



# A CHINESE MEDICINE GUIDE TO BETTER POSTPARTUM HEALTH

In Chinese Medicine, the postpartum period is treated with extra care. New mothers focus on rest, recovery, and bonding with their babies. Sounds glorious, doesn't it? Though we tend to not have the same built-in support system here in the US, making easy changes to your postpartum diet by incorporating simple tips from Chinese dietary theory can help promote recovery and healing, leading to better mental and physical health.

Consuming foods that are “warming” (foods that are well cooked with warming spices, including warm water) will help bring the body back to a normal balanced state. In Chinese medicine theory (similar to western medicine), our gut holds the key to our wellbeing - and keeping the spleen and stomach warm is the first step to better digestive happiness

## A few simple tips:

- When eating food from the refrigerator, allow it to set out 20-30 minutes to warm up slightly so that it is not cold.
- Avoid cold/frozen drinks (a concept related to “blood stagnation”).
- Cold can lead to blood stasis which can lead to postpartum depression.
- Avoid wind/cold air as this can aggravate aches, pains, migraines and arthritis.

If nothing else, eat foods that are warm in temperature and lightly cooked.



## INGREDIENTS THAT NOURISH THE POSTPARTUM BODY

Incorporate these into your diet to promote healing and recovery.



Animal protein  
Black beans  
Lentils  
Leafy greens  
Beets  
Bone broth  
Whole grains  
Red berries  
Almonds  
Shiitake

Walnuts  
Chestnuts  
Pistachio  
Garlic  
Lamb  
Quinoa  
Basil  
Cinnamon  
Ginger (dried)  
Nutmeg

Seaweed  
Goji  
Apple  
Egg  
Honey  
Sesame  
Sweet Potato  
Tofu  
Tomato  
Spinach





# CHINESE HERBAL MEDICINE FOR POSTPARTUM SUPPORT

When food and rest aren't enough, the DAO PostPartum Bundle can help mothers ease the transition to motherhood. This bundle is a combination of two distinct formulas that can be used daily by women recovering from childbirth and transitioning into motherhood (no matter how many children a mother has, it's always a transition!). This classic pairing of Chinese herbal formulas is used widely by acupuncturists and doctors of Chinese herbal medicine during the postpartum period for improved recovery, reduced anxiousness, better mood, more sleep, and increased energy.

Each bundle combines 30 sachets of our Women's Formula and one canister of Mental Tranquility. The Women's Formula can harmonize hormones, boost energy, and improve mood naturally. Take one dose in the morning for increased, sustained energy during the day.

Mental Tranquility helps improve sleep quality (and perhaps even quantity, but there might be another complicating factor with that new baby!), reduces anxiousness, and improves mental recall. Take one dose an hour before bed for a more restful night and a better day ahead.

Simply add water to the powdered herbs, stir to mix, and enjoy!

## Ideal for:

- New moms who are predisposed to stress
- Women who are having a challenging time regaining strength after childbirth
- Women who experience anxiousness, low spirits, sleeplessness, and lack of energy
- Women who want to maintain and boost their milk supply

Does this sound like you? Experience the power of Chinese herbal medicine today.

