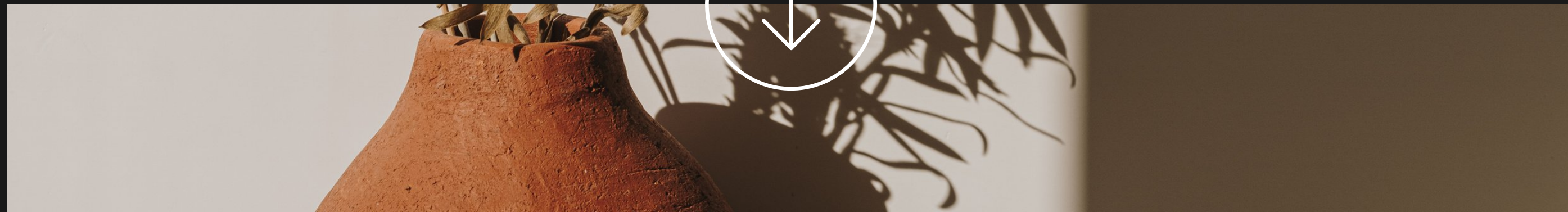


ZOEY GONG | GLOBAL BRANCHES

FOOD THERAPY FOR A SUCCESSFUL PREGNANCY

CLASS #3 | FEB 9, 2022



HOMEWORK 1

Woman - 38 years old

PCOS, had one IVF attempt with no success. It's now waiting for her next embryo transfer.

Overweight and bipolar disease (medicated)

TCM diagnosis: KI deficiency, both yin and yang. Liver qi stagnation and liver yin def. Spleen qi def.

Her diet:

Breakfast at 9h30

Weetabix with milk

At 11h30

Whole. grain Bread with one slice of cheese + 1 yogurt

Lunch at 13h30

Meat or fish with vegetables (no carbohydrates nor fruit)

At 15h30

Fruit + yogurt + 3 cookies or nuts

At 18h00

Yogurt or cheese + 3 cookies or nuts

Dinner at 20h30

Soup + fruit

HOMEWORK 2

Female, 63 y. old
CC: Gallstones

Lots of discomfort in epigastric area, constant, but worse after eating a meal or sugary, fatty fried foods. Diarrhea once a week beginning April 2021. Would occur after eating raw fruits and vegetables; watermelon, pears, apples, tomatoes were the worst. Body temperature is comfortable. Sleep is usually good. Stress levels are high. She used to love cooking but doesn't anymore as she doesn't like to make food for herself and finds it hard to cook smaller portions. Her partner died of cancer in 2019.

WM history: Partial thyroid removal in 2013 because of concern that there was cancer. No cancer but now takes thyroid medication everyday 50mg eltroxin a day

Had blood work and ultrasound in December 2021. Blood work showed high markers of inflammation. Ultrasound showed cyst on L lobe of liver 2.8 c.m, multiple gallstones 1.3 c.m.

Since diagnosis at the end of December has stopped snacking and made positive changes in her diet. If she has something fatty she has rumbling intestines and has to go to the bathroom.

Diet: Eliminating snacking, especially her previous go to of potato chips; she has also reduced amount of raw fruits and vegetables.

Breakfast: instant oatmeal with oat bran in the morning, lactose free milk, goji berries and nuts, bananas. One coffee with 2 TBSP cream in the a.m.

Lunch: leftovers from dinner. Brown rice pasta, broccoli, potatoes, brown + wild rice, quinoa, tuna sandwich w/ dark rye bread.

Dessert or snack: cottage cheese w/ pineapple

Dinner: varied, some soups, homemade Indian foods, baked beans w/ a slice of bread. A lot of packaged foods still.

HOMEWORK 2

BM much better, but sensitive to foods. If she eats triggers she has loose stools with undigested food and a bad smell. Not painful to pass.

Tongue: pale, slightly, toothmarked red edges, lots of cracks in the middle

Pulse: wiry Liver, soggy on R side, esp Sp.

