



# Postpartum

## Literature

Nine Golden Months by Heng Ou

The First Forty Days by Heng Ou

The Fourth Trimester by Kimberly  
Ann Johnson

Cycles by Amy J Hammer, FNP

The Fifth Vital Sign by Lisa  
Hendrickson-Jack

Taking Charge of Your Fertility by  
Toni Weschler, MPH

Joy in Suffering by Rosemary Pope  
(TW; pregnancy loss)

Spiritual Midwifery by Ina May  
Gaskin

Ina May's Guide to Childbirth by  
Ina May Gaskin

Ina May's Guide to Breastfeeding  
by Ina May Gaskin

## Resources

Instagram:

- @thebetterboob : breastfeeding tips
- @karrieloher

Product Recommendations:

- SollyWrap Baby Carrier
- Tallow Balm (for nipples, diaper rash, etc)
- A glass or stainless steel water bottle
- Herbal sitz baths
- Flame retardant free car seat
- Chiropractic care (if local: Tree of Life)
- Pelvic PT (if local: Root to Rise)
- Comfy loungewear/robe
- Bodily nursing bras
- 100% cotton pads/period underwear (period.co)
- Tech-free hobby (knitting, reading, etc.)

Nutritional/Supplements (not medical advice)!

- Magnesium (I like this "[Good Night Lotion](#)" from Earthly - use code "themainenanny" for 10% off)
- Minerals (I like these [ConcenTrace Drops](#))
- Desiccated Beef Liver (I like [this one](#) from Perfect Supplements - the powder form is easy to hide in coffee or smoothies)! Also, Cod Liver Oil.
- Nourish Her Naturally ([Earthley](#))
- Protein (aim for a minimum of 100-150g a day)
- Bone broth & collagen