



Healing from the Inside Out





Welcome

Hey Mama,

Welcome to your Healing from the Inside Out resource guide. I created this guide with intention of sharing resources that will support you and your new born baby.

Connect with this as much as you need to and if you need further support or have any questions please send me an email.

Much love,

Jadine



TABLE OF CONTENTS

1. PHYSICAL HEALING

2. HOLISTIC HERBS FOR HEALING

3. HERBS TO STIMULATE MILK PRODUCTION

4. HEALING HERBS FOR BABY



PHYSICAL HEALING



Anemia

Anemia: A condition in which the blood does not contain adequate amounts of red blood cells. Common types of anemia are iron, folic acid and folate deficiency and a lack of vitamin B12. Anemic issues during postpartum is because your body has to compensate for the blood loss during pregnancy and from childbirth.

You may have been advised by your Midwife/Doctor to supplement iron deficiency with iron supplements or tablets.

If you would like to learn more about holistic and natural remedies for Anemia please see Holistic Herbs for Healing section.

Before supplementing for Anemia, always speak with your Midwife/Doctor. If you choose holistic and natural remedies, speak with a Naturopath.

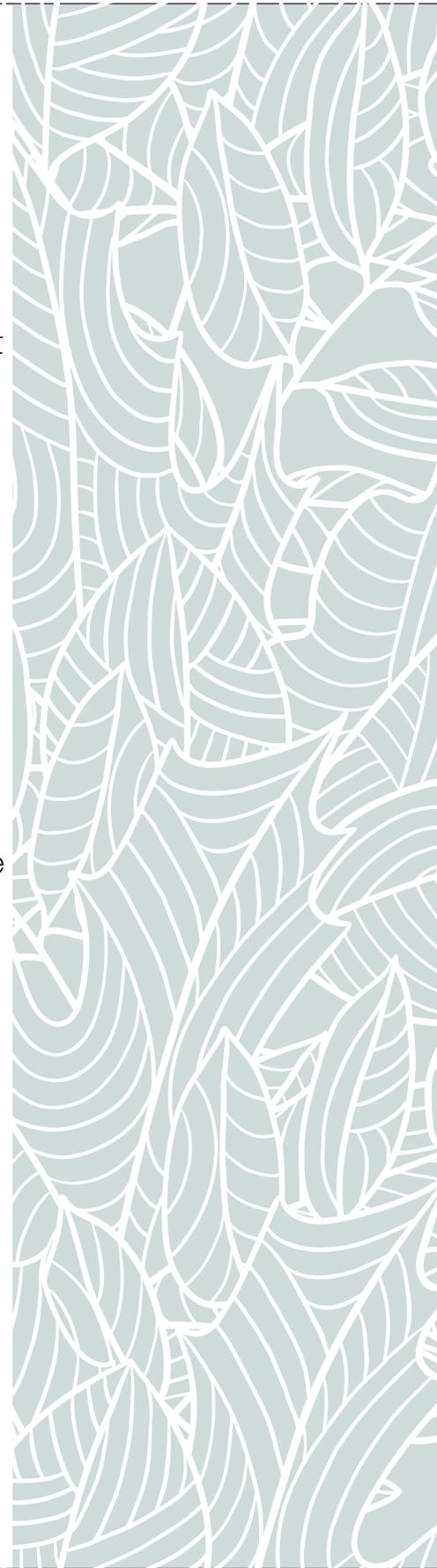
***Precaution:** Not recommended for women who have haemorrhaged because fennel is also a blood thinner.



Incontinence

Incontinence: Incontinence is the inability to control the flow of urine. This is a result of the stretching of your pelvic floor muscles during labor and delivery. It is a common to experience incontinence after childbirth. Pelvic floor muscle exercises and Kegel exercises are important for your healing! This helps your muscles heal and build your strength. You can also help incontinence by emptying your bladder regularly, refraining from aggressively pushing on your bladder and maintaining an iron rich and fibrous diet.

If you feel your incontinence hasn't improved by much, it is recommended to seek support and advice from a Pelvic Floor Therapist.



HOLISTIC HERBS FOR HEALING

All information about the herbs and their benefits have been provided to me by a Herbalist. This information I share is to inform you of the benefits specific herbs can provide. However, I recommend and encourage you to seek instruction about taking any herbs from a Naturopath and/or a Herbalist.