DX: Liver Blood Def + Qi Stagnation → Overacting on Deficient Spleen

TX: Tonify Liver Blood + Spleen Qi, Soothe Liver Qi

Diet Therapy Treatment:

Continue on with the positive changes she has made. Find an inspiring new cookbook with health recipes in it.

At every meal have whole grains, cooked vegetables or fruits, and lean protein, ideally beans.

Switch from instant oats to rolled or steel cut oats in the morning. Add blueberries.

Try to eat one soup a day, with vegetables, whole grains, and beans in it.

HOMEWORK 3

Patient :75 years old, male, diabetic

Patient had diabetes 2 since age of 40 years old, last 3 years health started getting worst, would end up in hospital with blood infection and doctors would not know the reason.

According to his tcm practitioner he has these diagnosis :Thyroid, heart, stomach, gallbladder, all has problems. His sleeping is not good,. Liver and gallbladder stagnation, heart qi deficiency, spleen and kidney yang deficiency, liver blood deficiency.

This patient has exercised and had a strict diet all his life where he never ate anything sweet or with very little carbohydrates but now his diabetes has gotten worst and is using both pills and insulin injections. He and wife are disappointed as to why his diabetes got worst even if he had such a strict diet and would exercise daily for 20mins, whilst many other people enjoy their cakes and sweets and still don't get worst like him.

Day 4.2.2022

Breakfast: small bowl of oatmeal, 1 wheatabix cereal, 2 eggs, piece of papaya and an orange, black tea.

Lunch :meat with steamed Broccoli and pumpkin

Dinner: vegetable soup (carrots, watercress, pumpkin and lentils).

Water intake:500ml - 1.5litres

HOMEWORK 4

Homework after lesson #2

Key points from the journal:

- 25 years old, 1 year pregnancy wish
- cycle day 4
- birth control pills for 4 years, hormonal IUD for 2 years; since the IUD came out, she has had a very long cycle of 56-73 days
- PCO diagnosed by ultrasound (blood tests normal) → Clomid in 3 cycles → 34-45 day cycles
- in this cycle hormone stimulation and planned insemination
- one-sided, throbbing headache about 2 times/week; not related to menstrual cycle, stress or fluid intake, but maybe related to low blood sugar
- tendency to loose stools; gets tired easily, especially after mental work
- slippery puls, weak in the right guan position

General information about eating habits:

- Not very much appetite in the morning
- Doesn't snack very much, when she does, it is mostly salty snacks
- Drinks a lot of cold water
- 2 cups of coffee/day
- They recently started to get their evening meals semi-cooked from a caterer, because she wants to eat more healthy

Example of what she normally eats in a day:

Morning:

- Skyr or yoghurt, plain, no topping

Lunch:

- Rye bread with cream cheese and processed chicken sausage
- Seldom any vegetables, if so, it could be avocado or tomato

HOMEWORK 4

Evening:

- Pork steak
- Baked root vegetables
- Apple salad

Analysis:

- Evening meals ok
- Morning and lunch: very little variation, not very nutritious
- Too much cold food and drink

My recommendations:

- Avoid raw and cold foods and cold drinks
- Drink hot (or at least room temperature) water or tea (rose, hawthorn), moderate amounts and mostly between meals

-
- Eat some cooked grains, nuts, and fruit (dried or fresh, cooked) with the skyr/yoghurt in the morning
 - Eat heated leftovers from the evening before for lunch with the rye bread

Also I referred to my website for general advice about eating habits and supporting the Spleen through food.

(She did not come for a food consultation, so I did not want to overwhelm her on her first visit – next time I can go into further detail with the recommendations, if she wants to 😊)

HOMEWORK 5

Pun Chang

Food Intake

Patient Name: CV

Age: 34

Yesterday's diet:

Breakfast- Coffee, 24oz

Lunch (12pm) - Vietnamese Bahnmi sandwich with wave potato chips

Dinner (6pm-7pm)- 4 stuffed chicken wings, half a cup of white rice with boiled greens

Water intake: 64oz

Common foods throughout the week:

Brown rice, half a cup

Sausage, 2 fist size

Red beef, 2 fist size

Level of Knowledge: Well educated

Analysis:

Patient consumes more meat than vegetables. There are little to no fruits/vegetable variety in his diet. CV's main choice of protein is red meat. His main source of carbohydrates is brown rice.

