

POSTPARTUM GUIDE

*LUX CHIROPRACTICS' SUPPORT FOR YOU
THROUGH PRECIOUS TRANSITIONS*



Hi Friend

CONGRATULATIONS!!

You are embarking on a sacred journey and we are so excited to partner with you and support you through your journey. Included in this guide are suggestions for preparation and postpartum care. We are here for you and your new blessing and we hope you feel empowered and supported through this journey.

Dr. Olivia



Please consult with your medical provider(s) to review and discuss the contents of this handbook to ensure your care is tailored to your specific health needs and circumstances. Engage only practices you are comfortable with.

NUTRITION & SUPPLEMENTATION 04

Look for ideas on how to support your body through whole foods and supplementation including vitamins, minerals, and frozen meal ideas.

POSTPARTUM CONCERNS & REMEDIES 08

Holistic remedies and recommendations for the following postpartum conditions: Breast engorgement, C-section scarring, Clogged ducts, Dry, cracked or bleeding nipples, Fatigue, Hair loss, Mastitis, Oversupply of milk, Pain, Postpartum blues, Postpartum hemorrhage, Perineal tearing, Underproduction of milk

PROFESSIONAL SUPPORT 13

Upstate SC recommendations for chiropractic care, acupuncture, counseling, doula, lactation support, pre and post-natal massage, and pelvic floor physical therapy.

EDUCATION 15

There are many great resources out there, listed are few apps, websites, books, and exercises to help support you.

01 Nutrition & Supplementation



NUTRITION

nu·tri·tion: the process of providing or obtaining the food necessary for health and growth. Your body is supporting another living being, it is important during pregnancy and even more so postpartum to ensure you are feeding your body well. Whole foods are always superior to supplementation as your body can breakdown and process them more efficiently.

Nourish yourself.

SUPPLEMENTATION

sup·ple·men·ta·tion: the addition of an extra element or amount to something. Despite our best nutritional habits, there are times when we are deficient, or lacking, in certain nutrients. Your baby will always take what they need first, it is very important to provide your body what it needs as you care for yours and your baby. Supplements can help fill the gaps.



Nutrition & Supplementation

Dr. Olivia can provide you with access and discounts with **FullScript** an app based supplement platform. You can access recommended supplement lines such as: Standard Process, Seeking Health, Needed, Ancient Nutrition and more

HYDRATION

Proper hydration can lead to LESS water retention and improved circulation.

Review your water source (seek filtration and structured water), consider adding minerals to your water as well. Salt or electrolytes (without added sugar) to help your body with absorption.



MAGNESIUM

An essential mineral to help with blood pressure, blood sugar, nausea, muscle cramps, sleep and more. Found in whole foods such as spinach, liver, bananas, yogurt. There are several subtypes of magnesium (Mg) if you need to supplement, look for magnesium glycinate (gentle on stomach) and/or Mg malate (both highly bioavailable). Topical Mg chloride and Mg sulfate (epsom salts).

DHA/FISH OIL/OMEGAS

Many people do not consume enough fatty acids - Phosphatidylcholine (PC) and docosahexaenoic acid (DHA) are BOTH are important. PC helps transporting DHA from the mother's liver to her baby's brain. DHA supports brain development. These good fats can be found in non-seed oils like Tallow and Olive Oil or by taking a supplement with BOTH PC and DHA to support development.

Support

IRON

Some women need to increase their iron during pregnancy as blood volume increases. Iron is in whole foods such as liver, other organ meats, red meats, spinach and other green vegetables. If you need to supplement, a gentle version will limit side effects (constipation, nausea, upset stomach), Ferrous Bisglycinate Chelate is more bioavailable or try liquid chlorophyll.

MEAL PREP

Preparing meals and snacks ahead of time will make it easier to pick nutritious options postpartum. Included here are a few favorites and links for more ideas.

Plan Ahead

Warm soups are great for healing, you can grab pre-made or make your own homemade bone broth.

