

Which swimsuit to choose during pregnancy?

You are pregnant and you are trying to figure out which is the best swimsuit. Here are some tips to stand out in the swimming pool or at the beach!

One-piece swimsuit: the old-time classic

During pregnancy, the one-piece swimsuit will show your silhouette, ensure breast support and protect your belly from sunburn. Once you are pregnant, it is important to be extra careful with the sun. A one-piece swimsuit is also ideal for swimming and gives freedom of movement. Such a piece is also perfect for those who want to hide the brown line that sometimes appears on a pregnant belly. If you have large breasts, it is best to choose a swimsuit with a built-in bra for better support. A one-piece swimsuit is also a great choice for physical exercise in a pool during pregnancy.

Bikini to enhance the figure

When choosing your swimsuit top during pregnancy, it should first and foremost have a good fit: avoid tops with adjustable drawstrings that tie behind the neck. As for the bottom, some pregnancy swimsuits have the advantage of having a built-in waistband. This way you could either cover your belly or wear it low depending on your body type. If you prefer a classic bikini, search one with a low cut so that it goes under your belly and you will not be embarrassed. Finally, always be careful in the sun and use sunscreen.



Tankini, the middle ground

A tankini consists of a top joined to low-cut bottom that perfectly covers your belly from sunlight and thus protect your baby. It may look like a one-piece swimsuit, but it is very practical for the toilet!

Read the rest of the article:

<https://medimall.gr/which-swimsuit-to-choose-during-pregnancy/>

2 Ideas to flavor your water

idea 1

Ingredients

- 1,5 L. boiling water
- 1 cucumber
- 1 lemon
- 1 handful of fresh mint
- 1 ginger root

Preparation

Wash the mint leaves and dry them. Peel and grate the fresh ginger and then immerse along with the mint leaves in boiling water. Let it soak for 30 minutes. Meanwhile, peel the cucumber and cut it into thin strips with a mandolin. Cut the lemon in half and squeeze to make good use of the juice. Finally, pour the mint water into a jug and add the cucumber slices and fresh lemon juice. Stir.

idea 2

Ingredients

- 1 L. of cold water
- 1 orange
- 3 teaspoons of organic apple cider vinegar
- 1 teaspoon agave syrup
- 1 teaspoon of cinnamon powder

Preparation

Cut the orange in half and squeeze it. Pour the cold water, apple cider vinegar and orange juice into a jug and then add the agave syrup and cinnamon powder. Stir.



Acupuncture:

an ancient healing method

According to Traditional Chinese Medicine (TCM), the body is covered with energy networks called meridians. These ensure the proper circulation of blood, nutrients and energy throughout the body.

In which cases is it indicated?

Stress, diet or heredity can cause weakness to a meridian in one person. In another, the energy may be blocked and have difficulty circulating. Symptoms related to the affected meridian may appear. Acupuncture will then help to restore the flow of energy in the meridian and thus relieve the symptoms.

The Energy assessment

During an acupuncture session, the acupuncturist will ask several questions about the person's health to make what is called an 'energy assessment'. The acupuncturist will try to identify the meridians in which the energy flows less well or in too small quantities. Often the acupuncturist will take the patient's pulse



and observe the tongue, as these reflect what is going on inside the body.

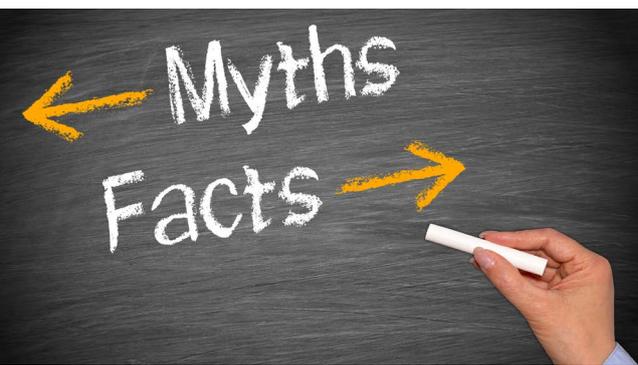
The acupuncturist's method

Following this assessment, the acupuncturist will select a series of points on the four limbs, stomach, face and back to relieve the person's symptoms and address the cause of the problem.

Read the rest of the article:

<https://medimall.gr/acupuncture-an-ancient-healing-method/>

8+1 Fertility Myths



Fertility rates steadily declined from the mid-1960s through to the turn of the century in the EU countries according to Eurostat. However, at the beginning of the 2000s, the total fertility rate in the EU displayed signs of rising again. Which are the most common taboos regarding infertility and which are the scientific answers to them?

Myth #1: Women are primarily responsible

Although historically women have long been considered infertile when they fail to get pregnant, it has been scientifically proved that they are the cause of infertility only 35% of the time. Also, 35% of infertility cases are attributed to men, 20% to both partners and 10% of cases remain unknown, according to Tri-City Medical Center in California.

Myth #2: Fertility treatments in clinics are not natural

This way of thinking is as wrong as claiming that a sick person should not be offered proper treatment because his/hers immune system should be able to defend itself.

Read the rest of the article:

<https://medimall.gr/8-1-fertility-myths/>

IVF with egg donation: will the baby look like me?

Are you worried that a child conceived after an egg donation will not look like you? Nowadays, many studies on the subject help us understand that genetics is not the only parameter to consider when talking about resemblance!

When you cannot use your own oocytes to achieve pregnancy, your gynecologist will recommend in vitro fertilization with donor oocytes. This may be an IVF technique with very good results, but of course, for many couples it is hard to accept. On the other hand, it is usual for a child not to resemble his biological parents either physically or as a personality, but rather his grandparents, cousins or aunts and uncles. The use of

the father's and mother's gametes does not guarantee that the child will resemble his or her parents, just as the use of donation does not necessarily mean a radical dissimilarity. A child born from a donation may look more like its parents than a child born from the gametes of both parents.

Read the rest of the article:

<https://medimall.gr/ivf-with-egg-donation-will-the-baby-look-like-me/>

