

### 3. What is your conscience telling you?

This is perhaps the biggest life decision you've ever had to make and **no one should ever pressure you to go against your inner values, morals, or beliefs.**

It can be hard to resist the influence of all of the voices around you in order to listen to **the voice within your heart.**

Spend time in silence, reflection, and prayer and you will begin to understand **that this life, this human being inside you was nestled there by God Himself.**

"Cry out to Me, My child.

Say, **'Lord, help me!'**

Make it an **emergency prayer.**

You will not be disappointed.

I am with you. I love you.

I will help you."

**Who will your child grow up to become? A scientist? A singer? A world leader? Another parent? Only God knows the special plan He has for him or her.**

For these 9 months, this person depends upon your body and your cooperation. It won't always be easy, but if you say, **"Yes"** to Him, **God will equip you with all the strength and support necessary for bringing this unique and precious little child into the world!**



To print this brochure and watch a **YouTube video** for women in crisis pregnancies, visit **LiveAndLiveOn.com**

**When I saw my baby for the first time, I fell in love. I did not know I could love another human being so much. I could not be more thankful that I did choose life."**

-Hannah, TN [SaveTheStorks.com](http://SaveTheStorks.com)



**"Having a baby is hard. But there is nothing that will bring you more happiness. I will never forget the first time she looked at me and smiled. It was like she knew me...she knew she was part of me...she knew I was her mommy. Her voice was so sweet, so perfect. I WAS her mama. Only me. You see, many of life's greatest blessings are unplanned. Mine was unplanned, and her name is Grace. I can't imagine my life without her."** -Abby Johnson (author of "[Unplanned](http://Unplanned)" book/movie)

There are currently about **2 million** couples waiting to adopt in the US alone.

Your courageous choice to give birth to your baby could give one of them a greater gift than they could ever imagine.

Adoption is an option. For the 24/7 hotline, call **1-800-ADOPTION** or visit **AmericanAdoptions.com** to learn more.

Sources: 1 & 2. Med Sci Monit - "Depression Associated with Abortion and Childbirth..." & "Induced Abortion and Traumatic Stress" 3. Brit Med Journal - "Suicides after Pregnancy in Finland"

### **Finding out you're pregnant**

can come as some of the most unexpected, overwhelming news you've ever received.

**Relax. Take a breath.** Even though you might feel scared, pressured, or confused, you don't have to go through this alone. **There is help.**

Call **1-800-712-4375** for the 24/7 helpline for a free, confidential consultation on all your options.



**OptionLine**

**1-800-712-HELP**

**¡Se habla español!**

There are 3 very important questions you should ask in this situation...

#### **1. How many weeks pregnant are you?**

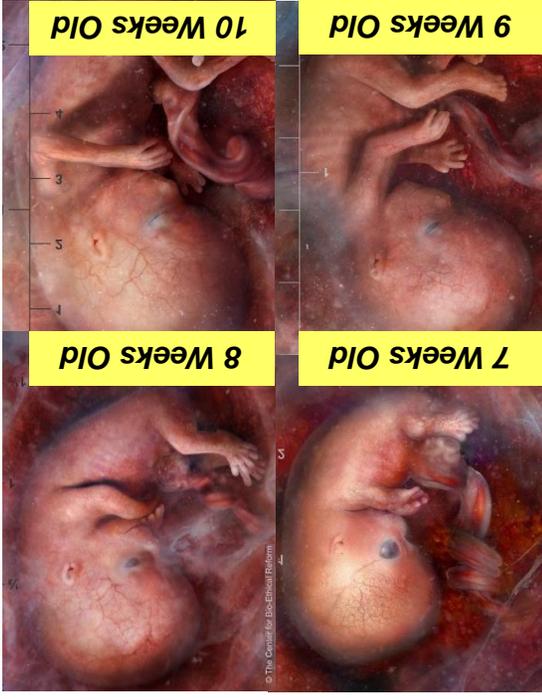
A simple and ultrasound can easily show you this. To obtain a **FREE** ultrasound and/or pregnancy test at a women's care center near you, call

**1-877-908-2341** or visit **WomensCareCenter.org**



If you are like most women, who find out that they are pregnant by 5 or 6 weeks into pregnancy, **your baby is 3-4 weeks old and most likely, already has a heartbeat!**

**The Amazing Science of the Developing Life in Your Womb:**  
**Day 1- conception takes place** (Note: All the unique DNA which determines your baby's physical traits like gender, ethnicity, and eye color are present!)  
**Day 22- heart begins to beat**  
**Week 4-** buds of arms and legs visible  
**Week 5-** eyes and ears start to form  
**Week 6- brain waves can be recorded**  
**Week 8- 90% of the bodily structures found in adults are present**  
**Week 9-** fingernail beds start to form  
**Week 10-** can squint and swallow  
**Week 11-** breathing movements occur,  
**Week 16-** genital organs differentiated  
**Week 18-** can cry, hear sound, and recognize his/her mother's voice  
**Week 21-** can be born and survive  
**outside the womb** [JustTheFacts.org](http://JustTheFacts.org)



**2. What is an abortion procedure and what are its long-term health risks?**

Remember, if you choose abortion, you are putting yourself at risk of major complications such as perforation or piercing of the uterus, hemorrhage, and infection, which can even lead to lifelong sterility and, in rare cases, death.

**In first trimester Suction and Aspiration surgical abortions, which occur**

anywhere from 5-13 weeks of pregnancy, the abortionist inserts a suction catheter through the cervix into the uterus. The suction machine is then turned on, and the baby is rapidly torn apart by the force of the suction and squeezed through this tubing, followed by the placenta:



[AbortionProcedures.com](http://AbortionProcedures.com)

**In second trimester Dilatation and**

**Evacuation surgical abortions, which occur anywhere from 13-24 weeks of pregnancy, the abortionist opens the cervix and uses a clamp to grasp and pull an arm or leg of the unborn baby. One by one, the baby's limbs are removed, along with the intestines, the spine, and the heart and lungs. The abortionist then grasps and crushes the head of the unborn baby and removes the placenta, scraping out any leftover tissue or body parts in the uterus with a curette:**



[AbortionProcedures.com](http://AbortionProcedures.com)

**Medical or "toilet bowl" abortion pills**

also come with a list of harmful side effects such as anywhere from a few hours to several days of pain, nausea, vomiting, diarrhea, headache,

if cramping, and bleeding. However, if you have already taken the first pill, RU-486, it is not too late to reverse its effects within the first 24 hours and save the baby. Help is available through the 24-hour, nurse-staffed hotline by calling 1-877-558-0333 or visiting [AbortionPillReversal.com](http://AbortionPillReversal.com)



Additionally, you should be aware of the emotional trauma that many women have suffered from abortion:

-One study found that women who choose abortion have a 65% higher risk of clinical depression compared to those who give birth.<sup>1</sup>

-Another study found that 60% of women surveyed after abortion responded, 'Part of me died.'<sup>2</sup>

-An 8-year study found that women who chose abortion were, sadly, 6 times more likely to commit suicide than those who gave birth.<sup>3</sup>

If you struggle with post-abortive guilt or grief, healing is possible. Learn more at [RachelsVineyard.com](http://RachelsVineyard.com)