

A NEW LOOK AT MOTHERHOOD

pregnancy

Love your body AFTER BABY!

Defeat the media's skinny obsession p.54



Actress Bree Turner

Prenatal Picks

Do you need a **NANNY CAM?** p.92

Build a better **GRANDPARENT.** p.

1st Father's Day gadgets and apps p.

Molly Ringwald on getting the pretty back p. 79

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Must-Haves | Styled by Dr. Seema

Feet first!

A podiatrist and mom of three gives us her picks for treating your tootsies right while you're pregnant

1 "This remover and polish is free of formaldehyde, DHP, and toluene—ingredients linked to cancer that also cause dry, brittle nails." **Dr.'s REMEDY Enriched Nail Polish in Mellow Mauve and Calming Clear Top Coat, \$16 each; Enriched Nail Polish Remover, \$5, remedynails.com**

2 "Fallen arches are common during pregnancy and can lead to pain and plantar fasciitis, so arch support is imperative. The foot bed of these sandals is contoured to match the foot and eliminate pressure and friction." **Sandalistas by Aetrex Labella in Blue Snake Textured Leather, \$134, zappos.com**

3 "I love this hydrating lotion for severely dry, cracked skin. It contains herbal ingredients such as aloe, collagen, and Vitamin E and is very lightly scented." **Tripod Labs Hydrostat, \$19, ourdoctorstore.com**

4 "I feel very strongly about emu oil, especially for women who retain a lot of fluid and have varicose and spider veins. Because it contains Vitamin A and oleic acid, potent skin repairers, it's also great for stretch marks and diaper rashes." **Skin Sense Naked Formula Pure Emu Oil, \$45, skinsenseoils.com**

Dr. Seema Ramcharitar-Amante has podiatry practices in Manhattan and Queens, NY. A mom of three, she worked full-time during each of her pregnancies. She's appeared on news shows around the nation and speaks on various topics related to feet.

Aetrex Labella (SA39)
in Blue Snake Texture