

your body

# Cool it, baby

BY CAMILLA  
RANKIN

In these soaring temperatures, your burgeoning belly can make a summer pregnancy really tough. Here are some top tips to help you make it through the heat without wilting

## TOP TIPS

- SHOWER IF YOU CAN • ROLL-ON DEODORANT LASTS LONGER THAN AEROSOL SPRAYS • USE WET-WIPES, SPRITZERS AND COLOGNES ON CAR TRIPS, HECTIC WORKING DAYS AND SHOPPING SPREES
- WAX YOUR LEGS • WEAR SANDALS • AVOID CROWDED AND CONFINED SPACES AND PLACES
- SIT CLOSE TO THE EXIT IN PUBLIC PLACES SO THAT YOU CAN ESCAPE FOR AIR OR A COOL BREEZE FROM OPEN DOORS • KEEP A TOOTHBRUSH AND SMALL TOOTHPASTE TUBE IN YOUR BAG; KEEPING YOUR MOUTH FRESH WILL, BELIEVE IT OR NOT, HELP YOU FEEL COOL ALL OVER

Tropitone All leading  
retailers, R86

## 1 WHAT NOT TO WEAR

Choose your clothes with care. Synthetic, clingy fabrics will leave you feeling sweaty and uncomfortable, opt for natural fabrics such as cotton and linen that allow your skin to breathe. Invest in a couple of cotton summer dresses or trendy kaftans and you'll feel as light and carefree as a spring breeze. Layer clothing so that you can take pieces off as the day grows hotter and don't try to squeeze your hot, swollen feet into tight, closed shoes, use the heat as a great excuse to buy a pair of funky, comfortable sandals or flip flops.

## 2 BEAT THE HEAT WITH WHAT YOU EAT

Summer means that an abundance of thirst-quenching, vitamin enriched, energising fast food is available. Instead of snacking on sweet, doughy, salty and packaged foods such as doughnuts, chips and sweets that will only sap your energy and make you feel bloated – think fruit. Strawberries, watermelon, sweet peaches, crisp grapes and succulent mangoes will not only minimise your calorie count but, if eaten straight from the fridge, will help keep you cool. Freeze a kebab stick made of mango, apple, pineapple and pear, whip up a smoothie if you don't feel like lunch or even homemade lollies using yoghurt and liquidised fruit. Keep your main meals light and nourishing. You may even prefer to eat five small meals a day rather than three big ones. Save hot drinks for cold days and evenings and always ask for a tall glass of iced water wherever you go.

## 3 COOL DOWN WITH A FRESH SPLASH

Take the plunge and have a swim. Not only is swimming one of the best and safest forms of exercise during pregnancy, it will also cool you down quickly. The water relieves stretched joints and ligaments, your back and abdomen and floating will alleviate any pressure you might be experiencing on your sciatic nerve. Take care though – avoid any strenuous exercise during the heat of the day, as you run the risk of overheating, make sure you're well covered in sun cream and have something to drink after your swim. If you do find yourself feeling weak or faint, go inside and lie down, but if the situation persists or worsens, consult your medical caregiver.

## 4 DRINK UP!

The best way to keep your cool during summer is to drink fluids and stay hydrated. If you're feeling thirsty, you're probably a bit dehydrated already. Water's the purest and best solution, but diluted fruit juices, milk and electrolyte-balancing sports drinks are just as effective. You need to strike a balance though, as an excessive, fast fluid intake can lead to water intoxication. In these extreme cases, a potentially fatal disturbance in brain function results when the normal balance of electrolytes in the body is pushed outside of safe limits. As a rule, stick to about 250ml of fluid for each hour you are outdoors in hot weather.

## 5 SKINCARE

Your skin is the biggest organ in your body and plays a vital role in keeping you cool. Skin controls heat and sweating by opening >

Sunumbra natural sunscreen  
SPF30 100ml, R197

Elizabeth Arden Eight  
hour cream Selected  
Edgars and Red  
Square stores, R185

Simply Aloe Sun cream  
SPF30 100ml, R96

Simply Sun Botanicals  
SPF60 35g, R85



## your body

or closing the blood vessels closest to the surface. Since the skin is nature's way of helping the body lose heat, keep it cool with a spray bottle filled with cold water. A gentle shower of cooling mist can do wonders for sagging energy levels. A paper fan can be just as effective. Wearing a minimal amount of make-up will prevent your skin from feeling clogged and sticky when the day heats up. Keep your face and lips moisturised with a good quality skin product to prevent chapped lips and dry skin. Pregnant women are actually more prone to sunburn, so make sure that you are wearing a broad-rimmed hat and a good quality sunscreen, preferably one with an SPF of 45 and above. Also remember that the SPF number is an indication of the length of time your sunscreen will protect you from the sun's harmful rays, so SPF45 = 45 minutes in the sun.

## 6 GIVE YOUR HAIR SOME FLAIR

Ideally keep your hairstyle short and simple. While you may be tempted to radically snip off your long hair in this heat, resist the temptation until post-pregnancy when your hormones have settled down. Long hair can be tied up, tucked into a hair slide or swept up into a trendy bun to expose your neck to a soothing breeze.

## 7 CHILL

It's not only the heat that's making you feel exhausted, it's the pregnancy too. You're breathing faster, your heart is fluttering, and there's more blood pumping through your veins. An imbalance of hormones during the first three months and the sheer burden of carrying a full-size baby during the final countdown is enough to sap your energy, leaving you lethargic. It's nature's way of saying: slow down. Not always practical if you're running a hair salon or chairing a board meeting. All you need is a pillow and the floor! The cold floor will cool you down, slow, controlled breathing will calm your metabolism, shut-eye will help you to refocus and

*“SPF number is the amount of time the sunscreen will protect you. SPF45 = 45 minutes”*

relaxin, a hormone of pregnancy will do the rest.

## 8 SWOLLEN AND SWEATY?

If the later stages of your pregnancy occur during the hot months of summer, you are likely to experience some degree of water retention, commonly called oedema. This manifests as swelling of your hands, fingers, feet and ankles. It's completely normal, but you can minimise it by lying down for an hour or so every day. Reducing your salt intake will also help, but don't completely eliminate salt from your diet, your body needs it. If your fingers start swelling, remove your rings immediately, as you might not be able to get them off in a few days. If the swelling seems excessive, consult your doctor or midwife to be on the safe side. **YP**



DermaFix  
DermaShield SPF45  
50ml, R130

### SUNSCREEN FOR THE KIDS

A photograph of four bottles of children's sunscreen. From left to right: EverySun Leading (blue and yellow), Clicks Kids sun protect lotion (blue and yellow), Pure & Protect Aqueous Kids (white and blue), and Nivea Sun Kids Trigger Spray (blue and yellow). Each bottle has a price tag below it.

EverySun Leading retailers R109	Clicks Kids sun protect lotion R90	Pure & Protect Aqueous Kids R80	Nivea Sun Kids Trigger Spray R150
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**STOCKISTS** DermaFix 0861 28 23 23; Island Tribe Dis-chem 0800 201 170, Cape Union Mart 0860 003 400; Nivea Clicks, Dis-Chem and selected retail outlets [www.nivea.co.za](http://www.nivea.co.za); Pure & Protect leading retailers [www.pureandprotect.co.za](http://www.pureandprotect.co.za) Simply Body Care [www.simplybodycare.co.za](http://www.simplybodycare.co.za) or at selected pharmacies; Sunumbra health stores