



Rest & Relax

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Ayurveda and Motherhood

I hope you enjoy the following information.. it is ancient health science as applicable today as it has been since the beginnings of Human civilization.

THE MOTHERS LOVE AND ATTENTION IS THE CHILDS BEST MEDICINE FROM THE MOMENT OF CONCEPTION. THE STRONGEST BONDS OF INTIMACY KNOWN TO MANKIND ARE THE PHYSIOLOGICAL TIES BETWEEN MOTHER AND CHILD, AND THERE IS NO BIOLOGICAL FORCE STRONGER THAN THE DESIRE OF A MOTHER TO PROTECT HER CHILD.

THIS IS NATURE DOING WHAT ONLY IT CAN DO-HEALING AND HEALTH-GIVING WITHIN THAT PROTECTIVE COCOON OF MOTHER CONSCIOUSNESS!! AS MOTHERS WE CONNECT WITH THE LAWS OF NATURE EVEN MORE SO WHEN OUR CONSCIOUSNESS IS AWAKE, ENABLING US A DIRECT LINE OF COMMAND TO THE FUNCTIONING OF OUR BODIES.

CHILDREN LEARN QUICKLY THE VALUE OF THEIR MOTHERS HEALING POWER OF ATTENTION AND LOVE AND WHEN THEY GROW OLDER REMEMBER AND TRUST THE FEELING OF THEIR MOTHER BEING THERE CONSISTENTLY FOR THEM WHEN THEY WERE SO SMALL. THIS ALLOWS THE CHILD THE SECURITY OF KNOWLEDGE THAT MOTHER LOVES HIM/HER EVEN WHEN SHE IS ABSENT. CHILDREN LEARN TO LOVE THEMSELVES FROM THEIR OWN RESERVOIR OF SECURITY AND SELF-ACCEPTANCE ENSURING THE BASIS OF A LIFETIME FREE FROM FEARS AND STRESS.

TO ESTABLISH THIS HEALTHY FEELING OF SECURITY, AYURVEDA RECOMMENDS MUM AND DAD SPEND AS MUCH TIME WITH THE BABY AS POSSIBLE, ESPECIALLY DURING THE FIRST 2 YEARS OF THE CHILDS LIFE. IT IS VITAL FOR PARENTS TO TRY AND KEEP AS RESTED AND WELL-NOURISHED AS POSSIBLE SO THAT THEY MAY BE OPEN HEARTED AND RELAXED WHEN THEY ARE WITH THEIR CHILD. LOVE THEN FLOWS VERY EASILY AND IS FUN FOR EVERYONE!!!

AYURVEDA SUPPORTS THE THEORY THAT BABIES CHOOSE THEIR PARENTS AND ENCOURAGES PARENTS TO PROVE THEIR BABIES CHOICE A WISE ONE! ACCORDING TO ANCIENT AYURVEDIC TEXT-THE FIRST EVER WRITTEN - 2,000 YEARS AGO BY A PHYSICIAN NAMED CHARAKA (PRIOR TO THIS IT WAS RECORDED BY POETRY), A BABY IS MADE OF 4 PARTS...1 FROM THE MOTHER, 1 FROM THE FATHER, 1 FROM THE MOTHERS 'INTAKE' DURING PREGNANCY (FOOD, DRINK, AIR, PERCEPTIONS, FEELINGS etc), AND 1 FROM NATURE/CONSCIOUSNESS.

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MAINTAINING OPTIMAL MATERNAL AND PATERNAL HEALTH IS ESSENTIAL TO ENSURE OPTIMAL HEALTH AND HAPPINESS OF THE CHILD!!

LIVING AYURVEDICALLY DURING THE SPECIAL TIME OF PREGNANCY MEANS GIVING GREAT RESPECT TO EFFECTS OF SPECIAL FOODS TO MINIMIZE STRESS AND DISCOMFORT. MOTHERS FOOD CRAVINGS CAN SERVE AS A USEFUL GUIDE TO BALANCING HEALTH AND CAN BE RELATED TO THE DESIRES OF THE CHILD AS WELL.