BEEF BONE BROTH

Ingredients

Recipe From Dr. Axe

- 5 pounds beef bones with marrow and bones with meat on them — ideally grass-fed, free-range
- 4 carrots & 4 celery stalks chopped
- 2 medium onions, peel on, sliced in half lengthwise and quartered
- 4 garlic cloves, peel on and smashed
- ½ teaspoon sea salt
- 1 teaspoon whole peppercorns
- 2 bay leaves, 3 sprigs fresh thyme and 6 sprigs parsley
- ¼ cup apple cider vinegar

Instructions

1. Preheat the oven to 450 degrees F.
2. Blanch the bones by placing them in a large stockpot and cover with cold water. Bring to a boil over high heat and then simmer for 20 minutes. Drain and rinse the bones with cold water.
3. Place bones and vegetables in a roasting pan, without piling them on top of each other. Roast for 30 minutes before turning over, then roast for 20 minutes more.
4. Place the blanched beef bones and other ingredients in a 10-quart capacity slow cooker or large stock pot.
5. Add in cold water so all the contents are submerged by about an inch. Simmer for 12 to 24 hours.
6. Remove from heat and allow to cool slightly.
7. Discard solids and strain remainder through a colander. Let stock cool to room temperature, cover and chill.
8. Consume within a week, or freeze for up to 3 months.



PULTRY BONE BROTH

Ingredients

- 1-3 carcasses/bones from chicken or turkey
- Leftover carrots, celery, and onion pieces from cooking scraps throughout the week (or fresh too)
- ¼ cup organic apple cider vinegar (ACV)
- water

Instructions

1. Put everything into your crockpot or oven roaster and fill with water to cover the bones by an inch-ish.
2. Let the mixture sit for 30-60 minutes. DO NOT TURN THE HEAT ON YET. This allows the vinegar to extract minerals from the bones.
3. Turn the crockpot on low or oven roaster at 200 degrees for 24-36 hours.
4. Strain the broth. Store in the fridge up to 7 days, freezer 3-6 months, or deep freezer up to a year. (Let the broth come to room temp before freezing.)

NOTE: IF YOU HAVE A HISTAMINE SENSITIVITY, YOU SHOULD AVOID BONE BROTH. WHILE IT CAN REDUCE GUT INFLAMMATION, BONE BROTH ALSO IS RICH IN THE AMINO ACID GLYCINE. AND UNFORTUNATELY, GLYCINE CAN BE CONVERTED TO OXALATES AND GLUTAMATE IN THE BODY.



Nutritious

GRAB AND GO SNACK IDEAS



LACTATION BITES

From *TheBakerMama*

Prep Time: 10 mins | Yield: 2 dozen

Ingredients

- 2 cups old-fashioned oats
- 1/2 cup ground or milled flaxseed
- 3 tablespoons brewer's yeast
- 1 cup peanut butter or almond butter
- 1/2 cup honey
- 1 teaspoon vanilla extract
- 1/2 cup dark chocolate chips

Instructions

1. In the bowl of an electric mixer fitted with the paddle attachment, add all ingredients except for the chocolate chips. Mix on low speed until mixture is well combined. Stir in chocolate chips.
2. Roll mixture into 2-tablespoon sized smooth balls and place on a parchment-lined baking sheet. Place in the refrigerator for 30 minutes or enjoy right away. Once the bites have set, transfer them to an air-tight container and store in the refrigerator for up to 2 weeks. Or freeze for the future.

- Hard-boiled Eggs
- Beef stick or jerky (Epic, Chomp,)
- Greek Yogurt
- Hummus and veggies
- Apples and nut butter
- Avocado toast
- Banana or zucchini muffins
- Energy balls
- Smoothies or shakes
- Edamame
- Nuts (almonds, walnuts, cashews, peanuts)
- Fresh Fruit (apples, oranges, clementine, banana)
- String cheese
- Dried Fruit (no sugar added)
- Raw milk
- Olives
- Roasted Chickpeas
- Chicken, Tuna, or Egg salad in a pita
- Popcorn (popped in olive or avocado oil)
- Seaweed Snacks
- Kale Chips



More soup recipes can be found at
[Farmhouse on Boone](#)

Nutrition & Supplementation

02

Common Postpartum Concerns & Remedies



COMMON POSTPARTUM CONCERNS

- ☐ Breast engorgement
- ☐ C-section scarring
- ☐ Clogged ducts
- ☐ Dry, cracked or bleeding nipples
- ☐ Fatigue
- ☐ Hair loss
- ☐ Mastitis
- ☐ Oversupply of milk
- ☐ Pain
- ☐ Postpartum blues
- ☐ Postpartum hemorrhage
- ☐ Perineal tearing
- ☐ Underproduction of milk

Nature has given us so many resources to help support and heal our bodies. There are many Natural remedies to help to support your body.