CV consumes 3 cups of coffee each morning on an empty stomach. His time for meals are consistent each day. Patient's food portion are appropriate for his size. I recommended that CV should consume more vegetables.

Zuo Yue Zi

- "Sitting the month"
- Replenish lost Jing, Qi, and Blood during childbirth.
- 30 days of postpartum period is critical for mother's immediate recovery.
- For C-section, 42 days.
- Crucial to prevent future chronic illnesses like frequent urination / incontinence, weakness in lower back and knees, spontaneous sweating, etc.
- Prepare for next pregnancy



A vertical photograph on the left side of the page shows a woman with dark hair holding a baby. The baby is crying with its mouth wide open. The woman is looking down at the baby. The background is a bright, out-of-focus light source.

CDC / THE DIETARY GUIDELINES FOR AMERICANS

Western Medicine Recommendations

An additional 330 to 400 kilocalories (kcal) per day is recommended for well-nourished breastfeeding mothers, compared with the amount they were consuming before pregnancy (approximately 2,000 to 2,800 kcal per day for breastfeeding women).

*Vegan mothers: B12, zinc, omega-3 fats (EPA/DHA).



iodine

- 290 mcg (double regular RDA)
- dairy products, eggs, seafood, seaweed, or in iodized table salt



choline

- 550mg
- dairy and protein food groups, such as eggs, meats, some seafood, beans, peas, and lentils



Are there anything that mothers should avoid or limit while breastfeeding?

Generally, women do not need to avoid specific foods while breastfeeding. But be cautious about the following foods:

- High-mercury seafood
- caffeine >300mg
- lots of alcohol
- smoking (nicotine / marijuana)
- Certain herbs:
 - aloe, anise, blue cohosh, buckthorn bark and berry, caraway oil, cascara sagrada bark, coltsfoot leaf, comfrey, germander, gordolobo yerba tea, Indian snakeroot, Jin Bu Huan, kava, margosa oil, mistletoe, pennyroyal oil, peppermint oil, petasites, rhubarb root, sage, uva ursi, yerba mate tea, huang lian, huang bo, da huang , fan xie ye, ku sheng en, wu zhu yu

ADVICE ABOUT EATING FISH

For Those Who Might Become or Are Pregnant or Breastfeeding and Children Ages 1 – 11 Years

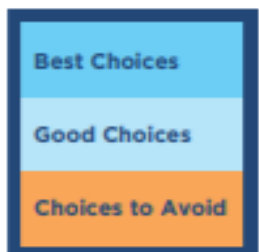


Fish† provide key nutrients that support a child's brain development.

Fish are part of a [healthy eating pattern](#) and provide key nutrients during pregnancy, breastfeeding, and/or early childhood to support a **child's brain development**:

- Omega-3 (called DHA and EPA) and omega-6 fats
- Iron
- Iodine (during pregnancy)
- Choline

Choline also supports development of the **baby's spinal cord**. Fish provide iron and zinc to support **children's immune systems**. Fish are a source of other nutrients like protein, vitamin B12, vitamin D, and selenium too.



Choose a variety of fish that are lower in mercury.

While it is important to limit mercury in the diets of those who are pregnant or breastfeeding and children, many types of fish are both nutritious and lower in mercury.

This chart can help you choose which fish to eat, and how often to eat them, based on their mercury levels.

What is a serving? As a guide, use the palm of your hand.



Pregnancy and breastfeeding:

1 serving is 4 ounces

Eat 2 to 3 servings a week from the “Best Choices” list

(OR 1 serving from the “Good Choices” list).



Childhood:

On average, a serving is about:

1 ounce at age 1 to 3

2 ounces at age 4 to 7

3 ounces at age 8 to 10

4 ounces at age 11

Eat 2 servings a week from the “Best Choices” list.