HERE ARE SOME DIETARY GUIDLINES TO COMBAT MORNING SICKNESS, FLUID RETENTION, CONSTIPATION, DRYNESS, HAEMORRHOIDS AND OTHER PREGNANCY RELATED DISORDERS...

1/ FOLLOW THE VATA PACIFYING DIET PLAN ON OTHER HANDOUT. - YUMMM! DONT FEEL YOU CAN ONLY HAVE THESE FOODS AND NO OTHER - SWEET TASTES ARE CONSIDERED AS THE BEST DURING PREGNANCY. THIS INCLUDES ALL BREADS, GRAINS, RICE, SWEET FRUITS, HONEY OR RAW SUGAR. AVOID REFINED SUGAR, HOT SPICY FOODS, TOO MANY RAW GREEN, LEAFY VEGETABLES AND DRIED BEANS AND LENTILS.

IN GENERAL, A WELL-BALANCED DIET WITH ADEQUATE PROTEIN AND PLENTY OF FRESH FRUITS AND VEGETABLES IS BEST.

2/ ENJOY WARM, COOKED FRESH FOODS. AVOID LEFT-OVERS AS MUCH AS YOU CAN. AVOID ARTIFICIAL FLAVOURS, PRESERVATIVES AND CHEMICAL ADDITIVES.

3/ MILK (WARMED) AND GHEE ARE CONSIDERED TWO OF THE MOST BENEFICIAL FOODS TO INCLUDE IN YOUR DIET. HOT CEREALS SUCH AS CREAM OF RICE OR CREAM OF WHEAT ARE ALSO GOOD

4/ HONOUR SPECIFIC FOOD CRAVINGS (IN MODERATION) ESPECIALLY FROM 4TH MONTH ONWARDS.

5/ IF YOU ARE EXPERIENCING NAUSEA TRY THE FOLLOWING;

a/ ROAST CARDAMOM SEEDS, POWDER THEM, AND EAT A PINCH AS NEEDED THROUGH THE DAY.

b/ DRINK A LITTLE PLAIN HOT WATER (THAT HAS BEEN BOILED FOR 10 MINUTES) EVERY 15 TO 30 MINUTES. ADD ONE-EIGHTH TEASPOON POWDERED OR FRESHLY GRATED GINGER IF DESIRED.

c/ IN THE MORNINGS, ON AN EMPTY TUMMY, HAVE A CUP OF ROOM-TEMPERATURE WATER WITH LEMON AND HONEY.

d/ WHILE NAPPING OR IF YOU WAKE IN THE EARLY MORNING TRY TO SLEEP IN A SEMI RECLINING POSITION RATHER THAN FLAT.

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AYURVEDA RECOMMENDS PAYING AS MUCH ATTENTION TO YOUR EMOTIONS AS YOUR PHYSIOLOGY DURING PREGNANCY.

YOUR THOUGHTS AND FEELINGS, AS WELL AS YOUR FOOD, WILL ALL HAVE AN EFFECT ON YOUR BABY.

THIS IS THE TIME TO BE PARTICULARLY ATTENTIVE TO THE MOVIES YOU WATCH, THE BOOKS YOU READ, THE FRIENDS YOU ASSOCIATE WITH AND SO ON.. AS AN EXPECTANT MOTHER YOU CAN GAIN FROM A PEER-GROUP SUPPORT NETWORK OF OTHER MOTHERS-TO -BE, EXPERIENCED MOTHERS WHO CAN SERVE AS MENTORS AND LIFE-SUPPORTING PEOPLE IN GENERAL. MOTHERS WHO EXPERIENCE CONFLICT WITHIN THEIR IMMEDIATE SUPPORT SYSTEM AND WHO ARE UNABLE TO RESOLVE THESE CONFLICTS ARE AT GREATER RISK OF A PREMATURE BIRTH.

