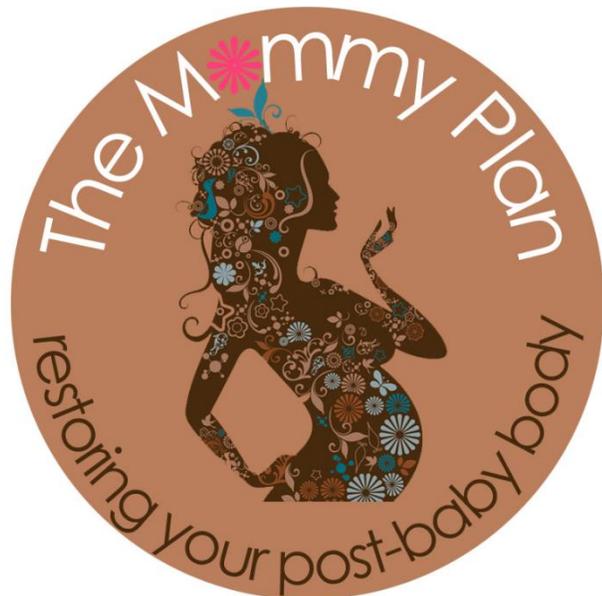


The Mommy Plan

Restoring Your Post-pregnancy Body
Naturally, Using Women's Traditional
Wisdom



By Valerie Lynn



CAPPA, Childbirth & Postpartum Professional Association

Endorsed by the world's largest educational childbirth organization, [Category 2](#), required reading for Postpartum Doulas.

Foreword by [CNN Hero of the Year 2011-2012](#) : IBU ROBIN LIM

Ibu Robin Lim has written an insightful foreword about the importance of post-pregnancy care and the lack of general information about it in most countries. Robin wrote the very first published book in the United States on postpartum care.

IBU ROBIN LIM

"It is time to care for ALL new mothers, and The Mommy Plan is an important key to having the knowledge "toolbox" prepared to help."



Introduction

For the very first time food science, anatomy and medical science are put behind core tenets of one of the most effective traditional post-pregnancy recovery programs in the world. Specific guidelines and recommendations surrounding a mother's diet, activities and personal care after childbirth are presented in detail. How food is used as medicine and why certain foods can negatively or positively affect the healing capabilities of a woman's body as it transitions back to a non-pregnant state are answered. The traditional recovery guidelines presented in this book have been adapted for a western diet and lifestyle making it easy, and cost effective, for a recovering mother to incorporate them into her daily routine. Suggestions of how staple meals can be adapted to the recommended cooking guidelines as well as sample recipes and shopping lists are included.

Moms are Searching for Ways to Speed-Up Recovery from Pregnancy

The childbirth industry is in transition as more mothers are searching for ways to help speed up their recovery from childbirth as the United States is one of only four countries in the world that does not require employers to provide *paid* maternity care. Therefore moms need to return to work as soon as they are able. The result of this is that there is a postpartum epidemic happening in the United States as approximately 1.25 million mothers are diagnosed *annually* with some type of postpartum related anxiety, illness or depression (PPD). To make a comparison, more women are diagnosed with PPD than men are diagnosed with new cases of erectile dysfunction, or impotence, annually. The average number of new impotence cases in the United States per year is over 600,000, although you would never know this.



Post-pregnancy Recovery Information Void

There is ample knowledge regarding fertility and pregnancy in western countries however there is a huge void in any *specific* post-pregnancy recovery knowledge that is widely known or followed. Western countries that do not have a supportive post-pregnancy culture have only one solution, to turn to countries that have a rich after birth heritage in order to gain insight and knowledge. Therefore Western countries are no longer ignoring the fact that there is ample evidence-based proof regarding the effectiveness of traditional post-pregnancy guidelines and how they accelerate a mother's recovery from pregnancy and childbirth. However the primary obstacle in the past, to allow for general acceptance, has been the lack of explanation of *how* traditional post-pregnancy guidelines positively affects a mother's body as it transitions back to a non-pregnant state; and how such effects assist with a speedy recovery? These obstacles have been demystified by breaking them down with a scientific perspective. All after birth beliefs, practices and traditions are based on the Humoral Theory of Medicine that is applied to the period after childbirth.

