

MORE THAN \$1,600 IN FREE STUFF UP FOR GRABS AT PNMAG.COM! DETAILS ON PAGE 15

PREGNANCY & newborn

OUR
ECO-
FRIENDLY
ISSUE

- Organic baby carriers
- All-natural nursery décor
- Sustainable fashion

10 *ways*
pregnancy
changes
your life

GET SOME
SLEEP
TONIGHT

Tips for tired
moms-to-be



What to
expect at
the hospital



DIY
BEAUTY

plus BABY
BATH CARE

Healthy
snacks to
satisfy
cravings



Display until April 27, 2010

Wake up

Put your smallest carbon footprint forward as you jump-start your day with an eco-conscious morning routine.

Install a low-flow showerhead to save up to one gallon of water a minute and over \$100 on your water bill each year.

WaterPik
\$50

A razor comprised of recycled yogurt cups! Preserve
\$9

This toothbrush handle is made from recycled wood. Radius
\$7

Renew your spirit with an inspiring mug of your favorite fair-trade tea. Curly Girl Design
\$17

WATER-POWERED CLOCK
Brdol
\$16

An absorbent bamboo hair towel will minimize drying time. Sweet Water
\$30

Work your hair's natural waves with organic styling products. Giovanni
from \$8

ORGANIC COTTON ROBE
Gaiam
\$96

FAIR-TRADE COSMETIC BAG
Original Good
\$18

BAMBOO BRUSH AND COMB
Olivia Garden
from \$8

#2 PLASTIC DIY SHOWER CURTAIN
Ty
\$33 at gainsdesign.com