



Caring since 1879

Confinement and Baby Care Handbook



Trusted by
Generation



Developed by
Professional
Chinese Physician



Non-Sulphur
Treated
Chinese Herbs



Passed Quality
Inspection



Confinement

A golden opportunity for women to improve their constitution

Confinement is a convention commonly seen in Asian cultures. It combines postnatal practices with a prescribed health and dietary plan for one month after the mother delivers her baby. The mother is usually advised to avoid hectic activities during the month.

During the course of pregnancy, the body and organs of the expecting mother will undergo major changes to accommodate the growth of the fetus and its nutritional needs. After delivery, all these changes will gradually revert to the prenatal stage and this includes the healing of the perineal wound, contraction of the uterus, normalization of the heart, loosened skin, joints and ligaments. The recovery of these organs' form, location and function would be completed during the puerperium (the 4-week period after childbirth) and the degree of recovery depends on the care taken during the confinement period.

According to TCM, the physiological changes after delivery are 'weak' and 'stasis'

'Weak'

'Weak' refers to bleeding and exhaustion of energy (Qi) during delivery, and it results in fatigue. Weaker immunity, cold and dampness caused by external wind are experienced by the mothers during postpartum period. Inadequate care leads to headache, back pain, joint pain, rheumatism, postpartum wind and etc. This is why the elders emphasise prevention of wind and cold by consuming Chinese herbs, ginger, wine and sesame oil to keep body warm.

'Stasis'

'Stasis' means the peeling off of placenta, the injured reproductive organs, lochia, endometrium, mucus, cell and etc. If the lochia is not discharged and is dragged for more than 2 weeks, it harms the uterus and affect the recovery. Improper care also leads to gynecological issue such as Leukorrhea or 'cold uterus'.

Confinement is a golden opportunity for women to strengthen body constitution for long term health.

4 Golden Stages of Confinement Conditioning

Traditional confinement dietary is divided into 4 stages. Each different stage has its own objective and focus on dietary conditioning to cater mother's body changes and stage of recovery. It is important for mother to restore health after delivery.

1st
Stage



Clear lochia, dispel wind and coldness

Eliminate stasis and clotting, clear lochia (the post-delivery vaginal discharge comprising blood, mucus and placental tissue), improve metabolism, reduce fatigue and promote the healing of wound after delivery.

2nd
Stage



Tonify Qi and blood, promote breast milk secretion

Enhance Qi and nourish blood, promote breast milk secretion, and promote uterus recovery after childbirth.

3rd
Stage



Strengthen tendons and bones, warm uterus

Strengthen liver and kidney, promote physical strength, energy and improve recovery of tendon, ligament, bones, lower back and pelvis.

4th
Stage



Recovery of stamina, enhance beauty

The final stage of confinement, focus on the liver and kidney nourishment, improve energy and physical strength, improve Qi and blood, promote recovery of women's skin and elasticity.

Key Conditioning for Confinement

Combining modern and traditional confinement methods, Eu Yan Sang Postnatal Care Package is developed by TCM Physicians to take care of postpartum mothers' health. Confinement can be hassle-free and convenient.



Eu Yan Sang Postnatal Care Package contains 15 types of herbal soup according to 4 stages of confinement period: Qi & Blood Nourishing Tea; Gold Label Bak Foong Pills; So Hup Pills; and Sheng Hua Soup. These stages help every postpartum mothers to recover from the labour and achieve good health.

Sheng Hua Soup

Essential for postpartum mother. This helps to improve blood circulation, clear stasis and clots. Promote uterus contraction recovery and prevent uterine hematoma. Eu Yan Sang uses high quality Saffron, which is effective to clear lochia and restore uterine function.



So Hup Pills

To ease postpartum stomachache, bloating, dizziness, flatulence, chest pain as well as postpartum wind. It also helps prevent coldness during confinement.



Gold Label Bak Foong Pills

Formulated with 22 types of Chinese tonic herbs to improve postpartum physical weakness, promote recovery of health and uterine function, and prevent postpartum disorders.



Confinement Dietary According to Stage

1st Stage

Postpartum women are generally weaker and have poor appetite as they are going through a healing at this stage. They should have lighter diet.

Recommended dishes:



Breakfast • Shredded chicken porridge
• Wolfberry porridge



Lunch/ Dinner: • Pig maw fried with shredded ginger
• Motherwort & ginger soup
• Argy wormwood leaf, egg & ginger soup



Others

Herbal Beverage Mix
Codonopsis & Red Dates

Tonify Qi & blood, suitable for daily consumption

Sheng Hua Soup

Promote uterus recovery & lochia discharge

So Hup Pills

Dispel wind & cold

2nd Stage

The body is gradually recovering. It is time to nourish blood and Qi.

Recommended dishes:



Breakfast

- Shredded chicken brown rice porridge
- Hong Qu (red yeast rice) mee sua
- Pork kidney with sesame oil mee sua
- Egg sandwich
- Papaya soup
- Soybean milk steamed egg



Lunch/Dinner:

- Stewed pork
- Rice wine chicken
- Steamed minced pork
- Shredded ginger fried salmon
- Ginger wine fungus
- Dang Gui Nan Zao Herbal Soup
- Du Zhong Ba Zhen Vitalizing Herbal Soup



Others

- Herbal Beverage Mix
Codonopsis &
Red Dates

* The above weekly food recommendation can be

3rd Stage

The stage to strengthen lower back, tendons, bones and ligaments, and promote pelvic recovery.

Recommended dishes:



Breakfast

- Fish slices porridge
- Ginger wine chicken mee sua
- Peanut & shredded chicken porridge



Lunch/Dinner:

- Du Zhong Shu Di Herbal Soup
- Traditional Shi Quan Da Bu Herbal Soup
- Steamed chicken with American ginseng
- Steamed fish with wolfberry and angelica
- Pork kidney with sesame oil
- Black fungus fried with chicken



Others

- Herbal Beverage Mix Codonopsis & Red Dates
- Roasted rice tea
- Red bean paste

4th Stage

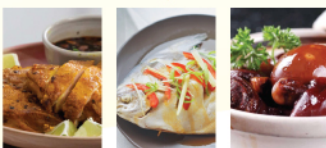
Condition body and mind, enhance strength of Yuan Qi, restore hair and skin health, enhance vitality and memory.

