

the first forty days

The Essential Art of Nourishing the New Mother



HENG OU

WITH MARISA BELGER AND AMELY GREEVEN

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Based on author Heng Ou's own postpartum knowledge with zuo yuezi, a place period of "an ideal ally during the first weeks with a fresh baby. in which a woman remains in the home focusing on healing and bonding with her baby, The First Forty Days revives the lost artwork of caring for the mother after birth. and calming and lactation-improving teas, all formulated to support the initial needs of the new mother.bounce back again" after delivera source of connection, nourishment, and assistance.ing their babies, and so are often left only to face the physical and emotional challenges of the new stage of their lives, the 1st forty days give a lifeline— replenishing meals and snack foods; The book includes 60 simple recipes for curing soups; As modern moms are pushed to prematurely " As well as the quality recipes, this warm and encouraging guidebook offers advice on arranging a program of help during the postpartum period, navigating relationship difficulties, and honoring the significance of pregnancy and birth.The first 40 times following the birth of a kid offer an important and fleeting amount of rest and recovery for the brand new mother.The First Forty Days, fully illustrated to feel both inspiring and soothing, is a practical guide and inspirational read for all new mothers and mothers-to-be—confinement,"



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The author also offers a postpartum meals delivery assistance in California that I am using. Worth having in your pregnancy books collection. I came across this book while pregnant with my third and it has been so insightful and educational. The frequently overlooked "fourth trimester" is just as vital that you prepare and plan for as the first three. I'm having my second baby next week and working on doing a 180 on my outlook which book is indeed wonderful. Great! This book will help you take on the new experience of motherhood feeling grounded and empowered, to know it's ok to set boundaries for relatives and buddies while you adapt to a new routine, and make it easy to keep you, and therefore your baby, healthy and well nourished. There exists a lot of information regarding traditional postpartum practices from all over the world and particularly China as this is the authors heritage/background. A few of these things will most likely seem very weird as well as gross to those of us modern western world mothers. Love this reserve and the recipes Love this publication and the recipes! I motivate you to read this with an open up mind and anything not really interesting for you is conveniently skipped over. It's a little bit of reading so it's taken me some time to complete with a 3 season old. My only concern with this reserve is that it nearly has too much info and We don't possess the luxury of time and energy to fully Browse the entire publication (as I have a toddler already to look after while preparing for my new one). Just a little too wordy though. Great book, recommend it for pregnancy and post partum This was an incredible book to get ready for post partum, my partner made a bunch of soups from the recipes and froze them and thinks it really helped her fast healing." I got it because I was preparing for my "sitting moon month" with my second kid, but couldn't read the Chinese books my mother gave me. Wish I began reading it earlier (like state end of second trimester to start out preparing for the ultimate trimester) because there is a lot of details in it and my baby arrived weeks early! Great ideas that exceed Chinese custom made and reminded us the significance of looking after mom after baby birth is worldwide custom-not just Asian. Great publication even for second time moms! It would be great to have a shorter "cliff notes" edition for those of us moms who simply don't have enough time. Simply because you're a second time or multi period mom doesn't imply you don't need this information or reminder to take care of you after baby comes, but it's just too wordy to complete the whole thing. Probably if you're a first time mom that has time and energy to go through through a couple of baby prep books however, not one which already has kids. Even so very great book and great reminder to all or any moms how and the importance to take care of herself the months after birth. A must for every mama specifically since we forget about how important post partum care is! I'll probably enjoy after baby comes aswell. Following the oh-so-common "superwoman complex" drove me to exhaustion and illness following my first being pregnant, I chose I deserved a better experience the second time around, as did my baby, my toddler, and my hubby. Just wonderful, all new mother's deserve this This is an excellent book. Highly recommend for new parents! Ladies should be nourished and this book gives many methods to help navigate this path. This book provides a great summary of how traditional cultures around the world have honored and helped to restore new mothers following childbirth, while keeping an open-eyed perspective on what is realistic in many western cultures today. My hubby (an avid cook) has recently made many of the recipes by the end, even though baby has yet to arrive, and they are all remarkably comforting and delicious. Such important information in this publication. It's just as essential as prenatal! The idea is great The story behind the book is what moves me, the rituals or traditions, the "sacred" place and bonds of a special phase in life, but the actual recipes very little... Tried a couple of other recipes as well and followed some life style choices in planning for the baby and after the birth. Many of these meals involve some

hard to find ingredients in the event that you don't reside in a well resourced big town. Plus in my own case most of the stuff will not appease my taste, lots of work. Worth its excess weight in gold. This book will probably be worth its weight in gold. I've used many of the recipes and trained with away as presents. I even shared it around professionally with postpartum nurses. Great reference. Loved learning fresh things from this I learned so much from this book and used it over and over again during my pregnancy. I followed the quality recipes for homemade beef broth, which I'm still utilizing a year afterwards. I eat pretty healthy and home cooked foods. I am very pleased with the suggestions. Every mother should read this just before or during pregnancy to ... Every mom should read this before or during pregnancy to properly prepare for the postpartum period. But I wasn't sure how exactly to pull it off. This forty day information packed book will assist you to care for yourself and come out of postpartum properly healed. I over achieved it and payed for it actually and emotionally.) mother's reading list. I love this book. There is a lot of excellent information in there aside from the recipes. There will still be so much knowledge, background, and nutritional treatment to eliminate from this read. I have skipped over some parts and loved others. This is an excellent guide with wonderful dishes that husbands like me can simply make to ensure the mother of our children is healthy and recovers completely after having a baby. However, the author does not make any kind of requirements for postpartum care only suggestions and recommendations. Moms need nurturing just like the baby will to build their strength and power and this book is a wake-you-up call to that practice. Must browse for new and experienced mothers The First 40 Times ought to be on every brand-new (and experienced! Even though you decide to skip a few of the more uncommon recipes, you can find great basic ideas right here, and the quality recipes are really only a part of what make this book so helpful. Getting this for all my friends when they have babies Having my 1st baby I was on a path to prove my ability to be a super mom and do it all right away. Take the time to inform yourself for such an important trip in motherhood. Though a lot of this book has to do with nutrition through the postpartum period it covers a lot more, such as insights into quite typical and normal postpartum emotions which can be very frightening, confusing, or depressing to navigate when you are feeling like you're the only mom which has ever felt this way. Made several of the dishes while I was pregnant and froze for later on. Every pregnant woman should own this book in prep for postpartum! Lovely book - valuable info, practical recipes and tips, and encouraging insight into how to better plan postpartum. Also a lovely book aesthetically. Great book and good reminder for preparing for the "fourth trimester. Trust me you are not. Not only should expectant mothers read this reserve, but also anybody with a pregnant girl within their life who they would like to support. I recommend close friends of the mother-to-end up being, expecting grandparents, and expecting fathers read this book as well. Great! Love this book! Fathers/Husbands can benefit too this book is not just for women. Not only someone who can be pregnant!! At its center is a acknowledgement of the sacredness of the special time, and the necessity of supporting the new mom as she restores herself mentally, actually, and spiritually in this fleeting but critically essential transition. Wonderful book! I would recommend as an essential for any woman!!



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