

WELCOME TO YOUR 28 DAY POSTPARTUM HERBAL CARE PACKAGE

Firstly, congratulations on choosing to nourish and restore yourself during this sacred time with the help of Traditional Chinese Medicine, also referred to as "TCM". This guide that is included in your pack has been condensed and simplified so that you don't feel overwhelmed and confused when it comes to consuming these beautiful blends.

The early days of postpartum are filled with emotions and tenderness. Ideally you will have someone on hand to help prepare these tonics and soups for you. But even if you are at it alone, this document will hopefully guide you through what to consume, when and how to make it easily even if the first few days are a blur.

We suggest reading more about the history behind TCM in the postpartum period, the importance of rest and nourishment prior to bub arriving via our website. This document should act as a quick guide to help you along the way once baby has arrived.

We hope you enjoy the formulations that have been included in this package and remember that nourishment through what you read, listen and watch is just as important as what you eat in those early days. Remember that you have just brought life onto Earth so be gentle on yourself, soak in the slowness of being a new mother and enjoy the newborn snuggles.

*Scan here to learn more about what's
in your postpartum herbal pack.*



*"In these first forty days after delivery, it can seem as if
all the world wants to come and hold your baby. But to
fully inhabit your new role as a mother - with its
astonishing requirements for giving energy, attention
and love- it is you that must be held"*

- Heng Ou

HOW TO USE THIS GUIDE

1. Scan the QR code above to read on the importance of postpartum care and the role TCM has to play in supporting a new mother to recovery and vitality.
2. Refer to the 28 day package on the website to view your parcel's contents and purpose in detail. Familiarise yourself with the various cooking methods and ingredients required as well as optional ingredients you may wish to add.
3. Once baby arrives and you are ready to start your blends, use this guide as a quick reference for which herbs to consume on a particular day and the cooking method required.
4. Use the Birth Affirmation and Motherhood Inspirational Cards to support you during the golden month and remember that you are doing an amazing job.
5. When you feel like a little change to the TCM herbs, you can make up an item or two from the Dry Pantry Range. Even better yet, outsource it to a loved one!
6. Immerse yourself in a bath with our Postpartum Bath Sitz, curated to provide comfort to your sensitive and tired areas after birth.
7. Complete a Mother Warming Treatment in the comfort of your own home with our Moxa Sticks. The burning of moxa sticks strengthens the blood, stimulates Qi (or energy), and maintains good health. Refer to QR code on the back of the packaging for further instructions.

COOKING METHODS

HERBAL SOUPS

Ingredients (You will need)

Roughly 300g of protein

1.2L water + extra to blanch protein & rinse herbs

3 slices of ginger

Optional add-ins - your favourite aromatics

Option to add sesame oil / rice wine to taste

Salt to taste

Preparation and Cooking Instructions

Two pots will be used. One to blanch-wash protein and one to cook the soup.

1. Blanch-wash protein: Prepare a pot of boiling water. Add protein to the pot and ensure water covers the protein. Bring back to boil.
2. In the meantime, rinse the herbs in cold water to 'awaken' herbs.
3. Once the liquid has boiled, boil for an extra 1 minute before discarding the liquid. Some brown foam and impurities may surface.
4. Rinse the protein again to clean any impurities and fat.
5. Prepare 1.2L of boiling water in the soup pot. Strain rinsed herbs and add cleaned protein, ginger & any aromatics to the pot.
6. Bring to boil and continue boiling for 3 minutes.
7. Turn down heat to the lowest setting and simmer for 1.5 - 2 hours.
8. Stir in rice wine / sesame oil (if using) and season salt to taste. Rest for 5 minutes before serving.

Cooking Notes & Tips

- Add-in ingredients (optional): These can serve to enhance flavour and introduce extra nutrients. You don't need to go overboard with the additions. If you ask us what our 'must haves' are, these would include carrots, a small handful of shiitake or black wood ear mushrooms and a handful of beans (black bean and black-eyed beans are favourites). Dried seafood such as dried scallops and dried squid can also add great flavour.
- The tonic will gradually reduce and thicken into a beautiful, darker and richer flavour as the soup is cooked longer. If the liquid has evaporated significantly, add extra water. Blends with fish maw may need longer depending on the stove - ensure you cook until fish maw has fully softened. Alternatively, reduce the soup to a concentrated broth according to your consumption preference.
- If adding protein over the recommended amount, ensure all ingredients are submerged in water. A combination of protein with bone-in and lean protein can be added for enhanced meaty taste. Opt for bone with more meat if possible. Lean protein will be tough after cooking but the flavours will be beautifully extracted into the soup.
- For extra flavour, marinate the protein with salt after blanch washing protein.
- For a clean and clear soup, remove skin and fat from protein. Skim the layer of oil from the surface and discard before serving.
- Store leftover herbal soup in the fridge. Bring to boil to serve.
- The herbs are edible so don't be afraid to taste although some can be fibrous. These can be served with your tonic or strain and discard.