Recommended dishes:



Breakfast

- Dried scallop porridge
- Pork brown rice porridge
- Sesame oil rice noodles



Lunch/Dinner:

- Codonopsis & Tian Ma Herbal Soup
- Walnut & Lotus Seed Herbal Soup
- Shou Wu & Black Bean Herbal Soup
- Steamed pomfret with ginseng and fungus
- Steamed chicken drumstick with essence of chicken
- Pork trotter in vinegar
- Minced meat with okra
- Bak Foong Pills stewed chicken



Others

- Herbal Beverage Mix Codonopsis & Red Dates
- Roasted rice tea
- Pure Chicken Essence
- Black sesame paste
- Bird's nest

adjusted to suit your personal condition and preferences.



Confinement Recipes



Bak Foong Pills ★★★★★ Paper Wrapped Chicken



Ingredients:

Kampung chicken	half
Eu Yan Sang	
Bak Foong Pills	1 big pill

Seasoning:

water	2 tbsps
honey	1 tbsps
salt	1 tsp

tools:

aluminium wrap	1 pc
transparent wrap	1 pc

Preparation method:

1. Add water to Bak Foong Pills, mince and cook with low heat. Add honey and salt and stir well.
2. Apply (1) seasoning to the chicken, wrap it with transparent and aluminium wrap. Steam for 2 hours and it will be ready to be served.

Ingredients:

Shredded pork	100 g
Black fungus	30 g
Ginger slices	50 g

Seasoning:

Sesame oil	30 g
EYS Ginger Liqueur	150 g

1. Soak fungus to soften and then cut into thick strands; cut ginger into thick slices; cut the meat into thick strips, then blanch.
2. Add sesame oil and saute ginger to the pork and black fungus. Stir-fry evenly.
3. Add Ginger Liqueur, simmer for 2 mins and serve.

★★★★★ Stewed Shredded Pork with Ginger Liqueur & Black Fungus



Confinement Desserts

Brown Sugar & Egg Drinks



Function:
Improve Qi & blood, promote breast milk secretion

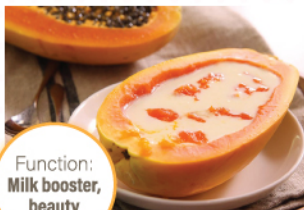
Ingredients:

Brown sugar	Goji berries (1 handful)
Egg (2pcs)	Red dates (8-10pcs)

Preparation method:

1. Boil egg until fully cooked, clean the red dates and remove seed.
2. Remove the egg shell.
3. Boil red dates and goji berries in water for 15 mins, then add in brown sugar and egg to cook for 5 mins.

Papaya Ginger Milk



Function:
Milk booster, beauty

Ingredients:

Fully matured papaya	Brown sugar (1 tbsp)
Fresh milk (300ml)	Ginger juice (2 tbsps)
Egg white (3 nos)	Water (100ml)

Preparation method:

1. Cut papaya into cubes.
2. Heat water, brown sugar, ginger juice together and stir well. Cool to room temperature.
3. Stir well egg white and fresh milk, add in (2), then stir again. Sieves the mixture, then pour into small bowl and add in papaya cubes.
4. Wrap with transparent wrap and simmer with low heat for 10-15 mins.

Red Dates Snow Fungus Soup



Function:
Nourish lung, improve Qi & blood

Ingredients:

Red dates (6-8pcs)	Goji berries (1 handful)
Snow fungus (1pcs)	Rock sugar

Preparation method:

1. Clean the red dates and remove seed, soak the snow fungus until soften.
2. Add in snow fungus, red dates, goji berries and add in rock sugar to the water and simmer for 1 hour.



Tips for Confinement Meals:

- Postpartum women usually have poor appetite after delivery. Therefore, they should have less greasy food with lighter taste. Choice of food prioritises easy digestion and better nutrients.
- Remember to reduce salt or use none at all when cooking confinement food. The food should be braised, boiled, steamed, double-boiled and less frying.
- Consumption of cold food during confinement should be avoided. Choose nutritious and easy-to-digest vegetables such as spinach, okra, green beans, amaranth and broccoli.
- The staple for the 3 daily meals can alternate among rice, mee sua, rice noodles, or brown rice.
- Codonopsis red dates tea (Herbal Beverage Mix Codonopsis & Red Dates) is a good blood tonic and is suitable for the entire duration of confinement. Besides, taking Roasted Rice Tea Mix can also help to promote lactation.
- Tonic soup can help to fortify the constitution, enhance Qi, improve circulation and improve breast milk secretion.
- Gold Label Bak Foong Pills can be double boiled with silkie (black bone chicken) for enjoyment in the morning and at noon.

Daily Life during Confinement



While most modern women follow the traditional tonification prescriptions in the confinement diet, they get confused when it comes to some of the restrictions on daily life stipulated in traditional confinement practices. However, as long as the rationale for these traditional practices is understood, they can make adjustments in line with today's modern lifestyle while enjoying a relaxed and happy confinement.

Keeping good hygiene & keeping warm for a worry-free confinement

During confinement, some of the traditional taboos on physical health (such as avoid touching water, abstinence from taking a bath or washing hair and avoid exposure to wind) often perplex and confuse modern mothers. But, if one understands the logic behind the 'restrictions', it will be easier to adapt.

Avoiding cold water

After delivery, the body temperature of the postpartum woman may rise for 2 weeks, she will tend to perspire a lot and her pores will be enlarged. Coupled with a weakened immunity, she can easily catch a cold and get sick.

