

Postpartum

GUIDE BOOK



Sneak Peak

KEYAJEE ARTFUL NURTURING

CONTENT

Table of

3

Mothering the Mother

Postpartum, an opportunity to completely rejuvenate ourselves.

6

The first Three Days

Re-kindling agni - recipes to nourish yourself from day dot.

12

Days Three to Ten

Building digestion with porridges and semisolids.

17

Day Ten to Day 21

Introducing solids, building strength



28

Day 22 to Day 42

Nurturing the mind and replenishing the reproductive organs

29

Postpartum Practices

Self-Massage, Belly Wrapping, Nasya, Baby Massage and more

32

Prepare & Shopping List

How to prepare your home for your postpartum rejuvenation. Shopping list complete with all the staples you'll need.

POSTPARTUM



Mothering the Mother

According to Ayurveda, the choices made during the first 42 days influence a woman's health and ability to care, mother, and be a partner for the next 42 years. The process takes 42 days until it reaches the deepest levels of our tissues.

Birth is a profound experience. During the birthing process all channels open up. This experience gives us a unique window of opportunity to completely rejuvenate and reach a new level of health, even better than before pregnancy. At the same time, being this open, our bodies and minds are very vulnerable during the weeks after birth. As a consequence, deep seated imbalances can manifest, if we are not taking care of ourselves.

With the dietary and lifestyle guidelines in this book, we will progressively introduce foods, and practices to nourish your body, mind and spirit. This booklet will support you will, improve your breastmilk quality, strengthen your immune system, nourish your nervous system and mind, nurture your soul. Caring for the newborn mother also is important for your baby. Your health status and nourishment levels get expressed in the breastmilk and are passed on to the baby to create better immunity, better nourishment and establish a blissful connection between you and your baby.

We have created this guide, to support you in creating a special, protected space and honour this delicate period of becoming a mother. A lot goes on during birth and in the postpartum period. Your body has gone from pregnant to not pregnant within the space of hours. Therefore, give yourself time to re-adjust to this new state of being a mother.

Before we dive in, we would like to say a few words about the emerging love triangle between the newborn parents and baby. You are entering into a new phase of your relationship, and it is important to reflect and consciously align your relationship with the new family life. Nourish and honour your relationship as partners, and create a space where you take time for each other. You will have so much more to give to your children if your love comes from a place where all your different love needs are met and expressed.

Here are a few ideas to create your own postpartum space.

Nourish yourself with warming, easy-to-digest, freshly prepared, unctuous food.

Allow yourself to rest mentally and physically.

Allow yourself to be mothered by those who want to help.

Aim to stay at home in seclusion as much as possible.

Be conscious about visiting hours to 15 minutes or so,

Lean into a comfortable daily routine for yourself and your baby, so you are minimising the number of decisions you need to take in a day.

Organise ahead of time to minimise worry and avoid anger

Do a daily warm oil massage & keep your environment warm too!

Creating a Space of Love

You can also ask yourself the following questions:

Who do I want to visit in the first three days, the first week, the first month? How long for?
How can they help? Maybe bring a meal?

How will I create space to nap during the day?

How will I manage visitors to ensure space for resting?

Are there any non-negotiable rituals or routines in my life? How can I integrate them into life
with baby?

How will I manage technology? When will I unplug?

What are my three favourite, most nourishing meals.

How do I best recharge?



Blissful
Connection



THE FRIST THREE DAYS BUILDING THE BREASTMILK

Your digestion is very weak during this period and therefore, we recommend a very simply liquid diet of porridges and soups.

RECOMMENDED FOODS:

Ragi, Ragi Flour, millet flour, coconut milk, ragi porridge, coconut

Postnatal tea, Raab, cow's milk

Spices: Cumin, coriander, turmeric, black pepper, dry ginger, cinnamon, cloves, cardamom

Cooked garlic - the flavour goes into the breast milk, and is a lot milder when cooked.

Cow milk from day one (boiled with water & dried ginger, saffron and cardamom), nut milk (if made fresh at home)



- 1 tsp Millet Flour (helps balance hormones, increases breast milk)
- 2 tsp Ghee (tones up nervous tissues, improves digestion)
- ¼ tsp Aniseed (balances Vata, improves digestive fire)
- 1/4 tsp Dill seeds (optional)(digestive, improves quality of milk)
- ¼-1/2 inch Cinnamon stick (relives anxiety and depression if any)
- 1-2 Cloves (balances vata)
- 1/4 tsp Dry ginger powder (amapachak - helps to detoxify body)
- 1 pinch Black pepper powder (helps warming up body, helps digestion)
- 2tsp Jaggery (very rich in iron and potassium-blood purifier in Ayurveda)
- 150-200ml Water

Bring the water to a pan in a small sauce pan, add Jaggery and stir to dissolve. Let it boil for 1-2 minutes.

Heat the ghee in a heavy base pan, add all spices fry till they release their aroma. Add millet flour and gently stir to roast it. As it changes colour and spreads aroma, add the hot jaggery water. Boil for another minute.

Drink warm. Rabb is especially given in 1st week after delivery every day and best drunk in the morning.



COMING SOON

We will be releasing the complete Postpartum Guide in the following weeks. Please send us a message to register your interest!

If you are expecting and would like our support during pregnancy and beyond, please feel free to book a free 15 minute Mini Consultation on our [website](#). In this consultation we can discuss your needs and decide which of our programmes suits you.

KEYAJEE AYURVEDIC CLINIC

2 Harley Street, Westminster, London, W1G 9QD, United Kingdom

hello@keyajee.com

+44 7588 891824