

Postpartum Depression / Anxiety

[Postpartum Support International](#)

[PostPartum Depression - Women & Infants Day Hospital for PPD](#)

Discussion Group

Suggested Remedies

Postpartum Delight Tea at www.tubsntea.com

Nordic Naturals "ProDHA" the baby (babies) take all of the DHA from the mother in the last weeks of pregnancy--leaving mom DHA-less and this can set up PP depression. It has to do with the myelin sheaths for the nerve endings in both the baby's brain and the mother.

*For mom to take during the last trimester to help prevent PP depression:
Homeopathic Sepia 30x or 30C*

It might be of benefit to her to have her thyroid checked.

Hypnotherapy, flower essence therapy, aromatherapy, and reflexology are all very helpful. She would want to work with a qualified professional in any of these areas. Post partum doulas are great as well. Encourage her to make a list of things people can do for her, such as prepare a meal and drop it off, do the grocery shopping, do a load of laundry, and when anyone says - 'What can I do?' she can hand them the list.

I have a circle of friends and when one has a baby, surgery, etc., we each take turns delivering fully cooked meals. We knock on the door and leave it, so as not to interrupt the family. The next night the next person drops off her meal, and picks up the dishes for the previous person.

The more support she has the less likely she'll experience ppd. Do have her visualize the weeks after her birth being happy and loving. She can also visualize feeling rested and relaxed with whatever amount of sleep she's able to get.

See [Placental Encapsulation](#) for more information on the following...

Also, she is the perfect for the dried placenta therapy. Just have her dry her placenta-rinse well, cut off the amniotic sac and the cord, slice thinly, place on dehydrator racks or the oven at 250, until all pieces are dry and crispy. Pound to pulverize, until powdered. Take half, and it's not that much really, after it's been desiccated, double seal and place in freeze (to use for menopause). Take the other half and put a pinch in a drink once or twice a day. Just a pinch. This prevents PPD and speeds recovery. I have had several clients do this, with great results - two or three were in the same boat as your client, worried about past bouts of depression after birth.

I have some experience with placenta tincture, but that takes two weeks to make... unless you are willing to tincture someone else's placenta (not as gross as you might think, as it's macerated in vodka or everclear).

[Pacific PP Support Society](#) page geared towards parents. Their book is excellent.

Here is a link to an article supporting an increased risk of PPD and having a caesarean delivery. I am surprised that there are not more articles coming to the same conclusion bc in my practice I have a large proportion (over 50%) of clients with PPD who have had a caesarean delivery.

http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=1635490&ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVAbstractPlus