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**DISCOVERY FIT & HEALTH KICKS OFF SEPTEMBER WITH A NEW SEASON OF
I'M PREGNANT AND... FOLLOWED BY TWO ALL-NEW SPECIALS**

*-- New Season of I'M PREGNANT AND... Premieres on Thursday, September 1, at 10 PM ET --
-- September Also Features World Premiere Specials SLEEP SEX on Wednesday, September 7,
at 8 PM ET and LOVE TRANSLATED on Wednesday, September 28, at 8 PM ET--*

(Silver Spring, Md.) — Discovery Fit & Health announced today the return of the controversial, original Discovery Health Channel series, **I'M PREGNANT AND...** which returns to television audiences on Discovery Fit & Health this fall for a second season. In addition, Discovery Fit & Health will premiere two new specials in September: **SLEEP SEX (U.S. Premiere: Wednesday, September 7, at 8,PM ET)** and **LOVE TRANSLATED (U.S. Premiere: Wednesday, September 28, at 8P M ET).**

Last year, viewers were enthralled with the amazing stories of women facing physical, mental or circumstantial issues as they navigate through pregnancy in the original series, **I'M PREGNANT AND....** Airing on **Thursdays at 10P M ET beginning September 1**, this new season of **I'M PREGNANT AND...** features six harrowing new stories from women willing to share their emotional nine-month journey.

This September, Discovery Fit & Health also presents two one-hour specials, the first of which follows four different people's lives touched by the condition "sexsomnia"—a sleeping disorder over which they have no control, in the world premiere documentary **SLEEP SEX (Wednesday, September 7, at 8 PM ET)**. Then, viewers ride along as a group of Western men board a bus and travel together throughout Odessa, Ukraine, for an arranged dating tour in hopes of finding wives. Welcome to the hilarious ride that is **LOVE TRANSLATED (Wednesday, September 28, at 8 PM ET).**

Topics explored during the all new season of **I'M PREGNANT AND...** include:

I'M PREGNANT AND...My Husband Wants to Become a Woman

Season Two World Premiere: Thursday, September 1, at 10 PM ET

On the surface, Brandy and Josh look like a happy young couple expecting a new baby. But behind closed doors, they are hiding a huge secret—Josh wants to be a woman. For the past six months, Josh has been undergoing treatments to become a woman by taking estrogen shots, while Brandy suffers from trichotillomania, a disorder of obsessive hair pulling, which she covers up with a wig. Will the birth of their son lead Josh to consider the possible repercussions of his gender confusion? Will Josh and Brandy be able to learn how to live honestly with each other and their newborn baby? Or will this family be destroyed by secrets?

I'M PREGNANTAND...A Little Person

World Premiere: Thursday, September 8 at 10PM ET

At 4 feet 2 inches, Nadea Fox is coping with the difficulties of being pregnant while having achondroplasia dwarfism. The father of the baby is no longer in her life, but since he is average sized, Nadea may have a full-size baby. Regardless of how big the baby is when he is born, Nadea will be forced have a C-section, as her pelvis is too narrow to give birth any other way. And since her spine is more compressed than that of an average-size woman, complications arise when she is being given the anesthesia for the surgery. Will Nadea and the baby be okay, and what size will the baby be at birth?

I'M PREGNANTAND...Addicted to Crystal Meth

World Premiere: Thursday, September 15 at 10PM ET

Crystal meth has all but destroyed Katy Irmen's life. Having struggled as a meth addict for the past 10 years, Katy finds herself pregnant. Though she struggles to stay clean, Katy has already relapsed twice during her pregnancy, and is being released from a full-time residential rehab facility to face the realities of her life and her addiction on her own. This episode of **I'M PREGNANT AND...** follows Katy's journey as she returns home, reunites with old friends and confides in fellow addicts. As she struggles with her own recovery, Katy also comes to terms with how her meth addiction may have affected the health of her unborn child. When the baby arrives, Katy must learn to juggle the pressures of caring for a newborn while dealing with the rigorous demands of addiction treatment. If Katy relapses again, she would not only face prison time, she would also lose the most precious thing in her life—her newborn daughter.

About Discovery Fit & Health:

Discovery Fit & Health, a division of Discovery Communications, Inc. (Nasdaq: DISCA, DISCB, DISCK), entertains viewers with gripping, real-life dramas, featuring storytelling that chronicles the human experience from cradle to grave. Network programming includes forensic mysteries, amazing medical stories, emergency room trauma dramas, baby and pregnancy programming, parenting challenges, and stories of extreme life conditions. Discovery Fit & Health also features popular online and social media destinations found at DiscoveryFitandHealth.com, [facebook.com /DiscoveryHealth](https://www.facebook.com/DiscoveryHealth) and twitter.com/disc_health.

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