Postpartum Concerns & Remedies

Rest

PAIN

- **Arnica Montana** - homeopathic pain relief, supporting before, during and after birth. Start with 200c for a few doses, and can reduce down to 30c for breakthrough pains in the first few weeks
- **Coconut oil, Jojoba oil, Cocoa butter, Calendula** - all great options to massage into scars or irritated skin. Look for cold pressed, unrefined and organic brands
- **Dandelion (leaf and root)** - supports the liver, aids in digestion, rich in vitamin K, iron, potassium and zinc
- **Red Raspberry Leaf** - high in calcium magnesium, and iron also helps uterine and pelvic muscles and well as inflammation.
- **Rosehips** - high in vitamin C supporting immune system, promotes wound healing and helps with iron absorption
- **Turmeric** - powerful anti-inflammatory
- **Yarrow** - anti-inflammatory, digestion and immune support. Used to support wound healing, stop bleeding and soothe pain and inflammation.
- **Red Light Therapy** - help mitochondria produce more energy to heal cells supporting tissue, muscles and reduce inflammation.

Boiron & Genexa are good brands on Arnica, PRANA is another natural brand on Pain Relief

PERINEAL TEARING

- **Calendula** - soothing effects on the skin with anti-inflammatory and antimicrobial properties. Great in oils, creams and salves for mom and baby.
- **Coconut oil, Jojoba oil, Cocoa butter** - all great options to massage into scars or irritated skin. Look for cold pressed, unrefined and organic brands
- **Witch Hazel** - anti-inflammatory, supports natural wound healing process (if closed wound) used topically/external)



POSTPARTUM HEMORRHAGE

- **Cramp Bark** - antispasmodic eases tension and cramps (use for 1-2 days after birth)
- **Lady's Mantle** - help stop postpartum bleeding due to his high concentrations of tannins
- **Iron** - important to support blood volume
- **Motherswort** - supports uterine muscle tone
- **Nettles & Alfalfa** - provide key vitamins like calcium, magnesium, potassium, zinc, iron and A, C, E, K and B vitamins. High in antioxidants to support wound healing, blood sugar, blood pressure, cholesterol and detoxification
- **Red Raspberry Leaf** - high in calcium magnesium, and iron helps uterine and pelvic muscles and well as inflammation.
- **Rosehips** - high in vitamin C supporting immune system, promotes wound healing and helps with iron absorption
- **Yarrow** - anti-inflammatory, digestion and immune support. Used to support wound healing, stop bleeding and soothe pain and inflammation.
- **Yellow Dock Root** - helps assimilate iron, important for postpartum recovery and normal energy levels

Earthley Ease the Ache for 1-2 days post birth

- **Red Raspberry Leaf** - high in calcium magnesium, and iron also helps uterine and pelvic muscles and well as inflammation.
- **Turmeric** - powerful anti-inflammatory
- **Yarrow** - anti-inflammatory, digestion and immune support. Used to support wound healing, stop bleeding and soothe pain and inflammation.

***Steep and pour tea into warm bath along with epsom salts. Earth Mama's Herbal Perineal Spray and Sitz bath ***

Postpartum Concerns & Remedies

FATIGUE

- **Ashwagandha** - emphasizes warmth for postpartum healing, supports relaxation and can help endocrine function to regulate circadian rhythms (Do not use if sensitive to nightshades)
- **Catnip** - helps promote sleep, reduce stress, and aid in digestion
- **Nettles & Alfalfa** - provide key vitamins like calcium, magnesium, potassium, zinc, iron and A, C, E, K and B vitamins. High in antioxidants to support wound healing, blood sugar, blood pressure and cholesterol as well as support detoxification.
- **Oatstraw** - helps rebuild adrenals from exhaustion
- **Protein** - whole food source protein is essential to energy!
- **Skullcap** - decreases stress and anxiety, specifically with postpartum insomnia is due to worry and nervousness
- **Yellow Dock Root** - helps assimilate iron, important for postpartum recovery and normal energy levels