In the past, people relied on water from well or river water for their daily activities. The water from these sources contained bacteria or parasites. In order to avoid infection and chill, the water has to be boiled before use. As it was quite troublesome to boil water, postpartum woman avoided unboiled water as much as possible.

Today, we need not worry about hot water supply. Because of weak immune system of postpartum woman, water that comes into contact with a wound must be boiled and cooled down before using. Wash hands and other body parts with warm water. Do not use cold water which chills the joints and skin and causes headaches and joint pain.

Bathing

During confinement, appropriate cleanliness is necessary. Bathing is not totally restricted but as the wound has not healed completely, it would be advisable to not use the bathtub.

Instead, the postpartum woman should only shower or wipe herself. After a shower or hair wash, she should wipe herself dry and keep warm.

If there is too much lochia during the first week, she should not wash her hair. Instead, she can boil argy wormwood leaf, radix sileris and dried ginger in water and use it to rub on the scalp or use the herbal bath for postnatal. After a toilet run, she should add salt to warm water and use as disinfectant to wash the lower body.

Keeping warm

In the olden days, houses usually have open roof for better ventilation. In modern days, however, houses are equipped with air conditioning or electric fans for ventilation and to maintain coolness. It is fine to maintain a room temperature of 26°C-28°C for air circulation as long as you are not facing the air-conditioner or electric fan directly.

Maternity wear has to be warm but also breathable, soft and comfortable. Cover your hands and legs with long-sleeves and long pants. Keep a small towel handy as you might sweat pretty frequently. Change your clothes regularly to avoid catching a cold. Cotton socks should be worn to keep warm in an air conditioned environment, or if the marble or tile flooring material is cold.





Psychological Adjustment during Confinement



Adapting well and free of depression

Due to physiological changes and the rapid decline in hormonal secretion following childbirth, mothers-especially new mothers might have to deal with some stressful situations. Their wound has yet to heal and the breastfeeding experience might not be smooth sailing. While it is glad to welcome a newborn, mothers usually have to cope with pressure and expectations. They might have inadequate sleep and experience a gamut of emotions including irritation, anger, anxiety and depression. Some even shed tears when they find the pressure to be overwhelming.





The common emotional state during the early postpartum period

The sudden onset of emotions is common during the first week of the postpartum period following childbirth when the hormonal balance is still being fine-tuned. However, if it persists longer, say for more than 3 weeks, postnatal depression is likely to happen and this would require appropriate psychological counseling or treatment.

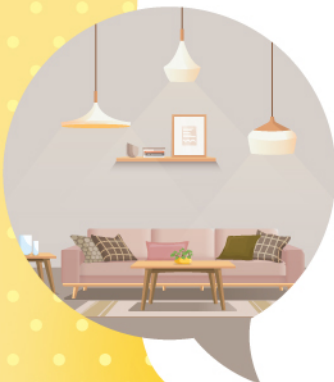
Novice mothers of active and extrovert personalities feel the pressure when they have to stay indoor for the whole month and have less contact with the outside world.

Confinement diet offers dishes of limited choice and they might feel bored. The seemingly frivolous and monotonous taboos might aggravate their emotional swings. Introvert women and those who have weaker body constitution are more likely to suffer from depression. This is because they have deficient postnatal Qi and blood.



Sharing experiences and managing moods

If the postpartum woman suffers from depression and anxiety, she will need support from family members or relatives. Close kin or friends who have had parenting experience can be invited to visit and share their experiences and be a good listening ear for the mothers. According to TCM, liver stores blood and eye problems are closely related to liver meridian. It is therefore inadvisable for postpartum women to use their eyes excessively during confinement. Postpartum women are not encouraged to read or watch TV for a long time as this might affect their recuperation. Watching TV and reading with proper lighting in a relaxing manner for 30 minutes a day is still fine. Sufficient rest for the rest of the day is essential.



Confinement Essential

3-simple steps for a pot of soup!

Herbal Soup for Confinement



Cooking Instruction

1. Blanch 500g of meat in boiling water
 2. Add 1 packet of soup ingredients, meat and 1500ml of water into a pot.
 3. Boil and simmer for 1 ½ hour.
- Proportion of meat and water can be adjusted accordingly to own preference.

Codonopsis & Longan Herbal Soup

Functions :

Tonifies Qi, increases vitality.

Explanation :

Replenishes stamina, reduces fatigue.

Dang-Gui Nan-Zao Herbal Soup

Functions :

Helps to produce & nourish blood, improve circulation.

Explanation :

The postpartum period typically sees the body having 'emptiness' & stasis. Angelica can help to increase production of hemoglobin & improve anemia, cold hands & feet. It also helps to promote blood circulation.

Chinese Yam Si-Shen Herbal Soup

Functions :

Strengthens spleen and kidneys' function, reduce dampness

Explanation :

Improves digestive system to enhance nutrient absorption.

Huang-Qi Yu-Zhu Herbal Soup

Functions :

Strengthens the spleen & stomach, tonifies energy, strengthens body constitution, calms the mind.

Explanation :

Helps to improve puerperal appetite, digestion & mind calming.

Du-Zhong Ba-Zhen Herbal Soup

Functions :

Nourishes Qi & blood as well as liver and kidney. Improves physical fitness and prevent anemia.

Explanation :

Replenishes Qi & blood efficiently, waist strengthening and promotes pelvic blood circulation.

Cordyceps Flower Herbal Soup

Functions :

Tonifies kidneys & Qi, strengthens body constitution.

Explanation :

Warms the body after delivery, strengthens kidneys' function.

Shou-Wu & Black Beans Herbal Soup

Functions :

Nourishes & tonifies liver & kidneys, enriches blood for healthier hair, diuresis, reduces water retention & promotes detoxification.

Explanation :

Maintains clear mind, improves memory, delays ageing, prevents hair fall & white hair, promotes fluid metabolism to reduce water retention.

American Ginseng & Longan Herbal Soup

Functions :

Tonifies & increases vitality.

Explanation :

Reduces asthenic heat, reduces fidgeting after sweating.

