

ESSENTIAL

Postpartum Toolkit

Congratulations on your new arrival! The postpartum period is a time of recovery, adjustment, and deep bonding. Your placenta pills are already providing incredible hormonal and nutrient support. Now let us complement them with natural, nourishing tools to make your recovery even smoother. From soothing sitz baths to nutrient dense foods, this guide has everything you need to navigate the fourth trimester with ease.

POSTPARTUM ESSENTIALS

HERBAL TEAS

- ✓ **Fenugreek, raspberry leaf, lemon balm, chamomile**
- Support milk supply, relaxation, and healing

SITZ BATH

- ✓ **Witch hazel, yarrow, plantain, calendula** -
Soothing relief for perineal healing

PADSICLES

- ✓ **Aloe vera, witch hazel, lavender essential oil** -
Cooling comfort for postpartum recovery

SILVER NIPPLE CUPS

- ✓ **Anti-inflammatory, antimicrobial and antifungal** -
Natural nipple healing without balms

POSTPARTUM TINCTURES

- ✓ **Motherwort, yarrow, black haw, cramp bark** -
Support for afterbirth cramps
- ✓ **St. Johns wort, motherwort, damiana, black cohosh** - Support for baby blues

NUTRITION + HYDRATION

Eating nutrient dense foods and staying hydrated is essential for recovery. Focus on:

- ✓ **Bone broth for gut healing and mineral replenishment**
- ✓ **Hydrating herbal teas and coconut water**
- ✓ **Iron rich foods like leafy greens and red meat**
- ✓ **Omega-3 sources (salmon, chia seeds) for brain health**

EMOTIONAL SUPPORT

Postpartum emotions can be overwhelming. Build a support system by:

- ✓ **Joining local or online postpartum support groups**
- ✓ **Communicating openly with your partner and loved ones**
- ✓ **Using postpartum tinctures or adaptogenic herbs for mood balance**

HORMONE + MOOD CHANGES

Your placenta capsules are helping regulate postpartum hormone shifts, but for even better balance:

- ✓ **Magnesium supplementation for relaxation and mood stabilization**
- ✓ **Gentle movement like stretching or walking**
- ✓ **Prioritizing rest and reducing stress whenever possible**

SELF CARE PRACTICES

Taking small moments for yourself can make a huge difference. Try:

- ✓ **Warm sitz baths with herbal infusions**
- ✓ **Daily exposure to sunlight for vitamin D**
- ✓ **Listening to calming music or practicing deep breathing**