9 BODY-MIND CONSIDERATIONS FOR PREGNANCY.

1/ ALWAYS REMEMBER THAT YOUR HAPPINESS DURING THIS TIME IS PROBABLY THE MOST VITAL NOURISHMENT YOU CAN GIVE YOUR BABY.

2/ YOUR MATE NEEDS TO GIVE YOU LOTS OF ATTENTION AND AFFECTION DURING THIS TIME, STAYING HOME IN THE EVENINGS AS MUCH AS POSSIBLE AND KEEPING YOU HAPPY AND FULFILLING YOUR DESIRES.

3/ GENTLE YOGA, A DAILY WALK OF 30 MINUTES, EASY SWIMMING ARE THE IDEAL FORMS OF EXERCISE FOR NOW. TRY TO AVOID RUNNING, LIFTING, STRAINING, SHARP MOVEMENTS AND OVERT SEXUAL ACTIVITY.

4/ DAILY OIL MASSAGE (ORGANIC SESAME OIL) IS ESPECIALLY BENEFICIAL DURING PREGNANCY. IN THE 8TH AND 9TH MONTHS SPEND EXTRA TIME MASSAGING THE NIPPLES TO PREPARE FOR BREAST-FEEDING. APPLY OIL GENTLY AND LIGHTLY TO ABDOMEN THROUGHOUT THE PREGNANCY.

5/ SLEEPING IN THE DAY IS NOT RECOMMENDED NOW AS IT CAN CREATE INBALANCES.

6/ HAVE YOUR ATTENTION ON UPLIFTING SUBJECTS AND EVENTS. AVOID BOOKS OR MOVIES WITH FRIGHTENING OR VIOLENT THEMES. BE WITH LOVING FRIENDS AND FAMILY AS MUCH AS POSSIBLE.

7/ DURING THE 8TH MONTH, IN ACCORD WITH AYURVEDA YOU SHOULD REST AT HOME AS MUCH AS POSSIBLE AS THIS IS THE TIME WHEN THE SUBTLE NUTRIENT-"OJAS" IS PASSED BETWEEN MOTHER AND BABY.

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8/ PRACTICE DAILY MEDITATIONS...ESPECIALLY ONES YOU HAVE BEEN GIVEN DURING CLASS.. eg. WAVE MEDITATION, FLOWER MEDITATION, INTUITION MEDITATION, (MAA BREATH. SURRENDER SONG).. YONI MUDRA

9.CONTINUE REGULAR CARE WITH MEDICAL PRACTITIONER OF YOUR CHOICE.

THE BLESSED EVENT

AYURVEDIC SUGGESTIONS FOR BIRTHING

1/ HAVE A TRUSTED, LOVING, KNOWING COMPANION IF AT ALL POSSIBLE.

2/ WALK TO ENHANCE THE PROGRESS OF LABOUR.

3/ DEEP SLOW BREATHING HELPS MAINTAIN VATA IN BALANCE AND SWITCHES ON THE PARA-SYMPATHETIC NERVOUS SYSTEM-RELAXING YOU AND BABY.

4/ RELAXING MUSIC-MAYBE KIRTAN MUSIC.

5/ APPLY SESAME OIL TO WAIST, SIDES, BACK AND THIGHS.

6/ TO AID DILATION APPLY GENTLE OUTSIDE PRESSURE TO A POINT ONE HALF INCH UP FROM THE TIP OF THE COCCYX.