Dang-Gui Yu-Zhu Herbal Soup

Functions :

Nourishes Qi & blood, help in gastrointestinal digestion.

Explanation :

Improves the gastrointestinal health to promote Qi & blood formation, especially after delivery. It helps to promote nutrients absorption.

Codonopsis & Astragalus Root Herbal Soup

Functions :

Nourishes Qi, promote healthy lungs.

Explanation :

Improves condition caused by postpartum Qi deficiency, sweating, dry mouth, lack of sleep and irritability and restore physical fitness.

Codonopsis & Tian-Ma Herbal Soup

Functions :

Nourishes Qi, expels wind & improves blood circulation.

Explanation :

Improves blood supply & circulation to the brain.

Du-Zhong & Morinda Root Herbal Soup

Functions :

Tones up kidney, tendons & bones.

Prevents back pain.

Explanation :

Strengthens muscles & ligaments at lower back, strengthens bones, prevents postpartum osteoporosis.

Traditional Shi Quan Da Bu Herbal Soup

Functions :

Prevents anemia and helps to warm uterus for better circulation.

Explanation :

This preparation has Huang Qi (which enhances Qi) & cinnamon (which enhances kidney function) added to the Ba Zhen soup formulation. It also improves physical fitness & kidney function.

Du-Zhong Shu-Di Herbal Soup

Functions :

Strengthens waist, knee and tendon, prevents soreness of waist and knee weakness.

Explanation :

Improves waist blood circulation, enhances the strength of waist muscle, tendon and bone. Prevents muscle weakness in waist and hip.

Walnut & Lotus Seed Herbal Soup

Functions :

Promotes brain health, improves memory.

Explanation :

Improves brain function, restores clear and sharp mind, prevents brain atrophy and degeneration.

Postnatal Care Timetable

30 Days Basic Package / 30 Days Extra Nourishing Package



1st Stage: Clear lochia, dispel wind & coldness

Start Date : _____



Herbal Soup



Dispel Wind & Coldness



Qi & Blood Nourishing

DAY 1



Sheng Hua Soup
Clear Lochia



Chinese Yam Si-Shen
Improve Digestion



So Hup Pills



Herbal Beverage Mix
Codonopsis & Red Dates (all day)



DAY 2



Huang-Qi Yu-Zhu
Improve Appetite



So Hup Pills



Herbal Beverage Mix
Codonopsis & Red Dates (all day)



DAY 3



Codonopsis & Longan
Tonify Qi & Blood



So Hup Pills



Herbal Beverage Mix
Codonopsis & Red Dates (all day)



DAY 4



Chinese Yam Si-Shen
Improve Digestion



So Hup Pills



Herbal Beverage Mix
Codonopsis & Red Dates (all day)



DAY 5



Codonopsis & Longan
Tonify Qi & Blood



So Hup Pills



Herbal Beverage Mix
Codonopsis & Red Dates (all day)



DAY 6



Huang-Qi Yu-Zhu
Improve Appetite



So Hup Pills



Herbal Beverage Mix
Codonopsis & Red Dates (all day)



DAY 7



Dang-Gui Nan-Zao
Improve Circulation



Herbal Beverage Mix
Codonopsis & Red Dates (all day)



2nd Stage: Tonify Qi & blood, promote breast milk secretion

Start Date : _____



Herbal Soup



Qi & Blood Nourishing



Enhance Nourishing

DAY 8



Du-Zhong Ba-Zhen
Replenish Qi & Blood,
Strengthen Waist



Herbal Beverage Mix
Codonopsis & Red Dates (all day)



DAY 9



Dang-Gui Yu-Zhu
Nourish Blood



Herbal Beverage Mix
Codonopsis & Red Dates (all day)



DAY 10



Walnut & Lotus Seed
Promote Brain Health



Herbal Beverage Mix
Codonopsis & Red Dates (all day)



DAY 11



Cordyceps Flowers
Tonify Kidney & Qi



Herbal Beverage Mix
Codonopsis & Red Dates (all day)



DAY 12



Dang-Gui Nan-Zao
Improve Circulation



Herbal Beverage Mix
Codonopsis & Red Dates (all day)



DAY 13



American Ginseng & Longan
Tonify Qi & Calming



Herbal Beverage Mix
Codonopsis & Red Dates (all day)



DAY 14



Du-Zhong Shu-Di
Strengthen Waist



Herbal Beverage Mix
Codonopsis & Red Dates (all day)



Gold Label Bak Foong Pills
Warm the Uterus



Niah™ Bird's Nest
Nourish & Improve Skin Condition



DAY 15



Codonopsis & Astragalus Root
Nourish Qi



Herbal Beverage Mix
Codonopsis & Red Dates (all day)



Pure Extract Of Cordyceps Sinensis Mycelia
Strengthen Kidney, Prevent Back & Knee Pain



Pure Extract of Cordyceps Sinensis Mycelia, Niah™ Bird's Nest, Pure Chicken Essence are only applicable for 30Days Extra Nourishing Package.

Suggestion: Gold Label Bak Foong Pills, Pure Extract of Cordyceps Sinensis Mycelia, Pure Chicken Essence are advised to consume in the morning.

Gentle reminder: The timetable serves as reference only. As the body condition varies between individuals, please consult your healthcare provider if you have any health-related questions. The recommended consumption is based on one postpartum woman only.