MilkMoon makes a Restorative Tonic with many of these included

POSTPARTUM BLUES

- **Ashwagandha** - emphasizes warmth for postpartum healing, supports relaxation and can help endocrine function to regulate circadian rhythms (if you are sensitive to nightshades, DO NOT USE)
- **Catnip** - helps promote sleep, reduce stress, and aid in digestion

C SECTION SCARRING

- **Coconut oil, Jojoba oil, Cocoa butter, Calendula** - all great options to massage into scars or irritated skin. Look for cold pressed, unrefined and organic brands
- **Red Raspberry Leaf** - high in calcium magnesium, and iron also helps uterine and pelvic muscles and well as inflammation.
- **Turmeric** - powerful anti-inflammatory
- **Witch Hazel** - anti-inflammatory and supports natural wound healing process (if closed wound) used topically/externally
- **Yarrow** - anti-inflammatory, digestion and immune support. Used to support wound healing, stop bleeding and soothe pain and inflammation.
- **Red Light Therapy** - help mitochondria produce more energy to heal cells supporting tissue, muscles and reduce inflammation.

HAIR LOSS

- **Coconut Oil** - contains lauric acid to help reduce protein loss, use before or after washing
- **Essential Oils** - rosemary, peppermint, lavender, and geranium
- **Protein** - ensure you are getting whole food protein from leafy greens, eggs, nuts, fish and other sources.



Take Care of Yourself

DRY, CRACKED OR BLEEDING NIPPLES

- **Calendula, Coconut, or Jojoba oil, Cocoa butter or tallow** - all great options to massage into scars or irritated skin for inflammatory and antimicrobial properties. Look for cold pressed, unrefined and organic brands
- **Medical Manuka Honey (MediHoney)** - helps speed the healing process
- **Red Light Therapy** - supports healing and reduces inflammation.
- **Silverettes** - innate property of silver helps sanitize, kill bacteria and create a safe barrier.

Do not allow nipple to dry or scab over, Earthley, Earth Mama have salves that can provide a barrier and aid healing

BREAST ENGORGEMENT

- **Cabbage Leaves** - room temperature or chilled for 20 minutes no more than 3x a day
- **Fenugreek Poultice** - Steep several ounces of fenugreek seeds in a cup or so of water. Let seeds cool, then mash them. Place on a clean cloth, warm, and use as a plaster.

CLOGGED DUCTS

- **Caster Oil** - to reduce inflammation and increase lymph flow
- **Sunflower Lecithin** - help prevention and treatment making milk less sticky and thinner.

*** massage gently behind the plug, nurse often with your babies nose or chin pointing to where the clog is***

OVERSUPPLY OF MILK

Oversupply does not necessary need to be addressed unless causing you and/or your baby discomfort. This must be done carefully to ensure weight gain and diaper output is not adversely affected.

- **KellyMom.com**- can be a good resource this and other breastfeeding questions.

MASTITIS

- **Garlic** - raw garlic ingested (can mix with Honey or orange juice) can be attempted before antibiotics
- **Calendula** - helps clear lymphatic system, decrease inflammation and powerful antimicrobial.
- **Rosehips** - high in vitamin C supporting immune system, promotes wound healing and helps with iron absorption.
- **Vitamin C** - boost to help aid immune system (2,000mg 3x/day)
- **Turmeric** - powerful anti-inflammatory
- **Red Light Therapy** - help mitochondria produce more energy to heal cells supporting tissue, muscles and reduce inflammation.
- **Phytolacca Decandra** (homeopathic) - 12C if no fever present or Belladonna 30c if fever present.
- **Sunflower Lecithin** - capsule
- **Water** - hydration and fluids in general is necessary to flush the inflammation/infection

*** More information and protocols [LINKED HERE](#)***

UNDERPRODUCTION OF MILK

- **Blessed Thistle** - promotes milk supply
- **Fennel** - Promotes milk supply
- **Milk Thistle** - increases prolactin, hormone responsible for milk production.
- **Moringa** - increases prolactin promoting and increasing flow of milk.
- **Water** - proper hydration, with minerals (salt, electrolytes) are needed to support your body's milk production
- **Lactation Consultant** - important resource to help create a plan including resources like pumping schedules and efficient feeds.