All information about the herbs and their benefits have been provided to me by a Herbalist. This information I share is to inform you of the benefits specific herbs can provide. However, I recommend and encourage you to seek instruction about taking any herbs from a Naturopath and/or a Herbalist.



Fennel

A hardy perennial that can be found in a Mediterranean climate, near the sea and adjacent to fresh water. Fennel can be found in many asthma, bronchitis and cough formulas as it helps alleviate the soreness and discomfort of chronic coughs.

For new mothers Fennel consists of phytoestrogens which promote growth of healthy breast tissue and improve the supply of milk production while breastfeeding.

Relief Fennel Provides



Cramping



Digestive Upset



Bloating and regulate intestinal tract which is why it helps soothe colic in babies

***Precaution:** Not recommended for women who have haemorrhaged because fennel is also a blood thinner.



Witch Hazel

Produced from the leaves and bark of the North American shrub known as the Witch Hazel shrub. For postpartum healing, Witch Hazel has tremendous healing properties for a number of problematic areas.

Women are often advised to soak a warm cloth or sanitary pads in a few drops of Witch Hazel, and to apply directly to affected areas, such as Hemorrhoids or inflammation present on the vagina or perineum.

Benefits of Witch Hazel



Suppresses Heavy Menstrual Flow



Controls Pain, Itching and Inflammation



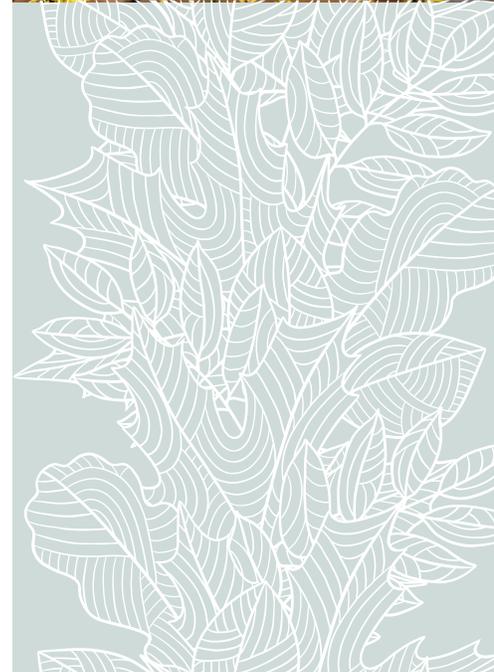
Tighten Varicose Veins that may have Expanded in the Vulva



Helps Prevent Infection in Vagina or Perineum



Has Natural Cleaning Properties



Herbs to Stimulate Milk Production



Fennel



Milk Thistle



Nettle Tea



Raspberry Leaf



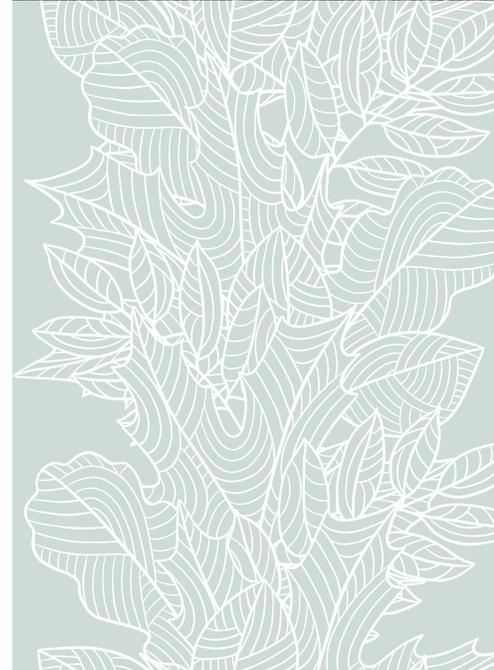
Red Clover



Dandelion Root



Lemon Grass Essential Oil



Healing Herbs for Baby

Relives Colic & Gas



Fennel (Not Fennel Oil)



Camomile



Lemon Grass

Teething



Camomile



Hyland's Teething Tablets



Chamilia Teething Drops

Cold & Infections



Echinacea



Oregon



Grape Root

