

## **Mommy Brain: Postpartum Care for Mom**

**First 2 Weeks/6 Weeks/Lactation**

### **Important Dietary Supplements for Healing/Lactating Moms**

- **Prenatal Vitamins:** continue the entire time you are nursing.
- **Vitamin D3:** The latest research shows nursing Moms need *6400 IU* per day for adequate levels for Mom and Baby. (Fat soluble vitamin, if having trouble absorbing may need to add something to help break down the fat with this.)
- **EPA/DHA (Fish Oils):** Minimum 1250 mg. Double this if you are having mood issues. Ideal is ratio of 60/40 for mood issues. Be sure they are third party tested.
- **Probiotics:** Every day! Remember quality is paramount.
- **B Vitamins:** B complex is ideal. (If you have low milk supply limit B6 to <200 mg per day.)

### **Other:**

- **Iron:** Did you lose blood with birth? Were you deficient during pregnancy? Do you know your hemoglobin and hematocrit, AND your ferritin levels ?
- **Liquid Calcium/Magnesium :** 1 T. at bedtime if sleep issues, muscle cramps, constipation, headaches, mood issues.
- **Brands:** Here is a list of good quality brands. There are certainly more: Eclectic Institute (Opti Natal), Premier Research Labs, NUTRI-DYN/Metagenics, Nordic Naturals, Biotics, Integrative Therapeutics.

### **Diet**

Breastfeeding will take 500-650 calories per day. Be sure you are eating a healthy diet full of dark greens, veggies, healthy fats and protein. Your body will prioritize baby; so your milk will be healthy even with a poor diet but YOU will suffer.

### **Sleep**

- Sleep "Hygiene"
- Calcium/Magnesium 1 T. at bedtime
- Trouble Sleeping? Falling asleep or staying asleep?
- Consider thyroid testing

#### **LABS**

- Vitamin D: goal 60-70
- Ferritin: goal >35
- Hemoglobin: goal >12

### **Structural Impact on Anxiety, Sleep, Brain Function, Mood**

- Sympathetic Nerves:: T1-L2
- Parasympathetic Nerves: Cranial Nerves 3, 7, 9, 10 and Sacral Nerves 2-4

### **Ideas for Balance and Self-Care**

- Chest opening
- Breathing
- Exercise 10-15 min per day. Ideally 30 min 3 to 5 times per week if mood issues.
- Laughter (Increases melatonin in your MILK! Yup, laughing before nursing might help baby sleep a little more!)