3rd Stage: Strengthen tendons & bones, warm uterus



Herbal
Soup



Qi & Blood
Nourishing



Enhance
Nourishing

Start Date: _____

DAY 16



Traditional
Shi Quan Da Bu
Qi & Blood Nourishing



Herbal Beverage
Mix Codonopsis &
Red Dates (all day)



Gold Label
Bak Foong Pills
Warm the Uterus



DAY 17



Shou-Wu &
Black Beans
Enrich Blood for
Healthier Hair



Herbal Beverage
Mix Codonopsis &
Red Dates (all day)



Pure Chicken Essence
Vitality Recovery &
Improve Breast
Milk Quality



DAY 18



Du-Zhong & Morinda Root
Tone up Kidney, Tendons and Bones



Herbal Beverage Mix
Codonopsis & Red Dates
(all day)



Gold Label Bak Foong Pills
Warm the Uterus



Niah™ Bird's Nest
Nourish & Improve
Skin Condition



DAY 19



Du-Zhong Ba-Zhen
Replenish Qi & Blood,
Strengthen Waist



Herbal Beverage
Mix Codonopsis &
Red Dates (all day)



Pure Extract Of Cordyceps
Sinensis Mycelia
Strengthen Kidney,
Prevent Back &
Knee Pain



DAY 20



Dang-Gui Yu-Zhu
Nourish Blood



Herbal Beverage
Mix Codonopsis &
Red Dates (all day)



Gold Label
Bak Foong Pills
Warm the Uterus



DAY 21



Codonopsis & Tian-Ma
Improve Circulation
and Calming



Herbal Beverage Mix
Codonopsis & Red Dates
(all day)



Pure Chicken Essence
Vitality Recovery &
Improve Breast
Milk Quality



DAY 22



Du-Zhong Shu-Di
Strengthen Waist



Herbal Beverage Mix
Codonopsis & Red Dates
(all day)



Gold Label Bak Foong Pills
Warm the Uterus



Niah™ Bird's Nest
Nourish & Improve
Skin Condition



DAY 23



American
Ginseng & Longan
Tonify Qi & Calming



Herbal Beverage Mix
Codonopsis & Red Dates
(all day)



Pure Extract Of Cordyceps
Sinensis Mycelia
Strengthen Kidney,
Prevent Back &
Knee Pain



4th Stage: Recovery of stamina, enhance beauty



Herbal
Soup



Qi & Blood
Nourishing



Enhance
Nourishing

Start Date: _____

DAY 24



Cordyceps Flowers
Tonify Kidney & Qi



Herbal Beverage
Mix Codonopsis &
Red Dates (all day)



Gold Label
Bak Foong Pills
Warm the Uterus



DAY 25



Traditional
Shi Quan Da Bu
Qi & Blood Nourishing



Herbal Beverage
Mix Codonopsis &
Red Dates (all day)



Pure Chicken Essence
Vitality Recovery &
Improve Breast
Milk Quality



DAY 26



Du-Zhong & Morinda Root
Tone up Kidney,
Tendons and Bones



Herbal Beverage
Mix Codonopsis &
Red Dates (all day)



Niah™ Bird's Nest
Nourish & Improve
Skin Condition



DAY 27



Walnut & Lotus Seed
Promote Brain Health



Herbal Beverage Mix
Codonopsis & Red Dates
(all day)



Pure Extract Of Cordyceps
Sinensis Mycelia
Strengthen Kidney, Prevent
Back & Knee Pain



DAY 28



Shou-Wu &
Black Beans
Enrich Blood for
Healthier Hair



Herbal Beverage
Mix Codonopsis &
Red Dates (all day)



Niah™ Bird's Nest
Nourish & Improve
Skin Condition



DAY 29



Codonopsis &
Astragalus Root
Nourish Qi



Herbal Beverage
Mix Codonopsis &
Red Dates (all day)



Pure Chicken Essence
Vitality Recovery &
Improve Breast
Milk Quality



DAY 30



Codonopsis & Tian-Ma
Improve Circulation
and Calming



Herbal Beverage
Mix Codonopsis &
Red Dates (all day)



Niah™ Bird's Nest
Nourish & Improve
Skin Condition



The challenge is just
start after confinement. 🥰

Here are some advise:

1. Herbal Beverage Mix
Codonopsis & Red Dates --
Tonify Qi & blood

2. Botanical Beverage
Mix Roasted Rice --
Promote breast milk secretion

3. Herbal Soup --
Nourish Qi & blood,
enhance body constitution

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The recommended consumption is based on one postpartum woman only.

Confinement Essential

Tonify drinks



Functions :

Replenishes blood, prevents anemia, promotes breast milk secretion, prevents postpartum constipation.

Explanation :

Due to blood loss & Qi being spent after delivery, the lack of blood could result in dizziness, blurred vision and heavy sweating. Codonopsis (Dangshen) with red dates will help to increase the production of hemoglobin, thus can prevent anemia. With sufficient Qi & blood, secretion of breast milk would be easier. Red dates & black dates ease bowel movements to prevent postpartum constipation.

Prescription :

Consume daily during confinement.

Botanica Herbal Bath, Hygienic care for your confinement

Wormwood Herbal Bath

Dispels wind and dampness, relieves stress and improves mood.



Bitter Melon Vine Herbal Bath

Traditional specialized formula for baby bath, to clear heat and improves newborn jaundice condition.

Ginger Liqueur, High quality selection



Ginger Liqueur

Eu Yan Sang ginger liqueur dispels wind and coldness. It also warms stomach and improves digestion.

Ready-to-drink tonic



Pure Extract of Cordyceps Sinensis Mycelia

Strengthens body constitution after delivery, strengthens kidney function, prevent back and knee pain, and improves immunity.

Pure Chicken Essence

Small molecules amino acids promote better absorption, suitable for postpartum women for vitality recovery, revitalizes the spleen and stomach, improves breast milk quality.



Niah Ready to drink Bird's Nest

Contains water soluble protein and sialic acid to enhance breast milk quality, and good for infant mental development. It also works to nourish and moisturize skin to improve skin condition.

An illustration of a woman with long, flowing blonde hair, wearing a pink sleeveless top, cradling a sleeping baby with green hair. The background features a white crib with vertical bars and a yellow rectangular object hanging on the wall. The overall style is soft and pastel.

Breastfeeding

Breastfeeding can be simple

Breast milk is the first gift from a mother to her infant and it contains valuable nutrients beneficial for the baby's health. The new mother needs to be patient and persevere when it comes to breastfeeding as well as to learn about the proper care of her breast.

