

DIET FOR MOTHER

BASIC FOODS

- Fruits – important for vitamin C, to keep your resistance high. Lemons, oranges or sour apples eaten in excess could cause your child to get diaper rash.
- Vegetables – juice, raw and/or lightly steamed. For minerals, vitamins and fiber. Fresh organic carrot juice is good for healthy milk. Limit cooking in oil or fat.
- Milk and soft cheeses – for protein and calcium. Split milk is good to drink now too.
- Nuts and nut butter – for protein and essential oils.
- Wheat berries – good for milk production.
- Brewers Yeast, Miso-High in vitamin B, assist milk production.
- Mung Beans and Rice – well cooked provide pre-digested protein to help recovery. Soak beans overnight, cook in fresh water for about 1 hour. Add rice when beans are soft. Cook with tumeric, cumin, ginger and add your favourite vegetables.
- Tapioca – prevents constipation. It is high in protein and easy to digest. Do not use the instant kind.
- Apricot and raisin sauce – is high in vitamin A and iron, can be eaten with tapioca, on cereal or on toast.

FOODS TO AVOID FOR TIME AFTER BIRTHING

- Be conscious of your diet
- Hot spices – need to be avoided
- Raw onions and garlic – can cause eczema and digestive disturbances in child. Cooked onions and garlic are sometimes not a problem but incorporate them slowly into your diet to prevent your child to be suffering from gas pain.
- Cabbage family (cabbage, cauliflower, Brussels sprouts, sometimes broccoli) – can also cause gas.
- Green lettuce salad – needs to be soaked in salad dressing for 20 min to limit gas producing quality.
- Dried and fresh beans – can be gas producing vegetable. Cook well.
- Chocolate – sorry to say: is gas producing in the new born.

LIQUIDS

- Water – essential!! 3 litres of water plus 2 litres of other fluids. Whenever you breastfeed, make it a habit to drink before and after. The fluid to build the milk must come from somewhere.
- Yogi tea (available in most health food shops) – it gives you strength, helps to repair internal organs, strengthens the nerves and improves milk production.
- Ginger tea with milk and honey – strengthens the nerves and help to produce milk. Do not drink it too strong.
- Fennel tea builds milk.

- Fruit and vegetable juices – good for vitamin and mineral intake. Best if juices are fresh.
- Special nursing drink for mothers: drink once or twice daily. It provides you with energy and protein to repair your body and builds healthy rich milk. 6 oz milk, 6-8 bleached almonds (soaked and pelled), 1-2 t honey, ghee (the clarification of butter removes harmful properties like cholesterol while the nutrients remain. Melt butter in a saucepan over medium heat. When the butter is melted reduce heat to low and let the foam rise to the top. Do not let burn. Spoon off the foam and then strain the liquid through a cheese cloth. Store at room temperature and it will remain spreadable). Blend it all well.

HOW TO GET BACK INTO SHAPE

1. **maintain a healthy balanced diet, avoiding all junk and processed foods.** Avoid all diets or fasts while you are breastfeeding to avoid eliminating toxins into your milk. A healthy diet provides good health for mother and child.
2. **breastfeed.** Breastfeeding burns many calories.
3. **walk 4-5 miles per day in the open air** (after 40 days)

I want my body back!

It takes about 2 years for a woman to recuperate her entire body. Here are some general guidelines:

- **after birth**
immediately after birthing, you can begin pelvic floor exercises. Practicing will bring circulation and muscle tone to your pelvic floor.

What to do?

Lower back tension/ bloating
General back discomfort
For shoulder tension

Tension/Depression

Baby pose, Gas pose
Cat & Cow
Shoulder lifts, shoulder circles
Sit and Swim
Listen to meditation music and relax on your back. Practice deep breathing/segmented breath.

- **When bleeding stops**
Practice a variety of exercises lying on your back to strengthen your abdominal muscles. Begin this very gradually.
 1. lie on back and cross legs at the ankles, contract your pelvic floor and buttocks muscles and squeeze your thighs together. Inhale and then raise your head and look at your toes. Think SAA-TAA-NAA-MAA. Relax your head down. Continue for 10 times. Practice twice daily, strengthens vertical abdominal muscles.
 2. lie on back with legs straight and bend your left knee. Hold and mentally repeat SAA-TAA-NAA-MAA. It is not necessary to reach the knee but only to stretch to the opposite knee which strengthens your diagonal muscles. Then bend your right leg up and stretch with

the left hand. Alternate sides for total of 10 times on each side. Twice daily.

3. lie on back and bend your knees to your chest. Place your hands under abdomen. Inhale, exhale and squeeze buttocks and press your abdomen to the floor, place your pelvic so it is flat against the floor. Lift your head up towards the chest until you feel your abdominal muscles contract. Mentally repeat SAA-TAA-NAA-MAA when head is up.

- **After 40 days**

The simplest activity to include in your routine is walking

Utilise the technology of Kundalini Yoga to process your birthing experience, support you through depression and give you strength for parenting. You can practice some gentle yoga such as Cat & Cow, Shoulder stand, and parallel bicycle. Many women find that practising gentle Sat Kriya a few minutes a day gives them energy, centers them and heals the abdominals.

- **After 3 months**

You can begin gentle practising of most KY sets and kriyas. Choose yoga sets which are for good general health, strengthen the abdominals, restore your navel point, and strengthen the nervous system and aura. Continue to listen to your body so you do not over-extend yourself.

- **After 6 months**

You can practice Kundalini Yoga

WALKING FIT

After the 40 days, begin to add walking 4-5 miles daily into your routine. Place your child in a sling so that you can walk with your arms swinging freely. Do not carry anything in your hands.

This is excellent exercise to recuperate your body, tone your muscles and reduce emotional distress. Plus you and your child are enjoying some time in the fresh air. Walk tall, tucking in your abdominal muscles, with your shoulders back. As you are walking bring your attention to pulling your pelvic floor muscles together and up.

Begin your walking routine slowly and gradually increase the time. You may prefer to walk twice daily for 20 minutes each.