Asian Post-pregnancy Healthcare in a Global Lead Position

Asian healthcare traditions are in a global lead position. Not only does Asia have the raw materials, it has the knowledge as well. The world is increasingly reverting to natural forms of healthcare and demand for the same is high. The growing field of natural healthcare is now becoming well established in official government healthcare policies in many countries of the world. To illustrate how Asian countries are far advanced of Western countries, when it comes to after birth recovery and miscarriage care*, a visit to a post-pregnancy recovery unit in the Traditional Complementary Medicine (TCM) department of a hospital in Malaysia is described in Chapter 3, Taking Care of Mom = Taking Care of Baby, called *A Heavenly Post-pregnancy Experience*.



Don't Underestimate Them, Understand Them

Western countries are no longer underestimating the effectiveness of traditional post-pregnancy traditions, they are being understood. As women across the world are embracing more natural ways and means into their lifestyle, western mommies are searching for *natural* ways to recover from childbirth. The ability to heal at a faster rate from pregnancy is required in modern cultures as women must resume their normal life within weeks after delivery. The Mommy Plan is an introduction of the modern practical application of traditional post-pregnancy care.

The Daddy Plan

Dads are also remembered with the final chapter of the book called, *The Daddy Plan*. There is a note to mommies in the beginning of this chapter to, "Pass the book over to the daddy to read." This chapter provides dads with a brief overview of important information for new, as well as successive, dads on how they may best support the mommy. REAL COMMENTS FROM REAL DADS are included to share real-life dad-to-dad perspectives and where modern dads get their information from popular websites on the internet.

Back Cover



Caring for yourself immediately after childbirth is crucial to restoring your pre-pregnancy health! The first six to eight weeks, if well managed, can make all the difference later.

The holistic view of the childbirth cycle should be pregnancy, labor, delivery and recovery. Even though recovery is a major part of pregnancy, most women just do not plan for it. It is, therefore, no coincidence that post-pregnancy emotional disorders are the most common complication after childbirth. Thus, the well-being and healthy recovery of a woman after childbirth should be just as important of a priority, as taking care of a newborn child.



The internal process of healing that takes place after delivery, if well managed, can be more effective than any physical exercise weeks later. The body's healing process begins within hours after the placenta is birthed. Therefore all mommies need to maximize the amount of retained fat, water and flatulence that the body naturally releases in the immediate days and weeks that follow as it transitions to a non-pregnant state. There is a lot a mommy can do before her first six week check up with her doctor.

The Mommy Plan is a proactive measure to enable a Mommy to do everything she can to recover in a strong, healthy and balanced manner after childbirth. The Mommy Plan imparts well-defined and proven post-pregnancy recovery guidelines about diet, activities and personal care. This plan is necessary as a Mommy's recuperation and nutritional needs are different during this brief window of time. The guidelines and new Mommy diet are specifically tailored to help accelerate a Mommy's recovery.

A balanced recovery can make a profound positive impact on a woman's health during the menopausal years, as many cultures believe there is a direct link between the quality of recovery after birth and menopause. So make sure you get it right.

Dads are included too! Fathers-to-be are given a heads up on what to expect, and direction on how they can best support the Mommy in the first weeks following childbirth, via the Daddy Plan.

Insights from Industry Experts

- Carolyne Anthony, Founder, Center for Women's Fitness, (12 countries)
- Darla Burns, Executive Director, Postpartum Doulas, CAPP, Childbirth and Postpartum Professional Association
- Elizabeth Reynolds, Master Aromatherapist, Founder, Elizabeth Reynolds Lux Aromatics, Postpartum Support Coordinator (PSI), Ventura, California
- Joe Valley, Therapist & Daddy Educator, Founder, Empowered Papa
- Katy Bowman, Director of the Restorative Exercise Institute
- Kerry Tuschhoff, Director, Hypnobabies Network in Cypress, California



- ◉ Patrick Hauser, Author, Fathers-to-Be Handbook, Global speaker
- ◉ Rena' Koerner, President of Doula Association of Southern California (DASC)
- ◉ Ysha Oakes, Author, *Touching Heaven – Tonic Postpartum Care and Recipes with Ayurveda*, Founder, The Sacred Window, Ayurvedic Postnatal Doula

Extra Precaution for Moms and Dads

The cover of this book has been sealed with a layer of non-toxic oil, like that used in the printing of children's books, so a Mommy's or Daddy's skin doesn't absorb the toxic chemical contained in the ink used for the printing cover.