Best Choices

Anchovy	Herring	Scallop
Atlantic croaker	Lobster,	Shad
Atlantic mackerel	American and spiny	Shrimp
Black sea bass	Mullet	Skate
Butterfish	Oyster	Smelt
Catfish	Pacific chub	Sole
Clam	mackerel	Squid
Cod	Perch, freshwater	Tilapia
Crab	and ocean	Trout, freshwater
Crawfish	Pickering	Tuna, canned light
Flounder	Plaice	(includes skipjack)
Haddock	Pollock	Whitefish
Hake	Salmon	Whiting
	Sardine	

Good Choices

Bluefish	Monkfish	Tilefish
Buffalofish	Rockfish	(Atlantic Ocean)
Carp	Sablefish	Tuna, albacore/
Chilean sea bass/	Sheepshead	white tuna, canned
Patagonian toothfish	Snapper	and fresh/frozen
Grouper	Spanish mackerel	Tuna, yellowfin
Halibut	Striped bass (ocean)	Weakfish/seatrout
Mahi mahi/dolphinfish		White croaker/
		Pacific croaker

Choices to Avoid HIGHEST MERCURY LEVELS

King mackerel	Shark	Tilefish
Marlin	Swordfish	(Gulf of Mexico)
Orange roughy		Tuna, bigeye

What about fish caught by family or friends? Check for [fish and shellfish advisories](#) to tell you how often you can safely eat those fish. If there is no advisory, eat only one serving and no other fish that week. Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants.

www.FDA.gov/fishadvice
www.EPA.gov/fishadvice





Herbs Suitable For Breastfeeding Mothers

- Ginseng
- Huang qi (astragalus)
- Dang gui (angelica root)
- He shou wu (fo-ti root)
- Shu di huang (prepared rehmannia root)
- goji
- sang ji sheng (Loranthus Twig & Leaf)
- du zhong (Eucommia Stem Bark)
- hong hua (saffron/safflower)
- yi mu cao (Leonuri Herba)
- shan zha (hawthorn berry)
- huo ma ren (hemp seed)
- bai zi ren (platycladi semen)
- hei zhi ma (black sesame)
- mei gui (rose)
- fo shou (citron)

Postpartum Dietary Tips

1. Drink 2 cups of warm bone broth or lemon water immediately after breastfeeding.
2. Increase daily caloric intake by about 300 kcal.
3. Avoid any processed foods. Eat as natural as possible. Eat a variety of foods.
4. Bone broth daily.
5. Decrease dairy intake, especially cream, half & half, butter.
6. Drink warm liquid. Avoid plain water. Avoid iced beverage.
7. Pay attention to sodium intake. Do not have things that are very salty.
8. Daily plan in general (# = serving, about 1 fist size)
 - a. **Breakfast:** 1 protein, 2 vegetables and/or fruits, 1 whole-grain carbohydrate
 - b. **Snack:** 1 cup of soy milk / mixed nuts
 - c. **Lunch:** 1 protein, 2 vegetables, 1 whole-grain carbohydrate
 - d. **Snack:** 1 bone broth or 1 herbal sweet soup like snow fungus stew
 - e. **Dinner:** 1 protein, 1 vegetables, 1 whole-grain carbohydrate
 - f. **Late-night:** 1 bone broth



金品 月子膳食

Breakfast

Porridge & Omelette

Lunch

Postpartum stew
Specialty sea bass soup
Mixed grain rice
2 servings of vegetables

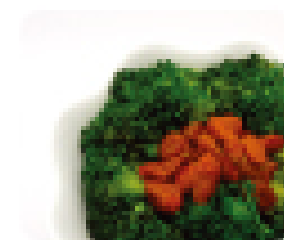
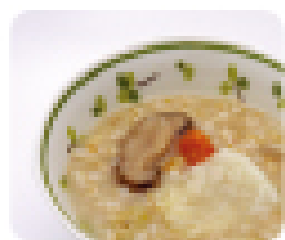
Dessert

Dinner

Postpartum specialty soup
2 servings of vegetables
Mixed grain rice
Pork liver soup (1st week)
Pork kidney soup (2nd week)
Sesame oil chicken (3rd & 4th week)

Dessert

Energy drink
Sheng Hua Tang (1st week)
Herbal soup (Herbal Meal only)



Postpartum Diet Principle by Week

Stimulate appetite.
Replenish blood.
Remove lochia.

