



Keenhealth Offers Maternity Belt To Support Baby Bump

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Keenhealth, a home health products company based in Denver, Colorado, has announced that they are offering the K-MB-716 size M pregnancy belt, designed to support the baby bump. This pregnancy belt is designed to help women carry the growing baby in their tummy. It is also designed to grow together with the growing belly because it is adjustable.

Lily, a spokesperson for Keenhealth, says, "We're so happy to announce that we are offering the K-MB-716 size M pregnancy belt to help women carry their growing baby. Being pregnant, especially when you reach your third trimester, means heavy lifting. When you need a little help - to support your belly, to relieve your back pain, or to help you when you do your chores - our belly band for pregnancy is the solution for you."

She continues, "And this pregnancy belt has been designed to be adjustable so that it is not too tight nor too loose. The velcro end allows you to adjust the maternity support belt to your growing belly, up to 44 inches (size M). Another important benefit of this pregnancy belt is that it is possible to clean in it in just 15 minutes. Cleaning this belt just requires three steps: soak, rinse, and dry."

A pregnancy belt like the K-MB-716 has a number of benefits for pregnant women, especially those who are in their second and third trimesters. They support the abdomen and the lower back during pregnancy. In this way, pregnant women can avoid pelvic pain and back pain. Studies have shown that 71 percent of women have reported that they suffer from low back pain while 65 percent suffer from pelvic girdle pain.

Sacroiliac joint pain also happens frequently during pregnancy because of the increase in relaxin, a hormone that causes the hip joints to become loose and less stable. This pain can feel sharp and excruciating at times in the lower back next to the tailbone. A maternity belt can provide support to the area to help stabilize, preventing pain when a pregnant woman is engaging in certain activities.

There is also the possibility of round ligament pain, particularly during the second trimester. This is due to the increased weight and pressure on the ligaments supporting the growing uterus. The pain felt may vary from a dull ache to a sharp pain and unbearable pain below the belly and on the front of the hip. A pregnancy belt can help distribute the extra weight across the abdomen and back, which may help in minimizing the pressure on the round ligaments, thus reducing the pain.

Another important benefit of a pregnancy belt is that it can provide gentle compression to support the growing baby and decrease discomfort from movement while performing some physical activity. It should be noted that the amount of pressure should not be too much because it could hamper blood circulation. This can have a negative impact on blood pressure and it can also lead to indigestion and heartburn. This is why the K-MB-716 is adjustable so that the user can control the pressure to ensure that it is not too much.

Another way that the belly band can help is that it can facilitate correct posture, preventing overextension of the lower back. It should be noted that the usual "swayback" appearance of pregnant women is caused by the extra burden in the front of the body plus the stretching and weakening of the major core muscles that support the spine.

A belly band can also allow pregnant women to engage in exercise. It is common for them to avoid exercise because of the pain and discomfort that comes with it. Because a belly band reduces the pain and discomfort during exercise, pregnant women are motivated to exercise, which is good for them because it increases muscle tone and endurance.

People who would like to know more about the K-MB-716 size M belly belt or other similar products can take a look at the Keenhealth Amazon page.

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For more information about Keenhealth, contact the company here: [KeenhealthLilyDenver, CO](#)

Keenhealth

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