Breast Care

During confinement, breastfeeding mothers have to learn about the proper care of the breast. Using a towel as a hot-pack and doing massage before feeding helps to clear the mammary glands for a smoother discharge of milk. When the breasts are full with milk and the baby is already satiated, the milk should be squeezed out either by hand or a breast pump to empty the breasts as much as possible. This is to maintain the proper secretion of breast milk as well as to prevent the risk of mastitis.

In terms of Chinese medicine, mastitis is a kind of "milk carbuncle" (a carbuncle is a skin infection which forms a lump). When the breasts are

swollen with milk and it is not discharged on a timely basis, the accumulated milk leads to mastitis or inflammation of the breast tissue. Under this condition, the breasts become inflamed, heated and painful followed by internal inflammation and suppuration (formation or discharge of pus). Postpartum mothers might suffer from fever and chills. Do not underestimate these problems. Without timely treatment, baby might have sucking difficulties when mother has enlarged breasts and nipples. This is not conducive for discharge of milk.

TCM believes that mastitis is caused by liver depression and Qi stagnation which block milk

duct. Therefore, it is very important for the mother to keep calm and stay in a good mood to prevent mastitis.

Many mothers may encounter mastitis during lactation, especially new mothers. Hence, breastfeeding mothers need to pay attention to breast care. The cleanliness and care of the breasts is very important before and after each

breastfeeding. For novice mothers, an improper feeding method may lead to chapped (reddened or cracked) nipples, causing difficulty in feeding. When the milk cannot be discharged in time, it will lead to mastitis. In the unfortunate event of mastitis, a qualified doctor must be consulted as soon as possible for treatment.

The Proper Way to Stimulate Milk

In order to have sufficient breast milk, appropriate yet orderly stimulation is very important, especially during the first day when the postnatal colostrums or “first milk” (which has the most abundant nutritional value) is fed to the baby. Thereafter, the nursing mother must be patient to feed her baby on a regular basis according to the baby's needs so that milk production matches with the baby's appetite.

Nutrition source for breastfeeding

Postpartum is the best time for mother to restore her body function and boost breast milk. Therefore, postpartum women should take a balanced diet and sufficient nutrients to ensure adequate nutrition for breast milk. Breast milk is mainly composed of water, fat and protein. Therefore, it is advisable to consume codonopsis red dates tea and drink nutritious soup such as chicken soup, fish soup, stewed chicken essence etc. Food of high quality protein, including lean meat, eggs, fish and beans, is good for improving breastmilk quality.

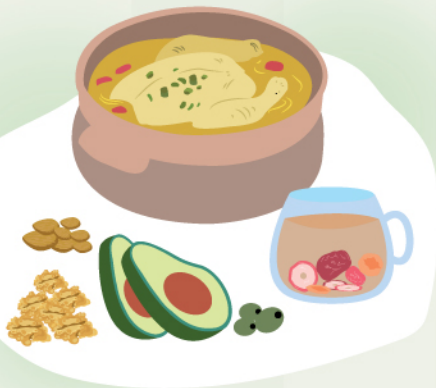
They should also avoid high-fat food as fat thickens breast milk and it is difficult for baby to suck. A low-fat diet with good and essential fatty acids including olive oil, flaxseed oil, avocados, nuts and fish rich in Omega-3 is also good for them.

In addition, nursing mothers should also try to avoid alcohol and caffeine. This is because these components will pass through the mother's blood and enter the milk.

Tips

Confinement recipes include ginger and wine to expel wind and promote blood circulation in the postpartum woman. If the breastfed baby appears to have warmer body temperature, the mother should adjust portion of ginger and wine in her diet. Wine added into food during cooking is fine.

Consumption of Roasted Rice Tea Mix and Ba Zhen Herbal Soup and bird's nest helps improve breast milk quality, strengthen the child's immunity and connectivity of brain cells.



Best Source Of Nutrition for Lactating Mothers

Pure goodness for moms



Pure Chicken Essence

Free range chicken of over 12 months old. Free range chicken with high activity, muscles are toned and its meat is succulent. According to Traditional Chinese Medicine, meat of 12-month-old chicken is mild in nature and more suitable for pregnant and lactating women. A nourishing diet is important to produce quality breast milk.

Niah Bird's Nest

According to research in 2003, it is confirmed that bird's nest contains sialic acid, a key substance in bird's nest. Sialic acid in bird's nest contributes to neurological and intellectual advantage in babies. The high nutrients in bird's nest will strengthen the baby's lungs, develop his/her immune system and enhance skin complexion. Intake of bird's nest after birth also helps improve breast milk quality, promote uterus recovery and reduce stretch marks.

Rich sialic acid to promote baby's brain development



Promotes breast milk secretion



Roasted Rice Tea Mix

According to Traditional Chinese Medicine, lack of Qi and blood affects production of breast milk, and the mother is more prone to fatigue and tiredness. Eu Yan Sang Roasted Rice Tea Mix is made of natural brown, white and red rice in addition to Astragalus, Codonopsis and Angelica. It helps nourish Qi and promote breast milk secretion.

Breastfeeding Positions

For most mothers, breastfeeding is a new learning skill. Incorrect position may cause discomfort to the mother and the baby. There are many breastfeeding positions that may work for each mother. An important consideration is mother and baby should always feel comfortable. Baby should always get their head, neck and back bone supported while mother can use pillow to support the back and the arm.



1
Cradle position

Mother needs to sit upright and let the baby lie on her side. The baby's head is cradled near your elbow, and your arm supports the baby along the back and neck. A cushion can be placed on your thigh to support the baby. The mother and baby should be positioned chest to chest.



2
Rugby hold

As the name suggests, this position involves tucking your baby under your arm as if you were holding rugby. You will want to hold your baby to your side at the level of your waist while supporting his/her back with your arm. His/her nose should be tilted up towards your breast and in line with your breast. A cushion can be placed to lift up your baby and another hand to stick on the nipple.



