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Issue

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BELLA MAMA NEWSLETTER

Ahh... Aloe vera !!!



Over 200 worldwide scientific research papers have been published on the effects of Aloe vera. The three main categories of research include anti-inflammatory, anti-bacterial, and anti-viral actions of Aloe vera. The juice is said to soothe digestive tract irritations such as colitis, ulcers and irritable bowel syndrome. Aloe's ability to encourage the release of pepsin (a gastric juice enzyme necessary for digestion) when the stomach is full is a possible reason for its ulcer-healing effects (Journal of the American Osteopathic Society, 1963, vol.62). In one study, oral use of Aloe for six months helped mitigate asthma symptoms in almost half of the participants. Eleven of twenty-seven patients studied who drank Aloe reported feeling better at the end of the study. Researchers think that results might be due to stimulation of the immune system, as well as naturally occurring anti-inflammatory agents in Aloe vera.

Just in time for spring, Bella mama is pleased to reintroduce the **Bella Glow Set**. The Glow Set contains:



This set contains a large (6oz) Belly Butter, (2oz) Belly Oil, Foot Salts to pamper those tired swollen feet. This set also includes a box of Preggie Pop Drops (organic) manufactured by Three Lollies LLC.

About Preggie Pops :

Childbirth educators have historically recommended sour flavored pops for labor because they were perceived to be less likely to exacerbate queasy stomachs. Lavender has been widely used in aroma therapy for relaxation and sometimes for upset stomach as well. Mint has long been used in both oral and aroma therapies for upset tummies. Ginger is an ancient remedy for tummy troubles and research shows that mint has been used for over a hundred years.

Bella mama to be featured at 9 London in Harrods!!

Welcome to **9 London** by Emily Evans, the specialists in fashionable maternity wear. Located both in London's Sloane Square and on the 4th floor of Harrods, 9 London stocks beautiful maternity collections from around the world, mixed with one-off vintage pieces and their own quirky collection AND ARE NOW STOCKING BELLAMAMA.

Harrods



Bella Mama Favorite:

The Pregnancy FitKit™ is the best prenatal and postpartum exercise program and non-toxic workout accessories package on the market. Promoting a healthy pregnancy and baby as well as an easier labor, safer delivery and quicker recovery has never been more convenient or affordable. Use BELLAMAMA promo code at www.pregnancyfitkit.com and get \$10:00 off!!



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