



Welcome Babies PC #3 Postpartum Care

24 Hours After Delivery

- Welcome Babies Soup (powdered herb)
3 heaping spoons, 3 times per day for 1 month

1 Week After Delivery

- Uplift
6 capsules or 2 rounded scoops each time, 3 times per day

Things to Do

- Dry your hair thoroughly before you leave the bathroom.
- Drink a lot of hot water.
- Eat avocados (good fat that helps with healthy milk production).

Things to Avoid

- Touching cold water (not even to test for hot water)
- Cold food and drinks
- If you are breast-feeding, please avoid scallions, garlic, onions and chives.