- organ meat (liver)*
- bone broth, especially Sheng Hua Tang
- herbal congee
- light, soft foods
- yi mu cao herbal tea

WEEK 1

Stimulate breast milk production.
Strengthen bones and tendons.

- green papaya, pig trotters, organ meat (kidney)*, soy
- du zhong tea
- sesame oil chicken and high quality protein
- pelvic floor exercise

WEEK 2

Stimulate breast milk production.
Tonify to increase energy.

- gradually return to normal eating (5 pillars)
- continue with bone broth and tonifying herbs

WEEK 3-4

Manage weight.
Nourish skin.
Anti-aging.

- increase fruits and vegetable intake and start to gradually decrease tonifying herbs
- add yin-nourishing herbs
- focus on omega-3

WEEK 5-6



A note on C-section moms

- deeper wound, more blood loss
- start with liquid only diet -> puree/soft diet -> regular
 - congee, korean pumpkin soup, bone broth
 - black soybean + jujube date + goji tea
- in the first week, avoid foods with a lot of fiber and may cause bloating (sweet potato, celery, beans, bread, sweet western desserts, daikon radish).
- in the first week, avoid raw foods.

POSTPARTUM

RECIPES TO KNOW



Sheng Hua Tang 生化汤



- dang gui 30g
- chuan xiong 10g
- tao ren 10g
- prepared gan cao 10g
- prepared ginger 10g
- yi mu cao 10g

1L water, boil for 60 minutes.
Strain.

Sesame Oil Chicken



recipe:
<https://www.angelwongskitchen.com/sesameoilchicken.html>

Soybean Taro Pig Trotter Soup



recipe in caption.

Feel free to add herbs such as dang gui, da zao, du zhong.

If pig trotter is a no for you, use beef tendon + beef bones.

8 Treasure Chicken Bone Broth



Recipe:

10g dang gui
5g chuan xiong
8g bai shao
15g shu di huang
10g dang shen
10g fried bai zhu
8g fu ling
5g gan cao
1 chicken

Steamed Egg Custard for Breast Feeding



Recipe [here](#).

Change water to tonic made with fenugreek, cinnamon bark, fennel, nettle leaf. (Take 5g of each and boil them in water for 5 minutes. Let it cool completely before using in the recipe!)

Week 1 Daily Sample Menu

Breakfast

mixed vegetable millet
congee cooked in bone broth

Snack

Jujube du zhong tea

Lunch

- Sheng Hua Tang
- Korean pumpkin soup with added hydrolyzed protein powder or collagen
- Sautéed spinach (Soft leaves)

Snack

Snow fungus stew with pear,
cooked until very soft

Dinner

- Soft tofu stew with a soft, white fish (mercury-safe), mushrooms, miso
- Mashed Chinese yam
- Steamed vegetables (until very soft)

Late Night

Tonifying Bone Broth



Week 2 Daily Sample Menu

Breakfast

Shredded chicken congee with goji, tahini, and seaweed

Snack

1 cup saffron soy milk

Lunch

- Sesame Oil Chicken
- multi-grain rice
- sauted green leafy vegetables with goji

Snack

Sweet 8-treasure congee with honey

Dinner

- 8 Treasure Chicken Bone Broth
- multi-grain rice
- sesame oil baked mixed vegetables

Late Night

Steamed egg custard for breast feeding.



