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Subject: 33 weeks.....7 to go....

Posted by [Christal](#) on Sun, 07 Aug 2011 02:45:41 GMT

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It's been a while since I updated- time sure does fly! last trimester now, and gearing to get all the 'baby stuff' ready, at least a carseat and a few clothes and diapers! lol! iT is definitely harder to get these items now because most of my peers have been done with babies for quite a while...so the hand me downs are slim picking. I continue to feel well with no medical issues whatsoever. God seems to be making me the poster child for older pregnant moms, lol. I feel quite special-honored, yet still "odd" among the cute 20-something moms. Although I haven't had my diabetes screening yet, but i don't expect to have that. I feel, well, ok, maybe a little more "winded" than my younger pregnancies. I have gained about 20 pounds so far (and aim to keep it under 30 while eating well with supplements, etc..

Been drinking a fair amount of rrl tea and will be taking the Polly Jean's formula soon to help with labour. Along with prayer, my uterus may need the extra support this time around. :lol:

around a month ago I became a first time NANA! to a gorgeous little girl named Zoe Ada. I went to her baby shower....not too many of the 20-somethings had seen a pregnant grandma before though, LOL!

I am still gearing mentally for the life-change that is shortly to happen, and relying heavily on the Lord. Our finances also have become rather unstable, along with a few problems with our older son, which is a concern, but God will see us through.

I thought I would provide a link to my FB profile, maybe a few of you will want to see a picture of me and our coming miracle. :d also a few of the grandbaby.

<http://www.facebook.com/profile.php?id=579446506>

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Subject: Re: 33 weeks.....7 to go....

Posted by [Tamara E](#) on Sun, 07 Aug 2011 12:39:53 GMT

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I have been thinking of you, Christal, and checking in to see if you'd posted any updates. I'm so happy for you and excited that you don't have much longer to wait before holding your precious baby in your arms!

Loved your FB photo --you are beautiful!

Also, congratulations on your brand new grandbaby! As a former, pregnant grandma, I could so identify with your comments. :lol: What a wonderful experience it is though! :)

With love and hugs and continued prayers,  
Tamara

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Subject: Re: 33 weeks.....7 to go....  
Posted by [Tamara E](#) on Sun, 07 Aug 2011 12:43:40 GMT  
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P.S. Just saw the photos of your granddaughter -she is absolutely adorable! So precious!

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Subject: Re: 33 weeks.....7 to go....  
Posted by [Jamie](#) on Sun, 07 Aug 2011 20:32:29 GMT  
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First compliment: You sure don't look like an "older" mom. Very attractive pregnancy picture. I've yet to snap one I am happy enough with to post. LOL. And the grand-daughter is so sweet - what a head of hair!

Can you share about the tea and the Polly Jean's formula? Both are new terms to me. Someone, in passing, a couple of weeks ago told me to drink a special type of tea as I mentioned the Kegels were just not happening properly. I've forgotten what type and was wondering if that was the rri tea you're mentioning?

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Subject: Re: 33 weeks.....7 to go....  
Posted by [Christal](#) on Sun, 07 Aug 2011 21:08:21 GMT  
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thanks for all the kind words and compliments, Tamara and Jamie! It's always so great to hear your encouragement. :p  
Jamie, congrats on your pregnancy as well and it's wonderful to hear you're doing well.  
The tea I mentioned is Red Raspberry leaf, available in bulk through most health food stores

(although I had to make a special order through mine) If you do a little search online, there is good information how it helps tone the uterus for labour, and provides many nutrients in pregnancy as well. It's good to drink 2 cups in the second trimester, and in the last 6 weeks, up to a quart a day. (I flavor mine with lemon, juice etc and drink it iced) :)

The Polly Jeans formula is something new to me too, but an online "friend" sells it and it's a herbal combination for birth preparation. It looks helpful. :) Here is a link:

[http://www.birthjunkie.com/5week\\_formula.html](http://www.birthjunkie.com/5week_formula.html)

I guess you can also order the tea through her as well.

I'll try to update a little often, I guess I don't have much time left anyways!

~Christal

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Subject: Re: 33 weeks.....7 to go....

Posted by [Jamie](#) on Wed, 10 Aug 2011 20:32:19 GMT

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Thanks for the info! I'll look into them both :)

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