3
Side lying position

Place your baby next to you and facing the baby. Lift the breast up to within baby's reach so he/she can easily access to your nipple. A pillow can be placed on baby's back to ensure baby get closer to mother and ease the feeding process.



4
Cross cradle hold

This is similar to the cradle hold, except the holding of baby with the opposite arm to the breast of nursing. Support the baby's head, neck and shoulder to ease the lactating.

Neonatal Jaundice Advice from TCM

Neonatal jaundice is yellowish discoloration of the white part of the eyes and skin in a newborn baby due to high bilirubin level. Symptoms usually appear after 1 week of birth. This is mainly related to fetal nature, and it is called "fetal jaundice" in Chinese medicine. It is commonly divided into physiological jaundice and pathological hyperbilirubinemia. The main reason is that the fetal "damp-heat accumulation" is related to the mother's

physical state and diet (cold drinks, raw and cold melons, fried and spicy) and daily habits (air conditioning) during pregnancy. Common condition such as damp heat, cold and dampness, Qi stagnation and blood stasis. It starts with dampness and heat or cold dampness in the spleen and stomach, which will then affect the liver, making the liver Qi unable to regulate the discharge of bile and cause yellowing.

Early morning sunlight helps to breakdown bilirubin. The early morning sunlight not only help to enhance calcium absorption, it is also good in improving mild jaundice condition. It can decompose bilirubin, but it is very important to not catch cold and prevent excessive exposure to sun.

Past experiences showed that baby can be cured gradually with the exposure to the morning sunlight after one week.

Some reminders for baby's exposure to sunlight:

- **Morning sunlight is the best, before 10am and 30-40 mins per day**
- **Do not expose baby to sun during rainy day and strong windy day**
- **Expose the butt and backside (remember to wear a diaper)**
- **Avoid strong and direct sunlight, especially for the baby's eyes**

It is common to see jaundice among newborns but parents still need to remain vigilant. Chinese Medicine emphasizes "treatment before the disease". To save the baby from jaundice at birth, a mother-to-be should stick to good diet practice during pregnancy.



Does Chinese herbal medicine affect neonatal jaundice?



Neonatal jaundice is related to eating habits during pregnancy and mother's body constitution. When a mother has a damp-heat physique, she should avoid deep fried and spicy food. Excessive nutritional supplement is not necessary. Mothers-to-be are advised to adjust the eating pattern and practice healthy eating habit. Some said that breastfeeding mother should

stop the consumption of Chinese herbal medicine as Chinese herbs will aggravate jaundice. Instead of completely avoiding it, mother can consume it moderately and appropriately. In order to avoid jaundice in baby, a mother should start taking care of her body during pregnancy especially those with damp-heat physique, for example avoid deep fried and

spicy food. Moderate intake of curry to improve appetite is still acceptable, but overeating aggravates the body's damp-heat condition. Some mothers have Qi and blood insufficiency during pregnancy, hence it is suggested for these mothers to consume some Qi tonifying herbs such as Herbal Beverage Mix Codonopsis & Red Dates to improve the condition.



Can a breastfeeding mother consume ginger, wine, spices or herbs during confinement?



During confinement, these food are important to warm the body. Breastfeeding mother can consume moderately and adjust the amount accordingly as this is important for mother to restore energy and for quality breast milk production. Rumours that breastfeeding mothers should avoid traditional Chinese medicine and the

forementioned diet therapy are unproven. From the perspective of Chinese medicine and clinical findings, appropriate intake of correct choice of traditional Chinese medicine does not cause neonatal jaundice. The probability is very low unless mothers consume Chinese medicine in a large amount that cause fever, heatiness that could affect the baby's bilirubin level.





Why is sleep so important for baby?

Newborns generally sleep more than adult. They spend about 18–22 hours a day in deep sleep.

Good sleep quality has many benefits to baby as the growth hormone secretion is high during sleep. Growth hormone has a significant effect in baby's mental and physical health.

Sleep is significant in nurturing future learning ability. Insufficient sleep leads to fatigue and slow reaction, poor attention, and memory.

If a newborn baby wake up easily and is always crying and humming, he/she is not sleeping well.

Some reasons behind baby's poor sleep:

1. Overeating that leads to stomach discomfort; or feeling hungry due to insufficient food intake.
2. Wet diapers causing discomfort.
3. Clothes that are too thin or too thick, surroundings temperature that is too cold or too hot can also cause discomfort.
4. Baby bitten by mosquitos / insects cries to seek parents' attention.

Traditionally, we say that sleep is important for the growth of an infant. Newborns spend 70% of a day's time sleeping, while toddlers need half of that. Quality sleep is very important for baby's health. As parents, we should always ensure babies get to enjoy good sleep. Their good sleeping habit should be nurtured since early age so that the routine benefits them throughout their lifetime.

★ Ways to comfort your baby and shape a consistent sleeping pattern:

1. Create a comfortable bedding for your baby. The surrounding is not too hot or cold.
2. Wrap your baby with a swaddle blanket, to strengthen the sense of security and to prevent cold.
3. Mother can let baby to hold a handkerchief / calming towel to improve the sense of security.
4. Let your baby lie on your chest and put him/her to sleep. This creates a bonding moment with your baby and mother can get rest too. When baby enters deep sleep, put him/her down slowly to prevent shock and waking up.

Baby Diaper

Baby's Poop Guide

Baby's poop tells you a lot about your baby's health. Here you go for baby's poop guide to use as a guideline and to distinguish your baby's health condition.



Newborn

Expect to see greenish black, tarry, sticky stools of your newborn within 24 hours. It will gradually get back to normal.



Breastfed

Baby's stool may look like mustard, with a slightly runny texture and sometimes grainy consistency. The poop has no smell and this indicates that baby is doing well.



Formula fed

The poop of a formula fed baby usually will be darker in colour, can be yellowish green hue or pale brown and is more viscous.



