



Postpartum healing

We love to reference to the 5 pillars of postpartum

From website : <https://www.innatetraditions.com/planning-for-the-fourth-trimester>

Book - The First Forty Days: The Essential Art of Nourishing the New Mother by Amely Greeven, Heng Ou, and Marisa Belger

Essential 1: An Extended Resting Period

An extended resting period in the postpartum time, safeguards women's long-term pelvic health and hormonal health.

The act of lying in with your babe for the first 40 days is practiced throughout the world in different cultures. This is a time to learn your babe's cues, heal your body, and spend time as a family. This doesn't mean you have to be in bed the whole time! It's important to move around to increase circulation, but take it easy on big trips to the grocery and big loads of laundry.

Essential 2: Warm in Temperature, Warm in Nature, Easy to Digest, Nutrient-Dense Food

Our digestive system is profoundly altered through pregnancy and birth. There are specific foods that should be eaten to support long-term digestive health. After you've had a baby, it's important to eat warm, easily digestible foods (like soups and stews). This helps the digestive system come back to homeostasis, and also warms the body up (energetically and physically). Warm oil massages and equally as important for you and your new babe to stay warm. Socks, hats, and snuggling up with blankets help with this!

<https://www.mindbodygreen.com/articles/postpartum-nutrition-guide>

Essential 3: Bodywork

Bodywork elicits our relaxation response, allows our nervous system to down-regulate and boosts our immunity. Bodywork gives to Mothers so that Mothers can give freely to their babies. Monthly massages, reflexology, acupuncture, gentle yoga & pelvic floor physical therapy are all great ways to keep your muscles healthy and feeling good!

<https://www.wombandbloom.co.uk/new-baby-me-nurture-circles>

<https://www.wombandbloom.co.uk/copy-of-postnatal-services>

Essential 4: Warmth

Warmth in the postpartum time facilitates the production of Oxytocin. Oxytocin facilitates healing. Warmth causes our tissues to expand, which facilitates the moving of blood and lymph, which facilitates healing.

<https://www.wombandbloom.co.uk/craniosacral-therapy-kate-leftley>

Do the things that bring you joy, watch a movie you love, eat the foods that you enjoy. Do whatever makes you happy – this is the best way to increase your oxytocin. This hormone will help you heal, bond with your newborn, and enjoy motherhood. If there's something the baby books or your mother-in-law recommends but it doesn't bring you peace and joy, don't do it. Always ask yourself this question: is it going to bring me peace and joy if I do this? If the answer is yes, go for it. If it's a no, forget about it.

Essential 5: Community

The above 4 essentials of postpartum care are PILLARS, and these pillars require a strong foundation – to stand up straight and strong. This foundation in the postpartum time is COMMUNITY. COMMUNITY means: people that Mother feels good and safe with, that will be with her on a daily basis in the postpartum period. When Mothers feel good and safe, they are able to give up their hyper-vigilance. This allows the nervous system to down-regulate, which allows the body's energy in the postpartum time to go into HEALING, bonding, and attachment.

Having a group of people (other parents or a therapist) to hear you out, give advice, resources, and who can totally relate to you is extremely beneficial! There are so many new mama groups on facebook and throughout the community. Postpartum doulas also help with this aspect- they are a non-judgemental support system here to help you cope with the emotional rollercoaster of parenthood.

The bottom line is, if you feel loved, supported and nourished in the first 40 days after your baby was born you will not only recover quicker but you're also likely to enjoy a more positive experience of motherhood and better health for decades to come.

How your brain gets rewired has long term impacts on your life; and a positive postpartum experience in the first few weeks can rewire it for love and happiness. How awesome is that? So take this time to rest and recover both physically and mentally; and you're going to enjoy a much better quality of life in the future.

The five principles of postpartum nutrition:

Put simply, eating in a way that nourishes your body has never been more important.

1. Eat warm, digestible foods.

Soups and stews make a great foundation for convenient postpartum meals.

2. Hydrate often.

For breastfeeding mothers, 10 to 15 glasses of water a day are required to quench thirst and produce enough breast milk. Plus, the more fluids you consume, the faster your body can rebuild and regenerate.

3. Eat a nutrient-dense, anti-inflammatory diet.

Think colorful produce, healthy proteins, fats, and certain grains.

4. Eat collagen-rich foods to support tissue repair.

Collagen is a superfood for rebuilding tissues, and many new moms swear by it for helping with postpartum hair loss. You can find hydrolyzed collagen supplements or powders in your natural foods store or online.

5. Take the appropriate supplements.

Every new mother should continue taking high-quality prenatal vitamins while breastfeeding and possibly other supplements discussed in the following sections. Whenever possible, choose high-quality, food-based supplements recommended by your doctor or health care professional.

Anti-inflammatory foods: The cornerstone of healthy postpartum recovery.

Anti-inflammatory, nutrient-rich foods help inhibit the release of pro-inflammatory cytokines—molecules that regulate inflammation levels. Since your goals are to heal your body, rebuild your tissues, protect your mental health (inflammation is indicated in PPD₃), produce nutrient-rich breast milk (for those who breastfeed), and restore your nutrient levels, anti-inflammatory foods should be the cornerstone of your diet.

