

POSTPARTUM CARE GUIDE FOR NEW MOMS: A HOLISTIC APPROACH TO HEALING AND WELL-BEING

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WELCOME TO YOUR POSTPARTUM JOURNEY!

Whether you're a mom recovering from childbirth or a healthcare professional guiding others, it's important to recognize the crucial time frame after birth, when the body undergoes significant physical, emotional, and hormonal changes. This guide aims to help support the body through its recovery process and reduce the risk of postpartum complications like baby blues and postpartum depression.

As you begin your postpartum care, remember that each woman's experience is unique. Your approach to recovery should be tailored to meet your individual needs.

1. THE FIRST 3-4 WEEKS: POSTPARTUM CARE ESSENTIALS

The first 3 to 4 weeks after childbirth are crucial for physical healing and emotional support. During this time, your body is adjusting to life after pregnancy, and both you and your baby are learning to adapt to your new routine.

Here's what to focus on:

Physical Healing and Chiropractic Care

- **Chiropractic Adjustments:** If you feel ready, chiropractic care can support the body's alignment and healing. Some moms may feel tension in the neck, back, or pelvic area, and chiropractic adjustments help relieve discomfort. This is typically recommended at 3-4 weeks postpartum but can be sooner if you're ready.
- **Pelvic Floor Physical Therapy:** Consider pelvic floor physical therapy around the 6-week postpartum mark to strengthen and heal the pelvic floor muscles.

Mental Health Monitoring

- **Mood and Anxiety Levels:** Discuss how you're feeling mentally. Baby blues are common, but if mood swings persist or worsen, postpartum depression may be present. Addressing emotional health early on is key. I encourage deep breathing exercises, relaxation techniques, and journaling as ways to express feelings.
- **Rest and Self-Care:** Sleep might be limited, but rest is vital. Try to rest when baby is sleeping and take time for yourself with self-care practices like soaking in a warm bath, meditation, or reading.

2. NUTRITION AND SUPPLEMENTS FOR RECOVERY

Proper nutrition is essential for restoring energy, supporting healing, and balancing hormones after childbirth.

Iron-Rich Foods

Postpartum women often lose a lot of blood during childbirth, leading to a potential iron deficiency. Incorporate iron-rich foods into your diet to help restore your levels:

- **Foods to include:** Steak, liver, chia seeds, spinach, goji berries, spirulina
- **Why it matters:** Iron helps replenish red blood cells, boosting energy levels and preventing anemia.

Cacao and Serotonin

- **Chocolate or Cacao:** Good quality dark chocolate or raw cacao is packed with magnesium and can help increase serotonin production, promoting a better mood and emotional stability. This is especially helpful in combating the “baby blues.”

Maca Root (Adaptogen)

- **Why Maca Root?:** Maca root is an adaptogenic herb that supports the body’s ability to handle stress and balances hormone levels. It can help ease the hormonal fluctuations that often lead to mood swings and fatigue during the postpartum period.
- **How to Use:** You can add maca root powder to smoothies or teas.

Vitamin D and Omega-3

- **Foods to Include:**
 - Cod liver oil, salmon, sardines, tuna
- **Why Vitamin D?:**
 - Vitamin D supports immune function and overall health, and it's crucial for producing breast milk.
- **Why Omega-3s?:**
 - Omega-3s support brain health and mood regulation.

Hydration

- **Water and Electrolytes:**
 - Ensure you're staying hydrated, especially while breastfeeding. Your body needs more water and electrolytes to support milk production. Drinking coconut water or electrolyte-rich drinks can help.

3. TESTING AND ASSESSING HEALTH AT 3-4 WEEKS

Testing Recommendations

- **Thyroid Panel:** Pregnancy and stress can affect thyroid function.
 - I recommend starting with a thyroid panel to assess any imbalances.

- **Food Allergy Testing:**

- The immune system is rebuilding postpartum, so we typically wait for 3 months before retesting food allergies unless there are symptoms like digestive issues or food sensitivities that need immediate attention.

- **Gut Health:**

- If you're experiencing issues like bloating or discomfort, stool testing can be a helpful tool for identifying any gut imbalances.

4. ADDITIONAL RECOMMENDATIONS FOR STRESS AND HORMONAL SUPPORT

Supporting your body's stress response and hormonal recovery is key during the postpartum period.

Adaptogens for Stress

- **Ashwagandha and California Poppy:** These herbs are adaptogens, meaning they help the body respond better to stress and support normal physiological function. Ashwagandha is great for managing cortisol (the stress hormone), while California poppy can promote relaxation and calm.
- **How to Use:** You can incorporate them into your supplement regimen, but always consult with a healthcare provider about the correct dosage and form.

Exercise and Fresh Air

- **Take Walks:** Aim to get out of the house for fresh air, even if it's just a walk around the block with your baby. This provides you with Vitamin D, supports physical recovery, and promotes emotional well-being.
- **Exercise:** As you begin to heal, gentle exercise like walking, breathing techniques or light stretching can help improve mood and energy levels.

5. HORMONAL TESTING AND ADJUSTMENTS

As your body recovers, hormone levels will gradually return to their pre-pregnancy state, but this process can take time.

When to Test Hormones:

- **Postpartum Hormone Testing:**
 - Hormone testing, such as the Dutch Test, is often recommended once menstruation returns. However, some women may begin ovulating before their period returns, so early testing can be considered for those who are struggling with significant hormonal symptoms (e.g., extreme mood swings or low energy).
- **Ongoing Support:**
 - We'll continue to assess how you're feeling, hormones support may be considered if needed.

6. KEEP AN EYE ON BABY'S HEALTH

Your baby's well-being is also a priority during this time.

If your baby is having trouble breastfeeding or seems unusually fussy, it may be related to an unknown food allergy that can affect the milk supply.

If you're experiencing trouble with breastfeeding or if the baby's health isn't improving with adjustments, we may recommend testing earlier.

You can also consider more regular chiropractic adjustments for you and your baby and seeing a lactation consultant.

FINAL THOUGHTS

The postpartum period is both beautiful and challenging. It's important to care for yourself holistically—mind, body, and spirit—during this transformative time. By focusing on proper nutrition, hydration, rest, and gentle exercise, and incorporating healing herbs like maca root and adaptogens, you can support your body as it recovers from childbirth and reduces the risk of mood disorders like postpartum depression.

If you're ever feeling overwhelmed, remember that you're not alone. Seek support when you need it, whether that's through your healthcare provider, family, or friends. It's okay to take things one day at a time and focus on what feels best for you and your baby.

GET CONNECTED WITH OUR CLINIC TODAY!



1.

**BOOK A COMPLIMENTARY CALL TO
LEARN HOW WE CAN HELP YOU
RECLAIM YOUR HEALTH**



2.

**MEET YOUR DOCTORS &
FIND OUT YOUR FIRST STEPS TO
HEAL AND RECOVER**



3.

**GET YOUR PERSONALIZED PLAN
TO TAKE BACK CONTROL
OF YOUR WELLNESS**



**SCAN THE QR CODE TO BOOK YOUR
DISCOVERY CALL TODAY!**