Week 3-4 Daily Sample Menu

Breakfast

omlette / frittata without
cheese, roasted pumpkin
with jam

Snack

1 cup soy milk with 1 cup of
chopped papaya

Lunch

- Steamed fish or seafood
stew
- multi-grain rice
- sauted green leafy
vegetables with goji

Snack

dou fu hua (sweet or savory)
with fruits/nuts/

Dinner

- soybean pork trotter stew
- multi-grain rice
- sauted assorted mushroom
with pesto

Late Night

Bone Broth with tonifying
herbs specific to mom's
constitution



POSTPARTUM RECOMMENDATIONS FOR

DIFFERENT
CONSTITUTIONS



Yin Deficiency Moms

- nourish yin
 - sea cucumber, chicken feet, pig trotter, wood ear mushrooms, fresh mushrooms, seaweed, silken tofu, okra, chinese yam, quinoa, purple rice, snow fungus, pear
- avoid hot, dry foods: barbeque, chips, baked/roasted desserts
- avoid staying up late

☀️ Huang Jing Jujube Tea

- 15g huang jing (Polygonati Rhizoma)
- 10g prepared gan cao
- 10g da zao
- 5g chen pi
- 1.5L water for 30 minutes.

☀️ Yin/blood nourishing chicken soup

- 15g huang jing (Polygonati Rhizoma)
- 15g shu di huang (Rehmannia Root)
- 15g dang gui
- 15g yu zhu (soloman's seal)
- 15g chuan xiong
- 1 whole chicken / 3lb chicken bones



Qi Deficiency Moms

- Cultivate and replenish Yuan Qi and strengthen Spleen/Lung
 - Warming, neutral, sweet foods
 - brown rice, millet, soybean, peanut, corn, chestnut, rice milk, longan, lychee, grape, carrot, cauliflower,
- avoid raw, cold foods.



Spleen Qi Tonifying Chicken Soup

- 20g huang qi
- 15g dang shen
- 15g mai dong (Ophiopogon Root)
- 5g wu wei zi (schisandra)
- 15g fu ling
- 15g qian shi
- 15g shan yao
- 10g hong zao
- 1 whole chicken / 3lb chicken bones



Ancient Grain Beef Stew

- <https://www.tasteofhome.com/recipes/ancient-grain-beef-stew/>

Yang Deficiency Moms

- Replenish Yang and Qi:
 - bone broth and high quality protein
- Easy to digest foods:
 - hydrolyzed protein powder, soy milk, multigrain porridge
- Avoid raw, cold, very oily/spicy foods



Cinnamon Herbal Tea

- 10g cinnamon sticks
- 1 tsp ground ginger
- 10g fried bai shao
- 20g jujube
- 20g prepared gan cao
- 1L water + 30 minutes



Kidney/Uterus Warming Soup

- 15g cinnamon sticks
- 25g huang qi
- 10g dang gui
- 5g dried ginger
- 10g goji
- 1 cup fresh chestnut
- 4 stems scallion (green + white part)
- 3lb beef or lamb bones



Blood Deficiency Moms

- Tonify Blood:
 - beet, seaweed, amaranth leaves, grape, mulberry, dark leafy vegetables, lotus root, animal organ, egg
- Avoid staying up late.

☀ Sesame Oil Scrambled Eggs

- 2 eggs
- 2 tablespoon sesame oil
- 1 handful of baby spinach
- 1/4 tsp turmeric powder
- 1/8 tsp black pepper
- salt to taste

☀ Grass-Fed Beef Liver Pate

<https://www.furtherfood.com/recipe/grass-fed-beef-liver-pate-recipe-candida-leaky-gut-food-prebiotic-gut-health-diet/>

POSTPARTUM RECOMMENDATIONS FOR



POSTPARTUM COMPLICATIONS

Postpartum Bleeding/Lochia

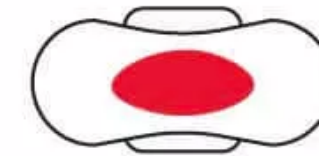
- About 1 to 5 percent of women have postpartum hemorrhage and it is more likely with a cesarean birth.
- Once a baby is delivered, the uterus normally continues to contract (**tightening of uterine muscles**) and expels the placenta. After the placenta is delivered, these contractions help compress the bleeding vessels in the area where the placenta was attached. **If the uterus does not contract strongly enough**, called uterine atony, these blood vessels bleed freely and hemorrhage occurs.
- Know the warning signs.
- Lift Qi, strengthen Spleen, Tonify Yuan Qi, Tonify+Replenish Blood.
- Recipe:
 - **Qi Lifting Chicken Broth**: 25g huang qi, 10g dang gui, 10g chuan xiong, 10g ou jie (lotus root), 1/2 chicken
 - **Tea**: 15g huang qi + 10 pc da zao + 1L water for 40 minutes.
 - **To push out lochia**: Sheng Hua Tang

