

BUMP TALK

The latest pregnancy buzz and trendy finds

BRIGHT, STYLISH Accessories

Fun and fabulous – two words that epitomise all things Lou Harvey. Moms completely adore Lou’s functional, must-have collection of bags and accessories, as well as her range of kids’ goodies – kids’ backpacks, lunch coolers, lunch slings and pencil cases. Lou Harvey’s stylish nappy bags combine functionality with great design and are lifesavers for both moms and babies, as they are big enough to fit in all of your everyday baby (and mommy) essentials. Choose from a range of beautiful new classic designs that are made from a durable fabric – the bags are also easy to clean and come with a matching changing mat and long handle that fits perfectly over most prams.



KEEP BABY SAFE FROM THE SUN



In SA, babies need sun protection, even in the cooler months. New Pure Beginnings Baby & Kids Sensitive Sun Milk SPF 50+ offers very high broad-spectrum protection (UVA/UVB) against the sun. It’s water resistant and is manufactured with 100 percent natural mineral filters, which are guaranteed free from nanoparticles. It’s suitable from ages of 6 months and older. Although designed for baby and kids, it’s perfect for the whole family, especially for people with sensitive skin who may react to chemical based sunscreens. Pure Beginnings is affordable and effective, and also certified organic by Ecocert. Get yours for R250 from leading retailers.

TIME FOR A SPLURGE

Feeling a little flat? Treat yourself to !QSMediCosmetics products from futurethis.co.za. !QSMediCosmetics Revitalising Lift-o-Firm Body is an innovative contouring cream with a lifting ingredient that helps sculpt your body and firm problem areas. Bitter orange is used to help stimulate fat burning, while natural oils leave the skin smooth and full of vitality. Get yours for R1 020 for 200ml. !QSMediCosmetics Night Collagen Repair is specifically developed to work with the skin’s regenerative process at night. This advanced collagen serum helps to restore tone and reduce fine lines and wrinkles. By enhancing cell metabolism, the collagen is more deeply absorbed, which results in both immediate and long-term hydration and improvement in the skin’s elasticity. Get yours for R1 000 for 30ml.



Beauty without cruelty

The Oolala Collection Club is a proudly South African, organic, vegan skincare range. It’s a high-quality skincare line for men and women, is eco-friendly, and affordable. The Oolala Collection Club is all about beauty with brains and a heart, and most importantly, beauty without cruelty. Absolutely no products or ingredients are tested on animals. And this is central to the brand, because, did you know that more than 100 million animals worldwide are subjected to experimental testing every year? Of these, hundreds of thousands suffer purely in the name of beauty. Whether you’re looking for the best anti-

ageing products to target those fine lines and wrinkles, or you need a solution for adult acne or dry, flaky skin, the Oolala Collection has it all. Each product in the

range meets specific skincare needs, from dry to oily and combination skin types, pigmentation problems, acne and more. Visit oolalacollection.com for info.



WHY *folate* IS SO IMPORTANT

Taking folate should begin long before you consider getting pregnant. So says Tina Visser, a medical adviser for women's health at pharmaceutical company Bayer. We know that neural tube defects (NTD) such as spina bifida and anencephaly can be significantly reduced if women supplement their diets with folic acid. Taking folate at the right time can't be emphasised enough as the first and most obvious intervention mechanism to reduce the incidence of NTDs, particularly among women in their reproductive age. Folate has a well-established protective role against the occurrence and recurrence of NTDs.

NTDs are major malformations resulting from the failure of the neural tube to close properly, and can have serious consequences for a child's quality of life. Normally, the neural tube closes in the first few weeks of pregnancy, often before a woman even knows she's pregnant. About 300 000 babies worldwide are born with NTDs every year. Infants with spina bifida – when the bones of the spine (vertebrae) don't form properly around part of the baby's spinal cord – have varying degrees of paralysis of the legs or loss of bowel or bladder control. While the causes of NTDs are not known, it is thought to be a combination of genetic and environmental factors. While doctors do not know how to eliminate all instances of NTDs, we do know that folic acid intake prevents some forms of NTDs.

The best early preventative measure is to build up the level of folate among childbearing women. Since folates belong to the group of B vitamins and can't be produced by the body, women should talk to their doctors about supplementing with folate before even contemplating getting pregnant. Folate facilitates a number of essential functions within the body, including enabling the healthy development and growth of the foetus in the womb.

Women are at an advantage if they have good folate levels by the time they conceive. Research suggests that the risk of NTDs can be substantially reduced if women supplement their diet with a daily intake of folic acid at least a month before and during the early weeks of pregnancy. Check with your doctor for new contraceptive pills that are fortified with folate, and which stay in your system for up to three months. That way, if you're planning on falling pregnant, your body will have enough folate to help protect your foetus from NTDs, even when you stop taking the contraceptive.



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