Consider adding these anti-inflammatory foods to your diet:

- A wide variety of fresh, colorful vegetables (especially leafy greens)
- Fruits and berries
- Iron-rich proteins like grass-fed beef, buffalo, lamb, bison, liver, and bone broths
- Healthy fats like coconut oil, avocado oil, extra-virgin olive oil, and pasture-raised butter
- Fatty, low-mercury fish like wild-caught salmon and sardines
- Moderate amounts of gluten-free, nutrient-rich grains like rice, millet, quinoa, oats, etc.
- Probiotic-rich foods like yogurt, kefir, kimchi, kombucha, and sauerkraut help maintain a healthy gut, which helps quell inflammation throughout your body while improving digestion

Additional healing foods to support postpartum recovery :

- Collagen, which can be found in bone broths, gelatin, and meat cooked with bones. The best supplement source of collagen is in grass-fed hydrolyzed collagen powder.
- Protein, which is best found in meats, fish, eggs, nuts, beans, legumes, and seeds.
- Essential fatty acids, which can be found in walnuts, chia seeds, wild Alaskan salmon, tuna, flaxseeds, hemp seeds, and sardines. If you're going the supplement route, opt for fish oil, krill oil, cod liver oil, flaxseed oil, algae oils.
- Vitamin A, which can be found in beef liver, carrots, sweet potato, kale, and spinach. The best supplement sources include cod liver oil and pharmaceutical-grade vitamin A supplements.
- Vitamin C, which can be found in guava, papaya, kiwi, oranges, strawberries, pineapple, bell peppers, broccoli, red cabbage, Brussels sprouts, kohlrabi, snow peas. If you're going the supplement route, opt for pharmaceutical-grade vitamin C supplements.
- Vitamin D, which is best absorbed through sunshine and pharmaceutical-grade vitamin D₃/K₂ supplements.
- B vitamins, which can be found in nutritional yeast, sea vegetables, macadamia nuts, almonds, pistachios, black and pinto beans, lentils, liver, turkey breast, pastured eggs, avocado, yogurt, kefir. The best supplement sources are high-quality pharmaceutical-grade B-complex.
- Vitamin B₁₂, best found in beef liver, sardines, lamb, wild-caught Alaskan salmon, and nutritional yeast. If you're going the supplement route, opt for a high-quality sublingual methyl-B₁₂ lozenge.
- Iron, which is best found in red meat like beef, bison, liver, and lamb; dark leafy greens like kale, collards, and spinach; lentils; black beans; and dark chocolate. If you'd rather go the supplement route, look for pharmaceutical-grade iron with vitamin C. Work with your health care provider as supplemental iron can sometimes cause digestive issues and constipation—not what you want postpartum.
- Folate, best found in spinach, leafy greens, beef liver, black-eyed peas, broccoli, and avocado. Supplement sources include pharmaceutical-grade methyl-folate.
- Zinc, which is best found in pumpkin seeds, lamb, chickpeas, cocoa powder (yes!), and grass-fed beef. If you're going the supplement route, opt for pharmaceutical-grade zinc glycinate.
- Iodine, which is found in sea vegetables like dulse and nori, baked cod, cranberries, potatoes, shrimp. Supplement sources include food-based iodine supplements like kelp capsules.
- Selenium, which is found in food sources like eggs, sunflower seeds, albacore tuna, chia seeds. If you're going the supplement route, pharmaceutical-grade multivitamin supplements typically contain enough selenium for postpartum recovery.
- Magnesium, which is best found in supplement for postpartum. Most women will benefit from additional supplementation postpartum. Check with your doctor or health care professional about the right amount for you, but it's typically best to look for magnesium glycinate—a highly absorbable form of magnesium that's gentle on your stomach.

If you're feeling overwhelmed by the sheer number of nutrients and foods listed in the previous section, don't be. Remember, if you keep a variety of those anti-inflammatory and healing foods as the cornerstone of your diet, you'll naturally receive nutrients in every meal.

You supermarket checklist:

To make things simpler for you, here a list of inflammation-fighting, nutrient-dense foods for your snacks and meals. Bookmark this one and keep it for your next trip to the grocery store.

Vegetables:

Avocado

Bell peppers

Broccoli

Brussels sprouts

Carrots

Leafy greens like spinach, Swiss chard, and kale

Potatoes

Red and green cabbage

Snow peas

Sweet potato

Fruits:

Bananas

Berries

Citrus fruits

Cranberries

Guava

Kiwi

Papaya

Pineapple

Proteins:

Albacore tuna

Beef

Beef liver

Black beans

Black-eyed peas

Chicken on the bone

Chickpeas

Cod

Collagen

Eggs

Lamb

Lentils

Mackerel

Sardines

Shrimp

Turkey breast

Wild-caught Alaskan salmon

Healthy fats:

Avocados/avocado oil

Coconut oil

Extra-virgin olive oil

Pastured butter

Nuts and seeds:

Almonds

Brazil nuts

Chia seeds

Flaxseeds

Macadamia nuts

Pistachios

Pumpkin seeds

Sunflower seeds

Walnuts

Miscellaneous healing foods:

Bone broth

Cocoa

Cultured foods such as yogurt, kefir, kimchi, sauerkraut

Dark chocolate

Gelatin

Hydrolyzed collagen

Sea vegetables

Spirulina

Herbs and spices

While caring for a new baby is a challenge no matter what, your postpartum recovery can be easily conquered as long as you stay hydrated and eat a nutrient-dense, anti-inflammatory diet throughout postpartum recovery and breastfeeding; you'll be putting yourself on the fast track to recovery so you can be the happy, energized parent you want to be.

Keep in mind that you don't need to eat all of these foods every week to get enough nutrients. Variety and awareness are key!

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Alejandra Carrasco, M.D.

Integrative & Functional Medicine Physician

Alejandra Carrasco, M.D., is an integrative and functional medicine physician, best-selling author of Bloom, and founder of Nourish Medicine, a root-cause resolution integrative and functional medicine practice in Austin, Texas. She received her medical degree from the University of Texas Health Science Center.