Postpartum Bleeding

WHAT TO EXPECT

0-4

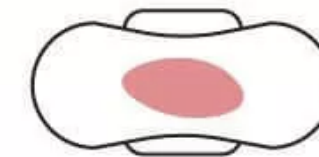
DAYS POSTPARTUM



- Bright Red
- Very heavy flow
- Small/medium clots (up to the size of a quarter)

5-10

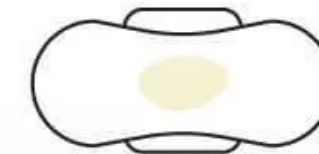
DAYS POSTPARTUM



- Pink/Brown
- Lasts up to 2 weeks after delivery
- Lighter flow, but heavier when active
- Smaller clots

11-28

DAYS POSTPARTUM



- Whitish yellow or pink/brown in the beginning
- Lasts 2-6 weeks after delivery
- No Clots

MANAGING THE BLEEDING

DO'S

- Wear maternity pads
- Choose lightweight fabrics and non-constricting clothes
- Pee regularly
- Drink a lot of water

DONT'S

- Use tampons or menstrual cups
- Use scented intimate washes
- Workout too much
- Take OTC medicine without consulting your doctor

Abdominal Pain

- Afterpains are postpartum cramping that occurs after childbirth and continues for several weeks. They often feel like period cramps. These contractions happen because the uterus is shrinking to its normal size. This happens for both C-section and natural birth.
- Remove blood stagnation; stop pain
- Recipe:
 - **Stagnation Removing Beef Bone Broth:** 15g dang gui, 5g tao ren, 15g chuan xiong, 5g yi mu cao + 1lb beef + vegetables of choice
 - Sheng Hua Tang
 - **For C-section wound:** 15g yan hu suo (Corydalis Rhizoma), 15g fried bai shao, 10g prepared gan cao.



Constipation

- Constipation is very common in the first few days postpartum.. Its causes include stretched abdominal muscles, sluggish bowels from pain medication, higher child birth-weight.
- Tonify Qi and Blood deficiency with neutral-warming foods. Do not use harsh repellent/purgatives group of herbs.
- Increase fiber, appropriate hydration, magnesium
- Recipe:
 - **Mixed vegetable stir-fry with sesame oil**
 - 10g dang gui, 10g rou cong rong (Cistanches Herba), 10g shu di huang
 - Papaya + pitaya + walnut **on empty stomach.**



Edema

- Postpartum swelling happens when **water weight from pregnancy builds up in the body and remains after the pregnancy** has ended. The swelling usually affects the legs, feet, ankles, and face. According to the American Pregnancy Association, a woman's body produces 50 percent more blood and body fluids during pregnancy to support the developing baby.
- Kidney Qi and Spleen Qi Deficiency -> Strengthen and drain water.
- Recipe:
 - **Corn silk tea**
 - **Spleen-strengthening broth:** 25g fu ling, 25g shan yao, 25g qian shi, 25g lian zi, 25g bai zhu, 3-4lb pork bone
 - Steam fish with Shitake Mushroom, Daylily, and Jujube



Depression

- There's no single cause of postpartum depression, but physical and emotional issues may play a role. If it happens, usually it lasts for the first 2 weeks postpartum. Refer our if condition is severe and long-lasting.
- Heart Qi Deficiency -> Tonify HT Qi and Blood, calm shen
- Consume foods high in healthy fats (DHA, omega-3)
- Recipe:
 - wild fish oil supplement
 - Cacao Reishi Oats
 - jiu niang with fresh fruits or stewed fruits
 - 20g ginger, 50g lily bulb, 30g jujube, 750ml water, cook for 1 hour.



