

Your pregnancy

Healthy BODY healthy BABY

ADVICE AND INFO FOR YOU AND YOUR BUMP



NEW ARRIVAL

We already love Palmer's Cocoa Butter Formula range, but now there's a new addition! Palmer's Cocoa Butter Formula Lotion with SPF 15, £4.99, smells delicious and helps to protect your skin against sun damage, too.

NICE advice

New guidelines from the National Institute for Health and Clinical Excellence (NICE) aimed at helping women with diabetes to have a safe and healthy pregnancy and baby have highlighted the importance of seeking advice both before conception and during pregnancy.

Experts now recommend extra antenatal checks between 18 and 20 weeks for women with pre-existing diabetes, while women with gestational diabetes (diabetes that occurs during pregnancy) are to be offered advice on diet and exercise at their six-week postnatal check. This allows doctors to explain the risks of gestational diabetes recurring in future pregnancies, and the importance of pre-conception care when trying for another baby.

● See www.nice.org.uk/CG63 for the new guidelines. Call the Diabetes UK careline on 0845 120 2960 for more about diabetes and pregnancy.

A WEIGHT OFF YOUR FEET

It's lovely to relax and feel the sun on your face, but a summer pregnancy can also mean swollen feet and achy legs. The For Feet's Ache range from Gel Doctor is a collection of uniquely designed, liquid gel-filled insoles that claim to massage the feet, easing compressed muscles and increasing both blood and oxygen flow. Our tester popped them in the fridge for an hour or two before slipping them into her shoes for a rejuvenating cooling effect – bliss!

● For Feet's Ache insoles are available in UK sizes 2-11, £9.95. To buy, log on to www.geldoctor.com.



GET FIT FOR LABOUR!

We look at three yoga DVDs that will improve flexibility and prepare you for birth

15 MILLION...

...That's the number of tetanus vaccinations donated by Pampers to UNICEF to help protect expectant mums and their unborn babies in the developing world. For every pack of nappies sold between October and December in 2007, Pampers donated the cost of one life-saving jab. To continue to support the campaign, visit www.unicef.org.uk/pampers.



Pregnancy Health Yoga with Tara Lee, £19.99 plus p&p, www.yogamatters.com



Prenatal Yoga with Shiva Rea, £12.99 plus p&p, www.gaiamdirect.co.uk



Kundalini Yoga For A Conscious Pregnancy with Carolyn Cowan, £9.99 plus p&p, www.devotion.org.uk

WHAT TO EXPECT

Yoga exercises specifically designed to help you feel healthy and strong.

This 50-minute workout is simple and easy to follow.

A more spiritual approach to pregnancy yoga.

ANY SPECIAL FEATURES

Partner-work section including some massage techniques useful for labour.

You can follow the routine appropriate for your trimester, to make sure you don't overdo it.

Meditations to help prepare you for the birth.

BEST FOR...

Improving your overall strength and stamina.

A gentle, relaxing workout.

Looking after your mind and body. **PB**

For more on health during pregnancy see Babyexpert.com or netdoctor.co.uk