******REMEMBER AT FIRST SIGN OR SCHEDULED TIME OF BIRTHING - THINK OF YOUR BABY, IMAGINE HOW SHE/HE IS FEELING... MAYBE A LITTLE FRIGHTENED AT WHAT IS AHEAD.. A BIG CHANGE FOR HER ALSO FROM THE SAFE, QUIET ENVIRONMENT OF YOUR WOMB. KEEP BABY AS UNSTRESSED AS POSSIBLE BY FOCUSING YOUR ATTENTION ON KEEPING BREATH SLOW AND EVEN, YOUR THOUGHTS CALMLY CONFIDENT AND REASSURING! - YOUR BABY WILL FEEL THIS REASSURANCE AND CONFIDENCE AND RESPOND ACCORDINGLY.*

AYURVEDIC POST-PARTUM CARE OF YOU AND BABY..

1/ TO INITIATE RESPIRATION, INSTEAD OF SPANKING, SPRINKLE BABYS FACE WITH WARM WATER (WINTER), COOL WATER (SUMMER).

2/ DRY OFF NEWBORN AND RUB A SMALL QUANTITY OF SLIGHTLY WARM SESAME OIL ON THE HEAD. COVER THE FONTANELLE (SOFT SPOT ON SKULL) WITH GAUZE SATURATED IN SESAME OIL.

3/ BEFORE THE FIRST BATH MASSAGE THE NEWBORN WITH ORGANIC WARMED SESAME OIL THEN WRAP (SWADDLE) IN SILK OR SOFT COTTON AFTER THE BATH.

FOLLOWING THE DELIVERY OF THE PLACENTA, MOTHER MAY BE GENTLY

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COVERED WITH SESAME OIL AND BATHED. GHEE AND SESAME OIL MAY BE APPLIED TO MOTHERS ABDOMEN AND THEN WRAPPED LOOSELY WITH A LONG CLOTH STRIP. THIS BINDING PREVENTS ACCUMULATION OF VATA IN THE NOW EMPTY ABDOMINAL SPACE.

THE FIRST NOURISHMENT AFTER DELIVERY IS RECOMMENDED TO BE LIQUID - EITHER WARM MILK OR HERBAL TEA.

A NEW MOTHERS DIGESTION IS GENERALLY WEAK, SO WARM LIQUID FOODS SUCH AS SOUPS ARE BEST.

RECOMMENDATION IS VATA DIET GUIDELINES FOR FIRST 6 WEEKS.

UNTIL BABY IS SUCKING WELL, A NEW MOTHER NEEDS TO MASSAGE HER BREASTS DAILY TO PREVENT BLOCKED MILK DUCTS

MOTHER NEEDS MAXIMUM REST AND REVITALIZATION AND A NEW MOTHERS RECOVERY DEPENDS ON RESTORING HER NATURAL PSYCHOPHYSIOLOGICAL BALANCE..

AYURVEDA ATTRIBUTES MANY POST-PARTUM DISORDERS TO VATA IMBALANCE STEMMING FROM IMPROPER CARE OF MOTHER AFTER DELIVERY.

AYURVEDA RECOMMENDS...

1/ VATA-PACIFYING DIET, COOKED DAILY BY FRIENDS AND FAMILY.

2/ A QUIET FULL - ATTENTION BREAST FEEDING PROGRAM FOR BABY.

3/ DAILY WARM SESAME OIL MASSAGES (ABYHANGA) FOR BOTH MOTHER AND BABY.

4/ DAILY YOGA STRETCHES, ATTENTION AND POSITIVE AFFIRMATIONS ON SELF HEALING.

TO AID POST-PARTUM DIGESTION.. FOR MOTHER

1/ FOR REDUCING GAS AND CONSTIPATION

**PUT ONE TEASPOON WHOLE FENNEL SEEDS IN 2 QUARTS OF WATER. BOIL FOR 5 TO 10 MINUTES. DRINK WARM THROUGHOUT THE DAY.*

2/ FOR PROMOTING HEALTHY BREAST MILK

**SNACK ON ALMONDS (BLANCHED ARE BEST) AND COCONUT*

**HAVE 1 TO 2 CUPS DAILY OF BOILED MILK WITH A PINCH OF SAFFRON, ONE EIGHTH OF A TEASPOON OF CARDAMOM, ONE EIGHTH OF A TEASPOON GINGER AND ADD BROWN SUGAR TO TASTE. ALSO ADD HALF TEASPOON GHEE IF DESIRED.*

*3/ *FOODS TO FAVOUR*

MILK, RICE, WARM RICE PUDDING WITH MILK AND SUGAR.

