



Red Tent
HEALTH CENTRE

Safe & Effective Pregnancy Support. Naturally.

Why bother with post natal herbs?

Imagine... You've just given birth and you're on a high. No matter which incredible way you birthed your baby, you're also pretty exhausted, most likely have lost some blood, if you're not already, you soon will be fairly sleep deprived and all of sudden, you don't care very much about yourself. All you can think about is that little bundle of joy that you've given birth to.

It is amazing. You are amazing.

You were pregnant, feeling quite warm and "Yang", brimming with blood and the fullness that that brings and now you're little one is out of your belly, you're not circulating the amount of blood you were before and you're colder and more "Yin" without all that blood. Your breasts are starting to fill and your appetite is building as you meet the demands to make wonderful breast milk for your baby.

It's very important at this time to eat protein rich meals to help create great breast milk as well as give you the energy to get through your day. As well as this, we would highly recommend some herbs to help re-build your energy and blood supplies, help you to feel better, help to create great breast milk and help you to sleep soundly for the stretches your baby allows.

So what's in these herbs? Chinese medicine is not just about each individual herb but how they all move together in a formula – how they work as a team. So there are herbs for energy, herbs to improve blood supply and blood flow, herbs to warm you up a bit again and herbs to keep your mind calm. They work in harmony together to really support you as a new Mother so you can get back to the business of getting to know your baby, feeding your baby, changing your baby and helping them to sleep.

Here at the Red Tent we have put this special formula together for new mums as we know first hand what's required as we've supported so many of you through your pregnancy and birth to motherhood.

These herbs are wonderful way for you to start the day, knowing that you're giving the best to yourself and ultimately your baby through your energy and breast milk. It is said in Chinese Medicine; "to treat the child we must always treat the mother". You are both so intimately connected that even if you aren't able to breast feed your baby, everything you do for yourself has an impact on them. It's amazing how in tune you are with your new little one.

Ren Shen (Ginseng)
Bai Zhu (White Atractylodes Rhizome)
Fu Ling (Poria, China Root)
Gan Cao (Licorice Root)

Shu Di Huang (Cooked Rehmannia Root)
Bai Shao (White Peony Root)
Dang Gui (Chinese Angelica Root)
Chuan Xiong (Szechuan Lovage Root)
Rou Gui (Cinnamon Bark)
Huang Qi (Astragalus Root)
Gui Zhi (Cinnamon Twig)
Sheng Di Huang (Rehmannia Root)
Suan Zao Ren (sour jujube seed, zizyphus)
Ling Zhi (Reishi Mushroom)

The first four herbs, Ren Shen, Bai Zhu, Fu Ling and Gan Cao constitute a very famous formula that's hundreds of years old called Si Jun Zi Tang – otherwise known as the Four Gentleman because they work together so harmoniously to **improve your energy**. They work extremely well to improve your digestive system, which has been taxed throughout your pregnancy and still is when you're a new mum.

The next four herbs, Shu Di, Bai Shao, Dang Gui and Chuan Xiong constitute another famous formula that nourishes your blood and **improve the amount of breast milk** you have. We have then added cinnamon (Rou Gui and Gui Zhi) to warm you up a little and move your energy so it doesn't get stuck. We've added Astragalus (Huang Qi) which is awesome to improve your **immunity** at a time when it is more compromised and you are more vulnerable to falling prey to viruses and bacteria.

We added Rehmannia (Sheng Di Huang) to alleviate those **night sweats** that many of you will have, or simply feeling quite hot in the night-time. Although feeling warmer can feel good, it's actually a sign, especially if you're sweating, that your hormone levels are out of balance and this will help to **build up your estrogen levels**. And finally, we added Zizyphus (Suan Zao Ren). This is a gorgeous herb that helps to **calm your mind** and nourishes your blood. In Chinese medicine, it is said that your spirit is housed in your blood. So if your blood is deficient, there is no room for your spirit and it may wander.

We've also put in the famous Reishi Mushroom. It powerfully restores the immune system and regulates your Liver, which has an impact on your hormones, your digestion and emotional well-being.

The best part about getting some post-natal herbs from the Red Tent is that they are tailored to you. So even though this is our base formula, **we adjust it so it's perfect for you**. So if you have constipation or haemorrhoids or varicose veins or can't sleep well or get headaches or have gut issues, we have you covered.

You can order a formula that's just right for you by calling the clinic (02) 9300 9522.

"I saw Bec several times in the weeks leading up to my due date and there is no doubt in my mind acupuncture helped prepare my body for a relatively straight forward birth and recovery. During these treatments Bec also suggested I try post-natal herbs and I am SO glad I did! I was literally on a high for 4 months following the birth of my first child, Theo. The herbs helped my milk supply and breast feeding was established easily, I also had so much energy - it was completely

opposite to how I felt while pregnant. I believe the herbs boosted my immunity and kept me going through all those sleepless nights. I felt like wonder woman. I would definitely recommend them to new Mums."

How much are they: \$129 for one month's supply (including express postage delivered to your home).

Dosage: 4ml or 4g morning and night with warm water.

How do they come: in liquid or granules (granules are a bit stronger but have a stronger taste too!) with all the instructions on the packet and the ingredients listed.

How to order them: Call reception on (02) 9300 9522 and they'll take your order. It's best to let them know what else is going on for you eg: exhaustion, constipation, loose bowel movements, insomnia, swelling, haemorrhoids, low milk supply etc. That way they can pass this info onto us and we can develop the correct mix for you. If it's a bit more complicated, your herbalist/acupuncturist will be in touch with you.

If you are prone to mastitis or you are having your first baby: Then we would highly recommend one week's supply of herbs as your insurance policy. This condition comes on quickly and needs to be stopped straight away. Having herbs in your cupboard to use in case of an emergency means you have a much higher chance of not needing antibiotics, which will upset your gut and your baby's. They are highly effective if used. We would also recommend high strength pro-biotics in the early weeks of being a new mum as well if mastitis comes on. **Investment:** \$49 for one week's supply of herbs.