Weaning stage

This is the stage where baby is being introduced to solid food, the poop is slightly dryer, harder, and darker, with some undigested food, the smell can be a bit stronger. The condition will gradually improve as he/she grows.

Note

Meconium is black and viscous. It is the earliest secretion of a newborn.



Bowel movement varies among the babies. Some defecate 4-5 times a day, some 7-8 times. Parents need not worry so long as their babies are growing well, enjoying consistent milk consumption and gaining weight appropriately. However, if you encounter grey white, black or red colour poop, parents should seek medical advice immediately.

Baby Massage

Newborn babies cry to express their feeling of discomfort and anxiety. Parents can calm their babies by hand touching. Studies show that massaging makes a baby calmer and cry less. They tend to sleep well when they are less fussy.

The Benefits of Baby Massage:

- Create a healthy bonding time between baby and mommy
- Stimulate positive energy
- Stimulate baby's central nervous system development
- Help to improve baby digestion (reduce constipation and colic)
- Calm and reduce fussiness of a baby

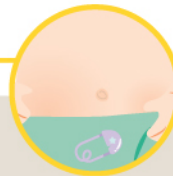
Leg massage



**Strengthen leg muscles,
promote blood circulation**

Gently but firmly wrap your hands around baby's leg and glide your hands down from thigh to knee, calves, then ankle to feet. Repeat for 6 times, and switch to the other leg.

Belly massage



Learn deep breathing

Gently place your hands at the level of your baby's navel, in a clockwise motion, slide over his/her tummy in a circular motion. This helps to improve bowel movement, reduce constipation and gas. Repeat for 6 times.

I Love You Massage

I



1

With 2 to 3 fingers, stroke your baby's tummy downwards from the upper abdomen to form the "I".

L



2

With an inverted "L", gently massage from the 10 o'clock to 2 o'clock position then downwards towards the belly button.

U



3

Finally, gently massage baby's tummy in an inverted "U" shape as shown in the image. You may also softly massage and stretch your baby's legs.

Baby can feel his/her mother's love through touch. A gentle touch is also said to encourage your baby's communication and development. Keep expressing "I love you" with the baby massage.

Arm massage



Strengthen arm muscles

Hold the baby's arm with one hand, gently massage it from the upper arm to wrist, and then massage the palm and the fingers with your thumb. Change hands and repeat.

Face massage



Stimulate the language learning ability and eliminate stress

Use your thumb to put on the baby's forehead, gently push it away. Then push from the chin to the ear with your thumb, draw a smile and repeat for 6 times.

Back massage



Soothe the back muscles

Flip baby over and massage on his/her back, baby's face is on the side. Start from neck and gently move down to the spine and to the end of spine, and gently massage from the spine to both sides with your fingertips.

Infant Care

Healthy babies. Happy babies

In addition to dietary tonification and adjustment to new lifestyle habits, what gives a new mother cares most for the newborn during confinement.

A newborn has initially inherited natural immunity from mother. The immunity fades gradually. When infants establish their own immunity, they will inevitably become ill and such situation often throws parents into disarray.

The following are some examples of childcare experiences and solutions which are of worthwhile reference. They have been handed down from generations to generations, explained and validated by modern science and traditional chinese medicine.



Infant Coughs & Phlegm

Newborn babies, especially those fed with formula milk powder, are likely to have phlegm or cough. Generally, phlegm may be due to indigestion. As the baby's gastrointestinal system is still immature and weak, indigestion causes flatulence, phlegm and this eventually leads to a cough. Highly sweetened formula milk powder also causes the baby to have phlegm. Therefore, it is not advisable to choose milk powder that is too sweet.

Most modern homes are typically equipped with air-conditioners. In this kind of environment, babies are vulnerable to cold and coughs due to their weak immunity.

Bo Ying Compound or Hou Ning Phlegm Relief Powder can be used to relieve a common cough that is accompanied by phlegm. Bo Ying Compound is gentle on the baby and is excellent in reducing phlegm and relieving mild cough. Traditionally, Bo Ying Compound (to relieve mild discomforts), Pearl Powder (to reduce heatiness), An Shen Jun Ging powder (to reduce "fright"), Pak Poh powder (to soothe uncomfortable conditions such as flu and fever) and Hou Ning Phlegm Relief Powder (mainly for reducing phlegm), are known as the "5 Baby Treasures".



Startled Babies

Newborn babies are often startled at night even when without pain or illnesses. When they are restless and not sleeping well, this is most likely due to distress and feeling unsettled. As infants have very delicate organs and their central nervous system is still developing, external noise and movement or stimuli could lead to unconscious reflex action and the baby might feel startled.

For babies yet to reach one month old, it is best to wrap the baby in a soft, breathable swaddle to create a womb-like environment and also to prevent the baby from being startled by his/her own reflex. At the same time, when he or she is awake, gently familiarize with the sound in the home environment such as sound from the washing machine, television or fan, noise from cooking. This is to train babies to be getting used to home environment and learning how not to be being startled by their bearings.

If the baby suffers from "fright", you can use concoctions like An Shen Jun Ging Powder, Pearl Powder or Bo Ying Compound to calm the baby to sleep.



Baby Indigestion

Issues of milk regurgitation (possetting), poor appetite, flatulence and the accumulation of heat in the newborn are mostly due to gastrointestinal immaturity, poor peristalsis (muscular contractions throughout the digestive tract) and indigestion. Indigestion or wrong choice of milk powder that is unsuitable for the baby's body constitution could lead to constipation. And the baby might feel his or her body to be heating.

For babies suffering from flatulence, the gentle effect of Bo Ying Compound promotes peristalsis and alleviates flatulence and milk vomiting condition. When not troubled by flatulence and accumulation of stool, babies will have better appetite.

For other pathological gastrointestinal problems, mothers should seek the advice of medical professionals.

Note: Babies suffering from G6PD (commonly known as broad bean disease) should not consume An Shen Jun Ging Powder, Pearl Powder, Bo Ying Compound and Pak Poh Powder.





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