Urinary Issues

- If it's **UTI**, refer out + increase hydration and draining herbs
- **Postpartum urinary incontinence:** 7 million women in the U.S. It's caused by weakened or damaged pelvic floor muscles, which can happen from the strain of carrying a heavy baby around for nine months and during the course of a vaginal delivery.
- **Postpartum urinary difficulty:** An increase in progesterone level, which inhibits the bladder muscle and leads to urinary retention.
- Tonify Zhong Qi, Qi/Yin/Blood
- Recipe:
 - watermelon
 - adzuji coix seed porridge with snow fungus
 - 15g_huang qi, 15g dang gui, 15g sheng di huang, 15g dang shen, 15g bai mao gen, 15g fu ling, 3lb animal bone of choice or vegetalbes (mung bean sprouts, carrots, fresh mushrooms, daikon, etc)



homework presentation

01

Infertility Case Study

- Choose one case study
- Analyze and list dietary recommendations along with at least 2 recipes

02

Pregnancy Diet Plan

- Choose a trimester
- Design 1 full day of menu with recipes appropriate to your culture.

03

Postpartum Diet Plan

- Choose a week or complications
- Design 1 full day of menu with recipes appropriate to your culture.

Case Study #1

Carol was 32 years old. She had tried to conceive unsuccessfully for 5 years. She always had painful, clotty and heavy periods ever since her first period at aged of 17, accompanied with painful intercourse, cold hands and feet. She had a 10-year history of taking contraceptive pills for helping her painful and heavy periods. Her periods became irregular since she came off the pill five years ago. She had laparoscopy in 2002 and was diagnosed with severe endometriosis, together with a blockage in her left fallopian tube, ovarian cysts and uterine fibroids. She was told that there would be no chance for her to conceive naturally. She had three operations in two years to remove the endometrium and ovarian cysts, but it kept recurring in a few months time after the operation. She had two cycles of IUI, two IVF attempts and one cycle of FET (Frozen Embryo Transfer), but unfortunately none of them was successful. After her last IVF in 2005, she had another laparoscopy and found that the endometrium had adhered to her urine bladder and the colon, she had to be operated on again.

Case Study #2

Debbie was 35 years old, and had taken the contraceptive pill since age of 18. She came off the pill five years ago and planning for a family, however her period was absent ever since. She was diagnosed with POF (Premature ovarian failure), and had to take HRT tablets to keep her having regular menstrual cycles. She had two cycles of ovulation induction, and achieved one pregnancy with second cycle in 2005, but miscarried at 6 weeks. She came to me two weeks after the miscarriage, whereas her HCG was still high (300 IU). Her lower abdominal area was lumpy and painful to touch. She was very depressed and extremely anxious, having difficulty to sleep. She always has cold hands and feet, and they go blue or white and stiff in cold weather. She urinates frequently, especially at night.

Case Study #3

Katherine was 41 years old. She had given birth to a girl by caesarean section 12 years ago, and had been trying for a second child ever since her daughter turned 2 years old, but has never been successful. She has been living together with her new partner David for 5 years, but his semen test revealed low motility. They had one IVF attempt in January 2004, but unfortunately failed with implantation. They were frustrated and decided to try TCM treatment. Katherine had always felt cold, her hands and lips would turn blue when the weather is cold. Since she had her daughter, she also experienced shorter menstrual cycles, spotting or light bleeding after ovulation for two to three days, and sometimes it continued until her period had started. She visited many consultants and was told that this would not prevent her from conceiving. Her hormone and temperature tests show Luteal phase defect (LPD).

Case Study #4

Jenny was 40 years old, and had taken contraceptive pill for 25 years before trying to conceive. She had two failed IVF attempts with only two eggs retrieved each time. She was told by her consultant that her eggs qualities were very poor due to her age. Subsequently, she had another IVF attempt with a donor's eggs, unfortunately this also failed. Jenny was an asthmatic and under weight, her period cycle was normal but accompanying very light bleeding and only last three days, headache most time. She was also suffering from red, lumpy and painful breast, having antibiotics for it. After she had a scan and biopsy test, she was waiting for an appointment of operation to remove the tissue in her left breast.