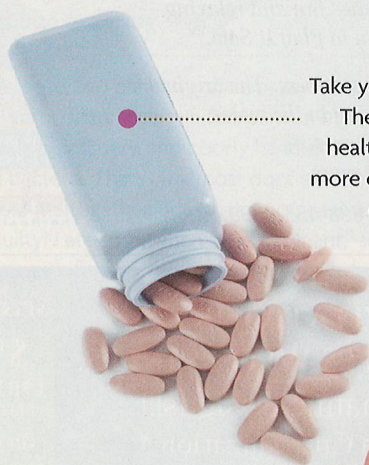


THE COMFORTABLE

Bearing a baby is a beautiful thing, but it can be a bit uncomfortable to say the least. Stay comfy while expecting and during the postpartum period with a few of our favorite products and tips for easing mama-related aches and pains. **PRODUCED BY SARAH GRANGER**

A good start

It will be a while before you begin to visibly grow, but internal adjustments may already be causing some discomfort in the forms of morning sickness, exhaustion and indigestion. Use these tools and tricks to find your comfort zone during the first trimester.



Take your prenatal vitamins! They promote overall health, which makes you more comfortable from day one to day 280.

Stuart Prenatal
\$30

Use it hot or cold
This pillow can be heated in the microwave or chilled in the freezer.



An aromatherapy eye pillow can help rest your eyes and reduce headaches and sinus pain. (The cashmere effect is just for fun!)

Kistner Supply
\$30



[tip] If you're suffering from morning sickness, saltines might just be your new best friend—bland snacks offer many nauseated moms relief. Ginger often works too. Find it in ale, hard candies and cookies.



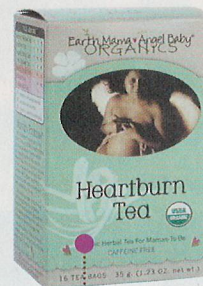
These lollipops are made to ease mama quease—keep a few in your bag for when morning sickness strikes.

Three Lollies
\$4 for 7



Acupressure bands have long been known to reduce nausea, so two smart moms made a stylish variety for the expecting crowd.

PsiBands
\$15



If you're suffering from heartburn, try this made-for-moms-to-be tea, which is specially designed to ease indigestion.

Earth Mama Angel Baby
\$6

good to know

Can't beat the burn? Try adjusting your diet. Eating small, frequent meals and cutting known triggers (such as caffeine, carbonated beverages, chocolate, and acidic, fatty and spicy foods) has proven effective in reducing heartburn.

Did you know? During pregnancy, hormones slow the movements that push swallowed food into your stomach. This is a good thing, since it gives nutrients more time to be absorbed into your bloodstream and reach your baby, but it can also be the cause of some serious heartburn.