COOKING METHODS

RED DATES TEA

Ingredients (You will need)

3 slices of ginger

2L water (depending on your preferred concentration)

Preparation and Cooking Instructions

1. Rinse herbs
2. Add herbs, ginger and 2L water into a medium-sized pot.
3. Bring to boil and simmer for ~1.5 hours on stove.
4. Strain herbs and drink warm throughout the day. Tea may be stored in a vacuum flask to keep it warm throughout the day.

Cooking Notes & Tips

- You are welcome to use the cotton muslin bag to keep the herbs neat in the pot during the cooking process. Give the bag a squeeze in the pot at the end of cooking to extract all the flavour from the herbs before removing. The cotton bag can be washed and reused.
- To further enhance the sweetness from the red dates, either: (1) cut the red dates in half before adding to pot (pit does not need to be removed unless preferred); or (2) once cooked, the red dates will be soft; you can use the back of a spoon /ladle to give the red dates a squeeze against the sides of the pot; this will break up the red date and release its sweetness into the tea.
- Maximise the sweetness infused in the tea by cooking it for longer

SHENG HUA TONIC

Twice per day after a meal. Mix 5 level spoons (provided) with 60 - 100ml boiling water. Stir and rest for 5 mins. Drink warm. Chase down with a candy if required.

FINAL NOTES ON YOUR PACKAGE

- Red Date Tea is not to be consumed until Week 1, Day 5 upon completion of the Sheng Hua Tonic.
- Sheng Hua Tonic is designed to help mothers post birth with the recovery of the uterus, promote blood circulation as well as the discharge of lochia. Admittedly, it is not the best tasting formulation but highly important in TCM. We recommend that it is chased down with a sour plum or a suitable sweet if necessary. We suggest that this comes with you in your hospital bag so that it can be consumed right after birth.
- Whilst traditional diets do recommend the use of animal protein to aid in postpartum recovery, we understand that there are many different diets in today's world. If you do not find any of the recommendations suitable, they can be omitted and simply cooked with the herbs themselves. Please note that there is animal product in the American Ginseng Collagen Soup unless you have liaised with us prior to exclude the fish maw from your package.
- The 28 day package has been designed as best we can to incorporate traditional Chinese herbs to suit the modern palette. We have not included a blend for each day as new mothers can find this overwhelming. You might find a soup can last for two days or some days you might just want a break so the schedule just acts as a guide but ideally they are consumed within the weeks specified. With the soup and tea blends, you should be covered for most if not all of the 28 days.

QUICK REFERENCE GUIDE

WEEK	BLEND / TONIC	SUGGESTED PROTEIN & NOTES
Week 1 Day 1 - 4	Sheng Hua Tonic	Recommended that this be in your hospital bag so as to be consumed right after birth
Week 1 Day 5	Digest & Detox Soup	Pork
Week 1 Day 6	Calming Reishi Soup	Chicken
Week 1 Day 7	Notoginseng Dec clotting Nourishing Soup	Pork
Week 2 Day 1	Qi Boosting Astragalus Soup	Chicken
Week 2 Day 2	Immunity Boosting Codonopsis Soup	Chicken
Week 2 Day 3	Back Support Kidney Soup	Chicken
Week 2 Day 4	Spleen & Stomach Support Soup	Pork
Week 3 Day 1	Lactation Booster Soup	Chicken, option to add green (unripe) papaya
Week 3 Day 2	American Ginseng Nourishing Soup	Chicken
Week 3 Day 3	Ten Herb Women Nourishing Soup	Chicken
Week 3 Day 4	Healthy Hair Fleeceflower Soup	Pork
Week 4 Day 1	Qi Boosting Astragalus Soup	Chicken
Week 4 Day 2	American Ginseng Collagen Soup	Chicken; ensure fish maw is soft before consuming; once soft, you can cut up into smaller pieces and dip in tamari for extra flavour
Week 4 Day 3	Snow Fungus Yin Nourishing Soup	Pork
Week 4 Day 4	Red Ginseng Vitality Soup	Chicken, preferably silkie black chicken



Red Dates Tea not to be consumed until after Day 5 post birth.