Chapters

The Mommy Plan	
Foreword	Ibu Robin Lim, CNN Hero of the Year, 2011-2012
	Preface
	Introduction
Chapter 1	The Postpartum Epidemic in America
Chapter 2	What do American Women Do To Recover From Pregnancy?
Chapter 3	Taking Care of Mom = Taking Care of Baby
Chapter 4	The Womb is a Woman's Life Force
Chapter 5	Why You Need a Mommy Plan?
Special Section	Post-pregnancy Precautions
Chapter 6	Post-pregnancy Precautions: Diet DON'TS
Chapter 7	Post-pregnancy Precautions: Diet DO'S
Chapter 8	Post-pregnancy Precautions: Activity
Chapter 9	Postpartum Precautions: Personal Care
Chapter 10	Herbs to Avoid while Breastfeeding
Chapter 11	Turmeric, the Healing Spice
Special Section	Remembering the Daddy
Chapter 12	The Daddy Plan
Post-pregnancy Parting Thoughts: Be Your Own Hero	
Mommy Notes	1. What are the Differences Between Midwives and Doulas?
	2. Doulas Do A Lot!
	3. Midwives, the Baby Catchers
	4. Baby Nurse, Newborn Care Specialist, or Night Nanny?
	5. Traditional Post-pregnancy Practitioner
	6. Hypnosis for Childbirth: What is it – and Does it Work?
	7. The Genius of the Placenta
	8. The Miracle of Kangaroo Care
	9. Baby Planners, Much more than just Baby Showers



Comments on The Mommy Plan

WENDY DAVIS, Executive Director, Postpartum Support International (PSI),
www.postpartum.net

The Mommy Plan by Valerie Lynn is a wonderfully nurturing and informative resource for women and their caregivers. Creating a bridge between the worlds of traditional wisdom and modern research, Valerie Lynn writes in a way that is expert, loving, and familiar. From start to finish, this lovely collection of expert guidance and time-tested wisdom is warm and practical. I felt informed and comforted by this treasure from the start -- as I opened the book and read that it is sealed with a non-toxic layer so that new parents who are fortunate enough to pick it up are free from chemical exposure. The Mommy Plan is a completely manageable size, and yet seems to cover just what we need to know of traditional methods and modern examples of a truly healthy and holistic care plan for pregnant, postpartum, and post pregnancy-loss women. With this holistic and traditional approach, the book covers both emotional and physical wellbeing. It has become all too rare to find resources for childbearing families that cover both emotional and physical health. After reading the Mommy Plan, we realize that is the very message and gift of this book: there should be no separation of emotional and physical wellness, and new parents suffer from a modern world in which we have forgotten how to take care of the whole person, the whole mama. Thank you, Valerie, for this illustrating this in such an inviting and informed way in The Mommy Plan.

DR. DIANA LYNN BARNES, Psy.D, [The Center for Postpartum Health](#), Sherman Oaks, CA
(former President of Postpartum Support International (PSI))

The necessity for self-care during the postpartum period is too often overlooked because of cultural mythology and unfounded beliefs about motherhood, ultimately compromising women's mental health during this time. Valerie Lynn has skillfully crafted a book rooted in women's traditional wisdom and ritual bringing together the physical, emotional and spiritual aspects of women's self-care post-pregnancy. *The Mommy Plan* truly honors the sacredness of this extraordinary experience for new mothers and fathers.



MARY JO CODEY, Former First Lady of New Jersey, gifted educator and staunch advocate for individuals whose lives have been affected by postpartum depression and mental illness.

Thank you so much for The Mommy Plan. I only wish I could have had a book like this available to me when I became pregnant! The part about the differences in treating our new mothers compared to how non-western cultures do made my eyes tear a bit. It took away some of the guilt I still carry after suffering from PPD so long ago. My son will be 28 years old this year. I am honored that you thought of me will save it for my someday daughter-in-law. It's a book every new mom and their families should read.

DEBRA PASCALI-BONARO, Author, *Orgasmic Birth*, Chair International MotherBaby Childbirth Initiative, DONA International Doula Trainer

An amazing, wonderful, important book for Moms.

