



PREPPING FOR POSTPARTUM

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MAKING A SITZ BATH

Caring for yourself Post-Partum

After having your baby, your vaginal tissues may be torn, which can lead to pain, lack of mobility, and even infection. To guard against this and keep yourself healthy, make a Sitz Bath.

What herbal actions are needed?

These are the best actions, or traits, of herbs for post-partum recovery:

Antibacterial: kills germs Antifungal: kills fungi Vulnerary: heals wounds, esp. topically **Emollient**: soothes skin Analgesic: relieves pain Astringent: dries things up Styptic: stops bleeding



Best Herbs (Dry or Fresh)

Arnica Blackberry Leaf Calendula Chickweed Chicory Echinacea Leaf & flower Elder Leaf Ladies Mantle Lavender Mallow leaf Meadowsweet **Raspberry Leaf Red Clover** Rosemary Sage Shepherd's Purse St. John's Wort Thyme Violet Flower & Willow Bark Witch Hazel (Not Distilled) Yarrow Flower

Herbs to Avoid Garlic Peppermint Tea Tree Comfrey Ginger Nettles Clove



1. Recipe and Preparation in Advance

Collect the herbs and either dry them or use them fresh. Chop into small bits. If dry, blend them in a bowl and then pour them into a glass canning jar. Lid and label the jar. Store it in a cupboard or pantry until it's baby time.

2. When Ready to Use:

When ready, mix 2 heaping tablespoons of the herbal blend with 1 guart of boiling water.

Steep in a jar or in a saucepan for 15-20 minutes, covered, and allow to cool to warm.

3. To Use:

Strain the "tea" through a sieve and pour it into a sitz bath tray on the toilet, and sit and relax. When finished, simply pour the used "tea" into the toilet and flush.

Gently pat dry and repeat 3 to 4 times daily while recovering.

Or, dip a soft cloth into the tea and use this compress on the area, or as a rinse for Csection surgical recovery.



PREPPING FOR POST-PARTUM MAKING A SITZ BATH

For C-Section Recovery

- Use the same herbal "tea" blend. Brew a strong "tea" and allow to cool to just above body temp.
- Dip a clean, soft cloth into the tea and apply this as a compress or drippy rinse over the stomach's surgical area. This rinse will perform the same function: providing antibacterial and astringent actions to the surgical scar to promote healing.
- Gently pat the area dry with a clean towel, and reapply 3 to 4 times daily as needed.

Materials You'll Need

to Prep for Post-Partum Care Using a Sitz Bath

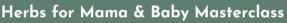


To Prep Your Materials in Advance:

- Herbs: collect dried herbs from a reputable source, or grow them yourself. Make sure they're thoroughly dried to avoid mildew.
- Medium-sized bowl for blending the "tea blend"
- A canning jar, plus lid and label, for storing

To Use the Sitz Bath After Delivery

- A Sitz bath tray (most pharmacies sell them)
- A strainer, sieve, and cheesecloth (to strain out all herbal bits)
- Fresh, clean towels and washcloths



From a mother and herbalist, I share essential natural remedies for pregnancy, labor, breastfeeding, and infant care. Inspiring and practical insights to support your decisions and health journey.

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