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## prenatal

Pregnancy is a time of anticipation, excitement, preparation, and, for many new parents, uncertainty. The nine months of pregnancy will give you time to have your questions answered, calm your fears, and prepare yourself for the realities of parenthood. This section contains some guidelines to help you with the most important of these preparations.

### Featured article



## Having Twins? How to Stay Healthy

The majority of twin pregnancies progress smoothly, and the odds of a healthy pregnancy increase if you take better care of yourself. The most important step to care for your pregnancy is proper nutrition.

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