KAREN BRODY, Founder, The BOLD Method for birth, [BOLD the play](#)

The Mommy Plan is a gift to pregnant women and the birth professionals who assist them. Finally, a book about the post partum period that examines wisdom from cultures who celebrate and honor women during this period. Why rewrite healthy guidelines for post partum when they are already out there? Valerie Lynn has done the homework for us and offers the best post partum care out there to women today. This book is unique, much-needed, and BOLD!

ANNI DAULTER, Author of [Sacred Pregnancy](#), Founder of the Sacred Pregnancy movement + Creative Director and Founder of the Sacred Pregnancy Magazine

Valerie Lynn knows her stuff and she has shared her postpartum wisdom with the world in such a sacred way. I deeply appreciate her look at ancient wisdom and woven into modern day wellness care. I am so grateful that Valerie Lynn has taken on this very critical piece of the mothering journey with her book and shed light on how proper postpartum care can affect every woman's emotional, spiritual and physical well being as she steps into motherhood.



STEPHANIE DAWN, [SACRED BIRTH WORK](#)

Understanding the vital nature of postpartum wellness is woefully missing in our American culture, indeed, in our global culture. Valerie Lynn knows this and has conglomerated information from the traditional post natal practices of Asia for us all to learn from. Mothers and birth professionals alike will be long served by reading the Mommy Plan, sharing it and buying it for their friends and colleagues!

CHERYL JAZZAR, MHR, Postpartum Therapist, Founder [WellPostpartum](#)

The Mommy Plan is a much needed resource for the expectant family, written from a refreshing perspective that most women wouldn't necessarily consider during pregnancy. Valerie brings her unique perspective to the pregnancy world in both her book and also the postnatal care set. This unique collection of products is designed to help nurture the postpartum mom, but it is wonderful to use any time.

In my experience there are selections that can pamper a woman outside of the postpartum period, but the special care needed for new moms require high quality products that the postnatal care set provides beautifully. Ladies, this is the time to really care for and nurture yourself- taking slow time to heal and to bond with your baby. Let Valerie show you how! You will be so glad you did.

[ALLIE CHEE](#), Author, **NEW MOTHER: Using a Doula, Midwife, Postpartum Doula, Maid, Cook or Nanny to Support Healing, Bonding and Growth**

5.0 out of 5 stars [For a Happy & Healthy Postpartum](#)

Whether a mom's top priority is getting back into her old jeans, or to tend to mind, body and spirit with the utmost care... a must read!

If only this book had been published a little earlier--before I had my baby! I conducted extensive research for years before planning to conceive, and this was exactly what I was looking for.



The Mommy Plan is based on Valerie's 4 years researching postpartum care while living in Southeast Asia. Malaysia, the ancient crossroads of Indian, Chinese, and other Eastern cultures, picked up the most beautiful and healing practices from each, blended them with their own, and created an approach to postpartum care that Valerie presents in her book.

The details of what is to be found in The Mommy Plan are presented well in the Book Description above on this page. And suffice to say, if Western cultures were to adopt these practices, the improved mental, physical, and spiritual health in our society would be the stuff of a Nobel Peace Prize.

The Mommy Plan should be required reading for all care providers... and for all mamas-to-be who believe their postpartum CAN BE the most magical time of their life!

[CONNIE LIVINGSTON](#), Founder, Perinatal Education Associates, Inc., BirthSource, Board Member, Midwifery Education & Accreditation Council for 35 years

The Mommy Plan: Restoring Your Postpartum Body Naturally, Using Women's Traditional Wisdom By Valerie Lynn Foreword by Ibu Robin Lim

Finally, women have a definitive guide to a more natural postpartum!

Valerie Lynn has dissected every aspect of postpartum and provided time-tested and wise suggestions and remedies. Based on the identification of the myriad of downfalls in American (and other industrialized countries') postpartum care, Lynn shows how postpartum care is not really "care" but a rather "haphazard" series of events that contribute substantially to the high incidence of postpartum disorders such as postpartum anxiety. Comparing and contrasting non-western and western practices, Lyn pinpoints the mistakes society makes in assuming about postpartum health. Likening childbirth to other large life events, one soon sees the stressful assumptions impressed on the postpartum mother.

After laying out the foundation of emotional health, nutrition, exercise, herbs relationships, and physical health, Lyn introduces The Mommy Plan – the actual yet flexible recover plan for the postpartum. This plan, with major benefits of recovery for both mother and baby, combines the very best practices of many cultures to create the optimum postpartum road map.



