

Pregnancy presents

* What you **SHOULD** know about **TANNING**

ULTIMATE Beauty & Style GUIDE

Feel Good, Look Good

Keep your body healthy, and you'll look radiant.

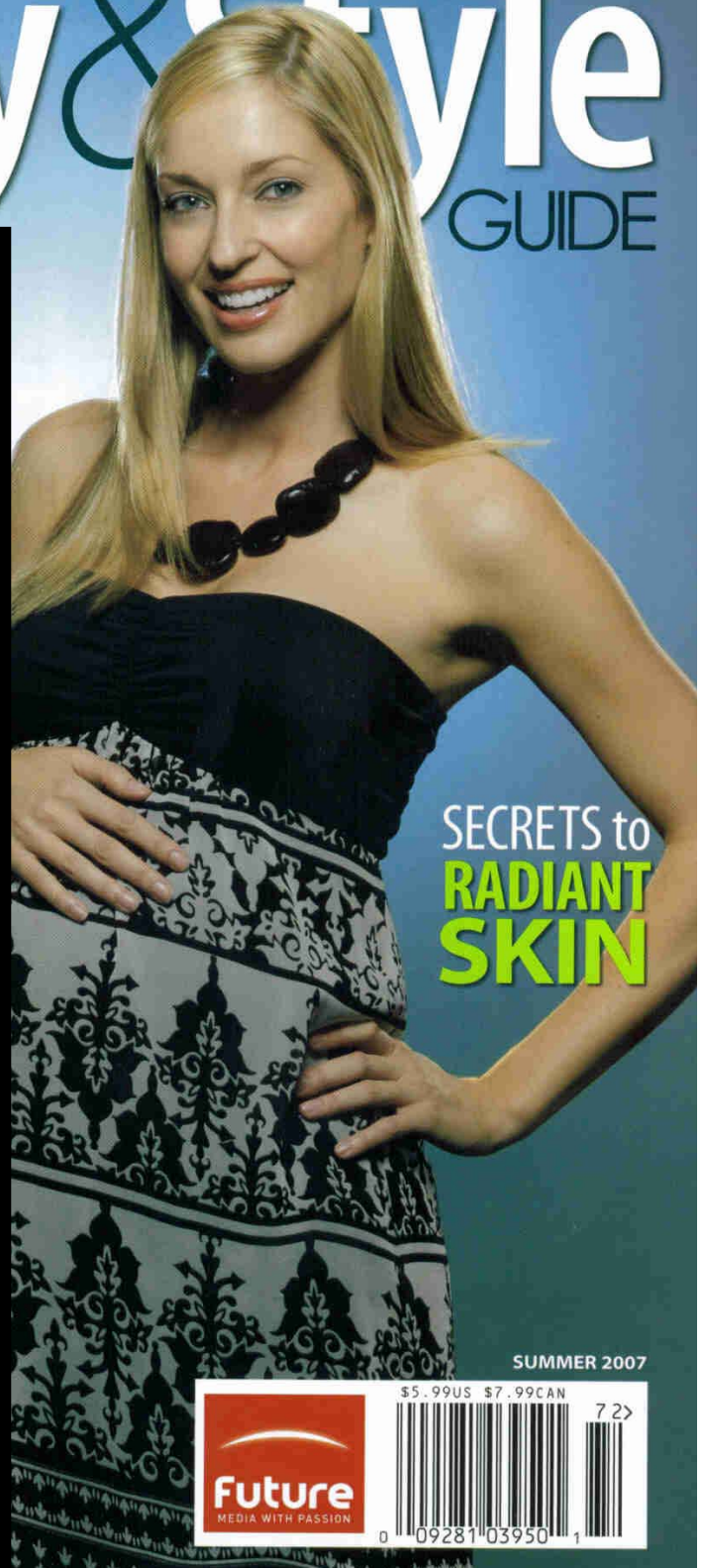
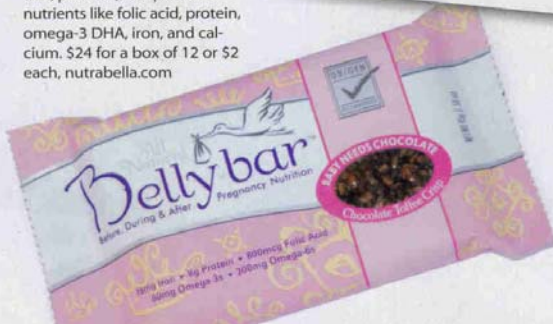


▶ **Earth Mama Angel Baby Heartburn Tea's** blend of 100 percent organic marshmallow root, chamomile, spearmint, orange peel, and slippery elm bark was lovingly created to help put out that heartburn fire. \$8, earthmamaangelbaby.com

▶ **The Ginger People Ginger Chews** can help with morning sickness—and their sweet and spicy taste is a huge plus. \$2, gingerpeople.com or Whole Foods Markets.



▶ **NutraBella's Bellybars** are a super-convenient snack that gives you key pre-conception, prenatal, and postnatal nutrients like folic acid, protein, omega-3 DHA, iron, and calcium. \$24 for a box of 12 or \$2 each, nutrabella.com



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