PUMPKIN, SUNFLOWER AND SESAME SEEDS.

SUMMER SQUASH, ASPARAGUS AND COCONUT.

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4/ **IT IS ALSO VERY USEFUL TO FOLLOW A VATA PACIFYING EATING PROGRAM.*

SUGGESTIONS FOR REST.

THE PURPOSE OF A POSTPARTUM 'SLOW-DOWN ' IS A COMMITMENT TO GETTING ENOUGH REST FOR THE MULTI PURPOSE OF STAYING HEALTHY, PRODUCING ADEQUATE, NUTRITIOUS BREAST MILK. THIS WILL ALLOW YOU TO ENJOY THE TENDER, BLISSFUL EXPERIENCE OF YOUR NEW BABY WITH MINIMAL FATIGUE AND ANXIETY.. YOUR ABILITY TO REMAIN STABLE, ALERT AND LOVING IS THE MOST IMPORTANT CARE YOU CAN PROVIDE FOR YOUR BABY.

ABHYANGA (MASSAGE) IS EQUALLY IMPORTANT FOR THE NEWBORN BECAUSE IT INCREASES CIRCULATION AND IMPROVES RESPIRATION-GIVING MORE OXYGEN TO EACH CELL.

THIS RESULTS IN IMPROVED DIGESTION,, HEALTHY MUSCLE TONE, BETTER DEVELOPEMENT OF SLEEP PATTERNS AND RESISTANCE TO DISEASE...PLEASE SEE NOTE FOR BABY MASSAGE. THIS WILL ALSO BE PRACTICED DURING YOGA BUBS CLASS.

*YOUR BEAUTIFUL BABY IS SHARING YOUR WORLD, FOR NOW AND FOREVER.. MAY YOU BOTH DISCOVER THE PEACE AND STILLNESS WITHIN... AND MAY YOU GROW TOGETHER IN A FAMILY AND WORLD FILLED WITH PEACE AND LOVE,
NAMASTE X*

Ps. IF YOU BREATH FAST AND SHALLOW, YOUR BODY WILL BELIEVE THERE IS SOMETHING TO FEAR AND WILL TURN ON THE SYMPATHETIC NERVOUS SYSTEM AND YOUR BODY AND BABY WILL BE FLOODED WITH ADRENALIN TO AID THE 'FLIGHT /FIGHT REFLEX'.... YOUR BODY WILL BECOME MORE AND MORE TENSE AND THIS IS NOT CONDUCIVE TO A POSITIVE BIRTH EXPERIENCE FOR YOU OR YOUR BABY.

HOWEVER IF YOU CONCENTRATE ON HELPING YOUR BABY STAY FEELING CALM AND SAFE, REASSURING HER AND GENTLY STROKING YOUR ABDOMEN AS YOU WALK AND KEEP ACTIVE, BREATHING SLOWLY AND DEEPLY WITH AWARENESS THAT EVERY BREATH KEEPS YOU BOTH CALM, YOUR BODY RELAXED SO THAT YOU CAN KEEP IN FRONT OF THE WAVES OF CONTRACTIONS, ALLOWING YOUR MAGNIFICENT BODY TO OPEN, PETAL BY PETAL LIKE THE GLORIOUS LOTUS FLOWER THAT IT IS, REVEALING THE JEWEL WITH THE LOTUS... YOUR BRAND NEW BABY!!!

YOU WILL CREATE BALANCE, PEACE AND HARMONY WITHIN AND AROUND YOU, PREPARING FOR A BEAUTIFUL BIRTHFLOATING ON YOUR BREATH.

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