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# **Pregnancy week by week - MayoClinic.com**

Pregnancy can be both an exciting time and a scary time for mothers. There is so much to consider - eating the right foods in the right amount, exercising but not over doing it, avoiding caffeine and alcohol and also be on the look out for chemicals that can cause problems like household cleaners.

But the most exciting thing is knowing that something amazing is happening inside you. Check out the link below to follow your pregnancy week by week and be reminded of why you're denying yourself that latte or diet coke.

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