

Jessica Alba Says Giving Birth Was More Like Meditation

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(exposay.com) - The 27-year-old actress, who welcomed daughter Honor Marie into the world on June 7, insists she exuded quiet strength during the natural labor and the whole experience was incredibly peaceful.

She said: "I didn't scream. It was really Zen. The labor was more like meditation. I did yoga breathing. I was focused. I ate a lot of soul food before she was born."

Jessica's husband Cash Warren added: "She didn't make a sound. It was amazing."

The "Love Guru" actress also revealed she has already embarked on an exercise and healthy eating regime to shed her post pregnancy weight.

She told America's OK! magazine: "I started working out last Thursday, but for 20 minutes. I do cardio on my own. I'm doing it slow. Now I'm starting to eat more healthy. Because after working out, having fried chicken and mashed potatoes is a little counteractive."

Cash is convinced Honor looks just like him, but he is worried his daughter will later develop Jessica's stunning features and he will have to deter numerous male suitors.

He said: "She looks like a girl version of me. She has my nose, my eyebrows and my forehead and dimples."

Jessica added: "She has my mouth when I was a baby. And my ears."

Cash said: "Maybe Honor is a mixture. I want her to look like me, because a daughter looking like Jessica, I'd kill myself!"

Movement has been offering prospective mothers are very Naotou, the movement are afraid to do too much cause abortion, do not feel that the campaign also conducive to health during pregnancy. Whether the pregnancy should not do exercise, the movement to do what those movements do not, how should control movement of time?

Pregnancy adhere to the sport would benefit pregnant women and fetuses

1, to promote normal fetal growth and development.

Sports can not only increase their own health of pregnant women, may also increase the fetal blood oxygen supply, speeding up metabolism, thereby promoting growth and development.

2, to pregnant women fetal absorption of calcium.

Pregnant women to park or outdoor sports, a lot can breathe fresh air, sunlight in the ultraviolet, dehydrogenation cholesterol in the skin into vitamin D, calcium in the promotion, the absorption and utilization of phosphorus. Not only conducive to the development of fetal bone and prevents bone softening disease in pregnant women.

3, fetal help create a good personality.

Pregnant women during pregnancy will not often emotional fluctuations, the fetal heart will also change. Sports help to improve the health of pregnant women fatigue and discomfort, and maintain happy mood, the fetus to create a good character, is a good Taijiao form.

4, can promote fetal brain development.

Pregnant women during exercise may be directed to the brain to provide sufficient oxygen and nutrients to promote the release of the brain, such as enkephalin useful material, through the placenta into the fetus in pregnant women Games so that amniotic fluid rocking, rocking the amniotic fluid can stimulate fetal skin, can be compared to the fetus Do massage. These are very beneficial to fetal brain development, after birth would be more clever.

Editor: before pregnancy should be how to properly carry out fitness

About the Author

From news.trendaz.com:

Most women can, and should, engage in mild to moderate exercise during pregnancy. Exercise can help you stay in shape as well as prepare your body for labor.

Exercise during pregnancy offers many physical and emotional benefits. For example, a good exercise program may help relieve.

Information for women about exercise during pregnancy from the American Academy of Family.

Before you get started on a pregnancy fitness program, talk to your doctor. Your physician will want to evaluate your fitness status in relation.

Regular exercise during pregnancy can improve your posture and decrease some common discomforts such as backaches and fatigue. Being fit during.

Utilizing exercise guidelines during pregnancy, can help you continue to enjoy your physical.

The proper amount and intensity of exercise during pregnancy has been debated for many years. The concept of exercise during pregnancy being as being helpful.

Exercise During Pregnancy, Pregnancy Exercise. According to a new study, maternal exercise during pregnancy has cardiovascular.

Source: <http://productsherbal.com>