

GLAMOURMOM
THE BUILT-IN NURSING BRA

**It's a Bra, It's a Tank,
It's an Undershirt.™**

See why our patented,
Built-In Nursing Bra™
design improves upon
and replaces the
ordinary nursing bra.

Choose from a variety
of styles, colors
and patterns.

*Nursing Bra Tank
Lace V-Neck
Shown in Black*



Perfect for
Layering

To order, visit www.glamourmom.com
or call toll-free 1.888.579.4666

© 2008 Glamourmom LLC. All rights to its intellectual property including but not limited to US Patent 7,076,809, European Patent 1322193, Australian Patent 2002212997 and all other Foreign Patents and Patents Pending.

SYMPTOM SOLUTIONS

Morning sickness

WHY A pregnant women's elevated hormone levels or enhanced sense of smell may trigger nausea and vomiting. Women who suffer from motion sickness or migraines are more likely to experience morning sickness.

WHAT TO DO Keep a bland snack (such as crackers, dry cereal or pretzels) by your bed to eat before you get up in the morning, eat small meals throughout the day and have a bedtime snack. Fresh ginger and lemon may help, or try **New Chapter Ginger Honey Tonic** (\$15, newchapter.com), **Oh Mama! Ginger Ale Elixir** (\$7, amazon.com) or **Natural Peggie Pops or Drops** in sour lemon (\$5.50, threelollies.com). If you're having trouble getting

(and keeping) anything down, try **Psi Bands**, adjustable bracelets worn on the acupressure points of each wrist (\$15, psibands.com).

— JENNIFER CAROFANO



No queasiness, no worries

Women who experience morning sickness are less likely to miscarry, recent research shows. But if you're able to keep down the steak and eggs you had for breakfast, it doesn't mean you're more at risk of losing your baby. Pregnancy symptoms range from sore breasts to feeling bloated, queasy or tired, but most women who don't experience any symptoms at all go on to have healthy pregnancies and babies. — J.C.

Naturepedic®

Sleep Healthy Grow Healthy™

FREE SHIPPING
Coupon: FPRG
crib mattress - continental U.S.

You've heard of organic vegetables, or even organic milk, but what on earth is an organic mattress? Is it really healthier?

Well, quite simply, yes. Naturepedic mattresses use organic and non-toxic materials while eliminating harmful chemicals found in conventional mattresses.

Babies spend 10-14 hours a day sleeping and playing on a crib mattress. Give your baby a healthier tomorrow by removing harmful chemicals today.



organic cotton
www.naturepedic.com