



5 TIPS TO NOURISH A NEW MOM'S HEALTH



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1. STAY HYDRATED

Ideally, we would all drink a gallon of water a day to wash out toxins and keep us feeling energized. Between taking care of the baby and breastfeeding, new moms are often chronically dehydrated. If you're adding in caffeine to keep you awake, this can be a setup for health failure.

Dehydration can make you feel sluggish. Moreover, as you're healing post-birth, water intake is critical for a regular bowel movement to decrease pain associated with tissue healing.

4 Tips to improve your hydration:

1. Keep a water bottle at your nursing station and drink it each time you're nursing
2. Drink a glass of water prior to each meal
3. Eat plenty of fruits and vegetables with high water content
4. Use an amino acid compound to flavor water and add essential building blocks for healing and optimized health





2. USE ESSENTIAL AMINO ACIDS

Essential amino acids are the building blocks for energy pathways. Without these vital amino acids, the energy pathways become blocked and don't produce the essential ATP that gives you energy. Most people are deficient in one or more of these essential amino acids, and without proper testing, it is difficult to determine which of the nine. The easiest way to build your metabolism and have consistently high energy is to ensure the main building blocks are present for your cells to work efficiently and bolster your metabolism.

Using 1-4 scoops daily of Active AminoX, to get your cells what they need and potentially boost your milk supply in the process

Pro tip: Add Active AminoX to Apple cider vinegar, ginger, and lemon juice





3. EAT REAL FOODS

There are so many tasks for a new mom--and taking care of baby is a fulltime one! Add on healing, return to work, and lack of sleep, and it's easy to see where one could get run down very quickly. Turning to prepared foods often leaves us full of sodium and empty calories.

Instead, aim for real foods to regain strength and tone as well as help with healing, mental clarity, and sleep.

4 Tips to meet your nutritional needs:

1. Fill at least half your plate with vegetables at any meal.
Restricting calories, especially while breast-feeding is not recommended, but make those calories full of fiber and essential nutrients!
2. When others offer to cook, let them! Keep frozen vegetables on hand to add healthy and diverse nutrients to any meal.
3. Order meals locally. Often times they will tailor to meet dietary preferences or allergies to make sure there are always healthy options on hand.





4. MANAGE STRESS

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Using 1-4 scoops daily of Active AminoX, whether you are already very active or just starting out, is the best way to get what you need for your cells.

Pro tip: Add Active AminoX to Apple cider vinegar, ginger, and lemon juice





5. GET MORE SLEEP

Sleep can be so hard to come by as a new mom! A baby often starts out with days and nights confused, and even when the nighttime party ends, there is still feedings every few hours. Being able to ask for help can be so difficult, but this is one space a partner or family member can step in and help with offloading chores or even caring for the baby to let mom get the rest she needs.

4 Tips to improve your sleep this week:

1. Be sure to go to bed early, maybe even right after the baby, to get a few solid hours of sleep in.
2. If bottles are available, alternate wake-ups to get a longer uninterrupted bout of sleep.
3. Limit screen time at least 2 hours before bed to make sure the body is primed for sleep.
4. Get in some outside exercise during the day. Our body will be better primed to sleep with sunlight exposure in the afternoon.
5. Go for a walk with your baby to reap the benefits of sunlight for health.





JENNIFER QUARTANO

Dr. Quartano is the founder of All Together Wellness which exists to provide young children and parents with the tools to thrive and live fulfilled, confident, and healthy lives. Dr. Quartano's passion developed over 15 years as a physical therapist, seeing the critical components of lifestyle medicine and a holistic approach to health being keys to optimizing function. She pursued training in functional medicine and leveraged her knowledge in the growth of her own family. She now has a passion to serve other families in this same role.

Looking for more solutions to help your family thrive? Join our group or book a call to see how All Together Wellness might help you today!

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