Earthley's Mama's Magic Milk Boost tincture can help increase milk supply

Recovery

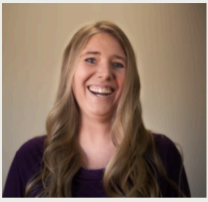
Postpartum Concerns
& Remedies





— 03

Professional support



ACUPUNCTURE

Upper Cervial Spine Center, Angela Mentink
www.angelamentink.com

PRENATAL CHIROPRACTOR

Lux Chiropractic, Olivia Tucker
www.LuxChiropractic123.com



POSTPARTUM COUNSELING

Shalom Counseling & Wellness, Lacey Atkins
www.shalomcw.com

BIRTH AND POSTPARTUM DOULA

Greenville Dula Besties, Madi Yates
www.doulabesties.com

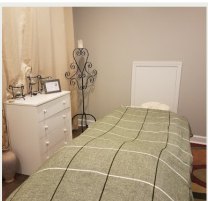


LACTATION CONSULTANT

The DOULA Group, Sarah O'Rourke
www.thedoulagroup.com

LACTATION CONSULTANT

Nourish Integrative Lactation & Wellness, Meredith Wentzel
www.nourishgreenville.com



PRE AND POSTNATAL MASSAGE

Airmid Massage, Antoinette Dyer
www.airmidmassage.com

PELVIC FLOOR PHYSICAL THERAPY

BodyWorks Women's Health & Wellness, Ashlee DeNooy
www.bodyworks-physicaltherapy.com



PELVIC FLOOR PHYSICAL THERAPY

Hope and Light Pelvic Health, Jill Jennings
www.hopeandlightpelvichealth.com



— 04 — Education



CHRISTIAN HYPOBIRTHING

App and website offers faith-based courses with hypnosis, relaxation techniques, and guidance for childbirth, breastfeeding, and postpartum care.
www.christianhypnobirthing.com



SPINNING BABIES

Provides techniques to optimize fetal positioning, ease pregnancy discomfort, and support smoother births through body alignment and movement.
www.SpinningBabies.com



CHILDBIRTH EDUCATION

Ask your provider or visit your local birthing center to receive recommendations for education classes PRIOR to birth. Learn the basics of what your body will do as well as how to care for your new baby. Here is a FREE 1 hour online course
www.kopabirth.com

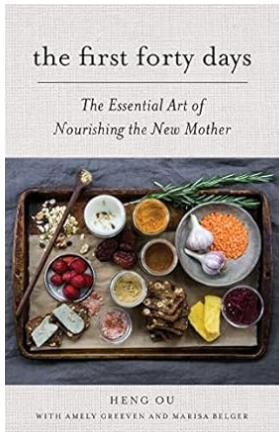


BREASTFEEDING EDUCATION

If you want to learn more about breastfeeding, dispell common myths, and invest for your success, Find resources and learn PRIOR to birth. This will make those first days LESS stressful. Here is an Online Course if you prefer.
www.thethompsonmethod.com

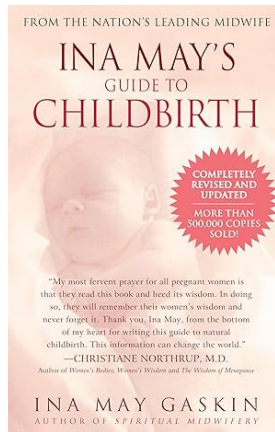
Reading

Some of our favorite books to support you, great reads prior to birth to familiarize yourself and reference postpartum.



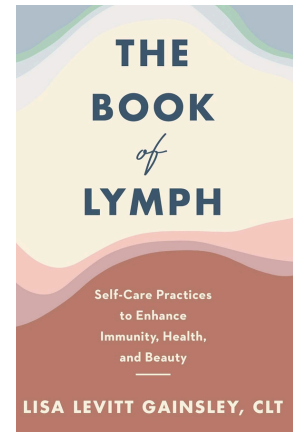
THE FIRST FORTY DAYS:

