the next 20 years work of the heart so weak. Babies born weighing less due to maternal nutritional intake during comprehend less risky for heart disease because of poor food intake disrupt heart [Development](#).

Schizophrenia, conditions during pregnancy was also affecting the temperament, intelligence and mental health of the child until adulthood. Studies reveal that allow pregnant women starving themselves or in a state of stress at high risk of experiencing childbirth schizophrenia (a complex mental disorder). Pregnant women with stress and hunger tend to give birth with less schizophrenia because nutrients would interfere with neurological [Development](#).

Dates is rich in nutrition, it contains lots of nutrients and trace elements. And its content of vitamin C is higher than the content of apple, pear, grape, peach, hawthorn, orange, lemon and other fruits. It is also rich in vitamin P, vitamin A and flavonoid such as, cyclic adenosine monophosphate and cyclic guanosine monophosphate which are very beneficial to our health.

Pregnant women may be fidgety during pregnancy, eating enough can help them get out of this state. Date can help pregnant women nourish the blood, sooth the nerve, and dispel the melancholy. It is especially helpful for those women who are fidgety and suffer from postpartum depression. If pregnant women feel nervous and upset or even suffer from insomnia and loss of appetite, you can add a little date in soup or porridge. This can help to relieve this state..

So, dates enjoy the reputation of natural vitamin. It has a great help on the supplements of nutrition to pregnant women and the [Development](#) and growth of baby.



Maximum benefits from the food can be reaped only if the right food is taken in right amounts keeping in mind the various aspects related to pregnancy. It is obvious that one will avoid allergy causing food items even if they are delicious. Including vitamins like folic acid and iron in the diet is a must as it helps in the [Development](#) of the brain in the baby and preventing abnormalities like spina bifida.

You can also find this article published on [Development Of Fetus](#), and on the tag pages [calcium rich foods](#), [development of fetus](#), [fetal development](#), [fetal survival rate](#), [many pregnant women](#), [maternal spiral body](#), [pregnancy calendar](#), [pregnant women](#), [wear flat shoes](#), [women pregnant syphilis](#).