No Mommy Plan would be complete without a conversation about postpartum for the Daddy, Husband, or life partner. With comments from health care professionals as well as “real” Dads, Lyn helps partners strike the right balance for themselves, their post-pregnant partners and the two as a team.

A bonus to this book is an informative chapter on the placenta, “The Genius of the Placenta”, delayed cord clamping and post-pregnancy placenta traditions from other cultures. The fabulous information about Kangaroo Care makes this a very complete text.

Many books cross my desk for review. However, this book is not only well written for both the birth professional as well as the expectant/new parent, it finally addresses the postpartum period with reverence and research.

I read this amazing book and can recommend it to any mom or mom to be!! A must read!!

Michelle Simon, Simply Expecting Pregnancy Pilates

I loved reading The Mommy Plan! I found it very informative as it contains a lot of brand new information. Reading about how other cultures care for women during the postpartum was really touching and eye-opening. Thanks for spreading this information. I thought the nutrition information was very detailed and true. It is fabulous information and well-written for not having any formal background in nutrition.

Katelin Mae M.S., Nutritionist & Culinary Educator

I absolutely love all the stats and the research you did. It inspires me to become an expert in this field.

Lety Murphy, A Balanced Touched Birthing Services

WHAT A WEALTH of Untapped information. I was very, very prepared for all things pregnancy and labor but really had no idea or plan for after the birth. I was grateful to have read The Mommy Plan a few weeks before Valentina was born so I had some great ideas on how to care for myself through diet, treatments, and having some help in place.



Thank you for bringing some traditional insights on how to help mummies deal with the changes in our bodies, hormones, and what to expect while going through the 6 week healing period. I appreciate learning about the traditional wisdom and have been sharing your book and suggestions with other mummies! It should be on every pregnant woman's book list!

Audra Rovengo, Mommy of 1

The Mommy Plan is a fantastic resource for mothers and fathers to be. It covers everything for optimal support and healing for the new mama. Including current research to ancient wisdom from other cultures, Valerie Lin presents a variety of healing practices and holistic options for creating your best postpartum period.

Elizabeth Reynolds, Lux Aromatics, Mother of 2

The Mommy Plan has so much information to offer! I especially love the recipes. They are simple to prepare on a daily basis.

Linda Stavola, Mother of 1

I love the book - while it is very informative, it is an easy read which makes it valuable to various audiences, not just those who are already knowledgeable about the field. I definitely plan to reference the book for the do's and don'ts on what to eat, although I will be modifying it slightly because I am a picky vegetarian which complicates things.

Jennyfer Bruno, Mother of 3

I am so glad that The Mommy Plan exists and is so realistic. It is so important to pregnant women and to birth professionals too. Valerie was so kind to send it to me in Brazil. The book is a must to read for moms because there is a lot of literature about expecting but nobody tells us what to do now that the baby is here. Valerie does it wonderfully!

Tatiana Rosenthal, Mother of 1



Foundation of Choice

Part of the proceeds of The Mommy Plan will be donated to Ibu Robin Lim's, Bumi Sehat International Foundation in Bali, Indonesia, that provides free consultation to 17,000 families annually and safely births over 600 babies into this world each year. It is a caring and safe place for birthing mummies to bring their babies peacefully into the world.



About The Author

Valerie Lynn has lived abroad for over 20 years, residing and working in Japan, the U.K., Indonesia, Australia and Malaysia for the past 12 years. She was formerly the Executive Director of the American Malaysian Chamber of Commerce (2007-2008) in Kuala Lumpur, Malaysia, which led her to career as an independent strategic business Consultant, assisting U.S. corporations entering the Asia-Pacific market. Ms. Lynn conducted her research on postnatal practices through the Ministry of Health of the Malaysian government. *The Mommy Plan* is being used by childbirth professionals around the world – midwives, doulas, lactation consultants, nurses, naturopaths, herbalists and expectant mothers, to help woman have a more balanced recovery from pregnancy and child birth.



Valerie Lynn is:

- ◉ **America's First Post-Pregnancy Wellness Coach.**
- ◉ Author of *The Mommy Plan, Restoring Your Post-Pregnancy Body, Naturally, Using Women's Traditional Wisdom* (2012).
- ◉ Founder of Post-Pregnancy Wellness LLC.
- ◉ Designer of the Mommy Wrap.
- ◉ International Country Coordinator for Malaysia, [Postpartum Support International](#).

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