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Join our associate editor Dana Reinke as she reviews the stuff moms love (and need), from beauty products to toddler toys

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Friday, August 7th, 2009
Help the medicine go down

Mother's little helper of the week: [FemMed Pregnancy + Ginger](#)

One of the things I remember most vividly about being pregnant is morning sickness. In my case it was really all-day sickness and it was awful. I tried gingerale and ginger tea like they were going out of style and I lay like a blob on the couch from the time I got home from work until I went to bed at night (usually around 7:00 p.m.). I couldn't stomach any food but crackers and by the time I had my third child I was so sick of the nasty prenatal vitamin flavour I barely took them — they made me gag as soon as I opened the bottle. (In fact, they still do, I feel just as sick if I smell them now as I did then!)

That's why I was so excited when I heard about femMED's pregnancy + ginger (\$29.99 for 60, available at drug and grocery stores). Not only does it contain enough ginger to naturally calm your poor little tummy but I made the poor PR girl open a bottle so I could take a whiff; and trust me when I say it doesn't have that awful vitamin stench I remember about its competitors. It's too late for me dear readers — this womb is closed — but this might make your future pregnancies a bit happier and a bit healthier!



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Posted by **Dana Dougherty Reinke**
on **Friday, August 7th, 2009 at 9:31:40 AM**
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