

# fit pregnancy

BE A BREASTFEEDING SUCCESS (FLIP OVER!) >

EXPECT THE BEST!

## GROW A HEALTHY BABY

While Enjoying Everything You Love!

4 Pregnancy Problems You Should Always Take Seriously

“She Stole My Name!”  
How to Handle the Drama

9 QUICK NURSERY DESIGN TRICKS



## ALYSSA MILANO

Her Smart Take on Gaining (& Losing) the Baby Weight

#1

PREG POWER FOOD

YOU'RE ALREADY CRAVING IT

## Bump Watch

TIPS TIMED TO YOUR TRIMESTER

fitpregnancy.com



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DISPLAY UNTIL SEPTEMBER 29, 2014

# NEED A BABY-MAKING ASSIST?

It's frustrating when you and your partner are *so* ready to start a family, but those little pink lines refuse to appear. These wallet-friendly finds could help you achieve a Big Fat Positive without seeing a specialist.



FOR YOU

## **PregPrep Make That Baby Kit**

(\$40, [pregprep.com](http://pregprep.com))

Developed by a pair of mommy docs, this two-month kit includes a trifecta of natural products to prime your body for pregnancy. The FertilPrep capsules contain a mucus-thinning compound to ease sperms' journey to egg, while the VitaMelt prenatal vitamin sets you up with folic acid, vitamin D and B12 to help stave off complications and birth defects. Essential Balance Oil combines calming lavender and uplifting citrus to combat stress. Now strike up the mood music!



FOR HIM

## **SpermCheck Fertility**

(\$40, drugstores)

If you two have been trying for a few months and you've already been checked, assessing his sperm count is a smart next step. This FDA-approved at-home tool determines how many little swimmers your guy has—with 98 percent accuracy—in 10 minutes. Sperm count alone may not tell you the whole story. If the next couple months are still unfruitful, see a doc. —T. B.

**Q** I've heard taking prenatal vitamins at night can cause insomnia. Is that true?

**A** Nope, says Mary Jane Minkin, M.D., an OB-GYN in New Haven, Conn. Despite rumors you may have read on mom-to-be message boards, it's highly unlikely that your prenats are costing you those precious zzz's. Most formulations include some B vitamins, which contribute to overall energy, but they shouldn't affect your sleep. Still, Minkin recommends her patients try taking their vitamins at different hours of the day to see how they feel. "Experimenting allows you to understand how your body responds, so you can avoid discomfort," she says. —T. B.