The essential art of nourishing the new mother
by Heng Ou



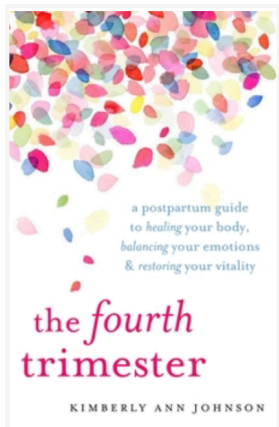
INA MAY'S GUIDE TO CHILDBIRTH

by Ina May Gaskin



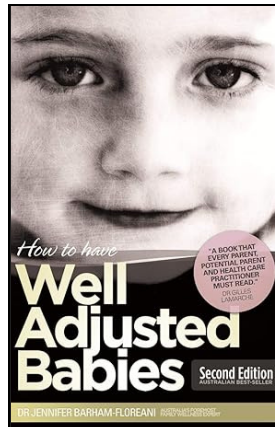
THE BOOK OF LYMPH

Self-Care practices to enhance Immunity, Health and beauty
by Lisa Levitt Gainsley



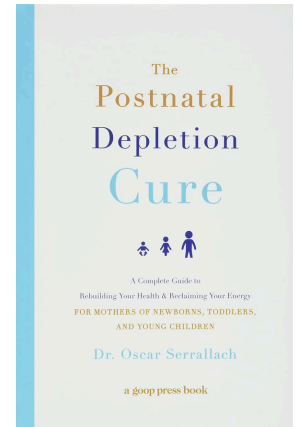
THE FOURTH TRIMESTER:

A Postpartum Guide to Healing Your Body, Balancing Your Emotions, and Restoring Your Vitality
by Kimberly Ann Johnson



WELL ADJUSTED BABIES

by Jennifer Berham-Floreani



THE POSTNATAL DEPLETION CURE

Dr. Oscar Serrallach

Knowledge

DIAPHRAGMATIC BREATHING

Diaphragmatic breathing is an exercise you can begin within the first few days of giving birth. Taking a few minutes each day to focus on your breath can help you relax and reduce stress. It can also improve core stability and help regain better control over your pelvic floor. You can perform this breathing exercise seated or lying down.

- Lie flat on the floor or even on your bed
- Relax your body, focusing on releasing the tension from the top of your head down to your toes.
- Put a hand on your chest and another on your lower abdomen.
- Take a deep breath in through the nose. This will expand your lower abdomen, sides, and lower back, but your chest should remain relatively still. Breathe in for 2 to 3 seconds.
- Exhale slowly while keeping one hand on your chest and one on your lower abdomen.
- Repeat several times for 2 to 3 minutes.

NOURISH MOVE LOVE - FREE POSTPARTUM WORKOUT PLAN

www.nourishmove.com/postpartum-workout-plan/

POSTPARTUM WORKOUT PLAN							
INSTRUCTIONS:							
Click the bold text on each day to access the full workout + guided video on nourishmove.com . And be sure to tag @nourishmove on social!							
WEEK 1	01 Booty Workout AND Postpartum Core #1 20 Minutes	02 Beginner Arms 25 Minutes	03 Upper Body Stretch AND DR Exercises 20 Minutes	04 Full Body Postpartum Strength 30 Minutes	05 Cardio AND Postpartum Core #2 20 Minutes	06 Beginner Full Body 25 Minutes	07 Rest Day
	08 Beginner Legs 20 Minutes	09 Upper Body AND Postpartum Core #3 20 Minutes	10 Full Body Stretch AND DR Exercises 20 Minutes	11 Full Body Strength 30 Minutes	12 Kickboxing AND Postpartum Core #4 20 Minutes	13 Full Body Strength 30 Minutes	14 Rest Day
WEEK 3	15 Abs, Butt and Thighs AND Postpartum Core #5 25 Minutes	16 Arms and Back 25 Minutes	17 Upper Body Stretch AND DR Exercises 20 Minutes	18 No Repeats Strength 20 Minutes	19 Cardio AND Postpartum Core #6 25 Minutes	20 Full Body Strength 15 Minutes	21 Rest Day
WEEK 4	22 Unilateral Legs 30 Minutes	23 Unilateral Arms 30 Minutes	24 Full Body Stretch AND DR Exercises 20 Minutes	25 Full Body Postpartum Strength 30 Minutes	26 Glutes AND Postpartum Core #7 20 Minutes	27 Strength Pyramid 30 Minutes	28 Rest Day

As you navigate this new path, trust your instincts and embrace the journey. Trust your body, it knows what to do. Surround yourself with a supportive community, and nurture yourself with kindness and patience.

Remember that your journey is uniquely yours. The transition into motherhood is a profound experience, filled with both challenges and joys. I wish you joy, rest, peace and strength on this beautiful adventure.

Shine On

