Some of the popular beliefs and myths about pregnancy! by Samantha Kirk

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When you might have heard your family or friends saying things like, â€œyou have to eat for twoâ€•, â€œey stomach is big! It is definitely going to be a girl!â€• when you are pregnant, these have not been proven scientifically. There are many beliefs and myths that are related to pregnancy.

The most common myth on pregnancy is that if a woman carries high, it means the baby she has will be a girl. But if she carries low, then the baby will be a boy. There has not been proved as a fact. When a pregnant womanâ€™s stomach is low, it just means that the baby has moved closer to the pelvis as the delivery date gets closer. The size of a pregnant stomach depends on factors like the position of the fetus, muscle size; posture and the motherâ€™s shape before pregnancy and the ft deposited around the abdomen area are the important facts that determine the size of the belly. Instead of trying to determine the gender of the baby with the size of the motherâ€™s belly, a simple way to find out is through an ultra sound!

There are more myths on finding the babyâ€™s gender: if a motherâ€™s nose swells during the pregnanc period, then it is believed that she is carrying a girl baby. This is not true, a motherâ€™s appearance and a babyâ€™s gender is not connected at all. The swelling of the nose can be due to an increase in the estrogen level which leads to a high blood flow in to the mucous membrane. There is also another classic belief that if pregnant mother crave for salty food then the baby is going to be a boy. If the mothers crave for sweet then the baby then the baby that is going to be born will be a girl. The truth is that craving is common during pregnancy and it the type of food a mother likes does not determine the gender of a baby. The most outrageous myth of all is holding a ring over a pregnant motherâ€™s stomach and the babyâ€™s gender can be determined with the direction the ring goes. If it goes back and forth it will be boy, if it circles then it will be a girl! Though the idea is outlandish, it is fun to try it and see. There are a lot people who believe that when a pregnant mother lies flat on her back, the position will hurt the baby. It would not harm the baby is a mother lies back for a short period of time, but the mother will feel better to lie on the side and sleep. But pregnant women are advised to lie on their left side as it increases the blood flow to the uterus and placenta.

Another popular belief is that, when a womanâ€™s delivery date is not far from a full moon day, then she goes in to labor on that day. But, facts prove that this is not true on all occasion. It is also believed that, when a woman is near her delivery date, then spicy food will induce labor. The most common belief is that is pregnant womanâ€™s mother had an easy delivery, and then the daughter will also have a similar kind of delivery. Diet, life style, health condition and the position of the baby are the factors that determine the delivery more than hereditary. A motherâ€™s first babies are born late. Though it is true to an extent, it also depends on the menstrual circle of the mother. If her circle is shorter, then the delivery is most likely early. But if her menstrual cycle is longer, then delivery is likely to prolong. Read more about some of the interesting myths with FiOS Internet or any other internet connection at home.

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Samantha Kirk is a freelance writer. She enjoys reading interesting facts and myths on various subjects and often researches about them on her a FiOS Internet. She loves to share these with

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