欢迎使用 28 天产后草本护理套餐

首先，祝贺您这个神圣的时刻，选择在传统中医的帮助下滋养和恢复自己。您礼包中的这份综合和简短的指南，可以帮助您在食用这些美味的食材时不会感到不知所措和困惑。

我们理解，产后早期充满了各种情绪和琐事，希望您身边会有人帮您准备这些滋补品和汤剂。即使您独自一人，这份手册也将指导您如何食用，何时以及轻松地准备这些滋补品，帮助您度过最初几天的迷茫。

我们建议您在宝宝出生前通过我们的网站了解更多关于产后中医调理的历史，以及休息和滋养的重要性。这份手册将会作为一个快速指南，在宝宝出生后的日子里为您提供帮助。

我们希望您喜欢这个礼包中的中医调理配方，您所读、所听、所了解的营养知识，与您在产后初期所食用的滋补品一样重要。您刚刚把一个新生命带到世界上，请对自己温柔一点，慢慢沉浸在初为人母的角色，享受新生儿的依偎。

[点击这里](#)了解更多关于产后草药包的信息。



“在分娩后的头四十天里，似乎全世界都想过来抱抱你的孩子。但是你需要关注的是——完全融入你作为母亲的新角色——这需要付出精力、关注和爱”

--恒欧

如何使用本指南

1. 通过扫描二维码，在我们的网站上了解产后护理的重要性和中医的作用。
2. 查看网站上列出的28天套餐，了解您的套餐中包含的所有产品、成分、用途，并熟悉各种烹饪方法。
3. 一旦宝宝出生，您准备好开始食用滋补品，请使用本指南作为每天食用滋补品和食用方法的快速参考。
4. 请使用出生日志和妈妈激励卡来辅助您产后的黄金月，记住您已经做得很棒了！
5. 请使用出生日志和妈妈激励卡来辅助您产后的黄金月，记住您已经做得很棒了！
6. 请使用我们的产后坐浴包（Postpartum Bath Sitz）来增加您的抵抗力，并舒缓您产后敏感及紧张的区域
7. 在您舒适的家中使用护理艾草条来完成新妈妈温暖疗程（Mother Warming Treatment）。艾疗可以增强血液循环，刺激气（或能量），并保持身体健康。请扫描礼包背面的二维码进一步了解更多内容

烹饪指南

草本滋补汤

配料(您将需要):

大约300克蛋白质

1.2升水+额外的水，用于焯煮肉制品和冲洗草药

3片生姜

可以选择加入-您喜欢的香料

可以选择加入芝麻油/米酒来调味

盐调味

烹饪方法:

您将使用两个汤锅。一个用来焯煮肉制品，一个用来煮汤。

- 1.焯煮肉制品:准备一壶开水。向锅中加入肉制品，确保水覆盖肉制品，并重新煮开。
- 2.同时，在冷水中冲洗草药以“唤醒”草药。
- 3.水沸腾后，再煮沸1分钟，然后倒掉。您可能会看到一些棕色泡沫和杂质。
- 4.在水下再次冲洗肉制品，以清除表面的杂质和脂肪。
- 5.在汤锅中准备1.2L开水。将滤水过的草药加入汤锅里，并加入洗净的肉制品，生姜和其他香料。
- 6.煮沸并继续煮沸3分钟。
- 7.低火炖煮1.5 - 2小时。
- 8.加入米酒/芝麻油（可以选择）和盐调味。静置5分钟后食用。

注意事项:

- 选择添加成分-这些是可选的，您也可以不必添加额外的成分，但是它们会增加味道和额外的营养。您也不需要添加太多额外成分。如果您问我们什么是“必需品”，我们的答案是胡萝卜、一把香菇或黑木耳，还有一把豆子(黑豆和黑眼豆是我们的最爱)。干制海鲜，如干贝和干鱿鱼也会增加味道。
- 草本滋补汤煮的时间越长，滋补品就会变得越美味、颜色越深、越浓郁。如果汤汁已经大量减少，您可以添加额外的水。如果您选择加入鱼肚可能需要更长的炖煮时间，-请确保鱼肚煮到完全变软。
- 如果加入多于推荐量的肉制品，确保所有成分都没在水中。您可以添加含骨肉制品和瘦肉的组合来增加肉味。如果可能的话，请选择带更多肉的骨头。瘦肉蛋白在烹饪后会变得很硬，但味道会很好地融入汤里。
- 为了获得额外的风味，可用盐腌制焯煮后的肉制品
- 为了获得干净清澈的汤，请去除肉制品的表皮和脂肪。食用前撇去汤汁表面的一层油。
- 如果您觉得每日食用的汤汁过多，可以大火炖煮以获得更浓缩的汤汁。
- 草药是可食用的，尽管有纤维残留，您可以把它们和滋补汤一起食用，或者过滤后扔掉。

烹饪指南

红枣茶

配料(您将需要):

3片生姜
2L水(取决于你喜欢的浓度)

烹饪方法:

1. 冲洗草药
2. 将草药、生姜和2L水加入一个中等大小的锅中。
3. 煮沸后煨大约1.5小时。
4. 过滤掉草药并全天饮用该热茶。您可以把茶储存在保温瓶里，让它一整天都保持温暖。

注意事项:

- 在炖煮过程中，您可以使用棉纱袋来盛放草药并炖煮。记得在炖煮结束时在锅里挤压棉纱袋，以释放草药的所有味道。棉纱袋是可以清洗和重复使用的。
- 为了进一步增强红枣茶的甜味，您可以选择:(1)在将红枣放入锅中之前将红枣切成两半(可以选择不去核);或者(2)煮熟后，您可以用勺子/勺子的背面将煮软的红枣挤压在锅的两侧，碾破红枣，将其甜味释放到茶中。
- 茶煮的时间越长，茶中的甜味就越浓。

生化汤

每天两次，饭后服用。用60-100毫升沸水混合5勺(礼包内包含)生化汤。搅拌并静置5分钟。趁热服用。如果需要的话，饮用后可食用一颗糖。

关于您的礼包:

- 在产后第1周-的1-5天之前，请勿饮用红枣茶，直至生化汤饮用完
- 生化汤旨在帮助母亲产后子宫恢复，促进血液循环以及恶露的排出。虽然它不是味道最好的配方，但在产后中医护理中非常重要。我们建议，如果有必要的话，用酸梅或合适的甜味佐餐。
- 虽然传统饮食推荐使用动物蛋白来帮助产后恢复，但我们了解目前有许多不同的饮食习惯。如果您没有发现任何合适的建议，动物蛋白质可以被忽略，只需烹煮草药。请注意，西洋参胶原蛋白汤中含有动物产品，您可以提前与我们联系，将鱼肚从您的礼包中剔除。
- 请注意，28天套餐的设计是将中国传统中草药尽可能融入现代生活。，我们发现新手妈妈经常感到迷茫，因此我们没有指定每天的食材。有些草本滋补汤可以持续食用两天或几天，您也可以偶尔休息一下，本时间表只是作为一个指南，但请尽量在指定的周数内食用。礼包中的草本滋补汤与茶，足够28天或近28天食用食用。

快速参考指南

天	混合/滋补	建议的蛋白质和注释
第1周第1-4天	生化汤	红枣茶不宜饮用
第1周第5天	健脾安神四神汤	猪肉
第1周第6天	灵芝养生汤	鸡肉
第1周第7天	活血田七汤	猪肉
第2周第1天	黄芪补气汤	鸡肉
第2周第2天	强身党参汤	鸡肉
第2周第3天	巴戟杜仲补肾汤	鸡肉
第2周第4天	七味补脾汤	猪肉
第3周第1天	通草下奶汤	鸡肉，可选择添加青(未成熟)木瓜
第3周第2天	西洋参清补	鸡肉
第3周第3天	十全大补汤	鸡肉
第3周第4天	首乌美发汤	猪肉
第4周第1天	黄芪补气汤	鸡肉
第4周第2天	西洋参花胶汤	鸡肉；食用前确保鱼肚变软；一旦变软，你可以把它切成小块，蘸上塔玛里酱来调味
第4周第3天	雪耳养阴汤	猪肉
第4周第4天	人参大补元气汤	鸡肉，最好是乌骨鸡



红枣补血茶 请勿生产后的5天内使用